



# FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST NEWSLETTER

Volume 63 Number 9

September 2019

Sunday School at 9:30 A.M. (when school is in session)

Sunday Worship at 10:45 A.M.

Second Helping Dinner at 6:00 P.M.

Thursday Evening Taizé at 7:00 P.M.

700 Poyntz Avenue

Manhattan, Kansas 66502

telephone 785-537-7006

[www.uccmanhattan.org](http://www.uccmanhattan.org)

## A Human Being, Not a Human Doing

Another school year has begun, K-State football is kicking off, and before you know it we'll be hurtling into Halloween-Thanksgiving-Christmas-A New Year. Whew. One of the great joys of living in a university town is that we all feel the gravitational pull of the academic calendar...students return, the town fills up, and there's a palpable sense of energy and excitement as a new year begins. Excitement can also be mixed with stress and a sense of overwhelm for many as calendars fill and to do lists grow.

This past summer I was blessed with the opportunity to dive deeply into a time of Sabbath rest. I am so thankful that the command to take Sabbath seriously is a part of our faith tradition. I am also thankful for a congregation that honors Sabbath in many ways...providing this time of Sabbath for me, honoring volunteers' and leaders' need for Sabbath when it's time for them to take a break, stepping up to the plate so that others *[continued pg. 2]*



### Inside this Newsletter



Sharing & Caring .....3

News and Events .....4

UCC People Books .....6

Christian Education ..... 10

Cobb Corner..... 13

Community News ..... 15

can step away for a time. It truly takes community to make Sabbath work. Thank you for your acts of faithfulness...whether that's taking Sabbath rest for yourself or supporting our continued ministries so someone else can honor the Sabbath for a time.

While I was taking Sabbath this summer, I spent a lot of time pondering a phrase that I've sometimes heard from my yoga teachers: "Take some time right now to be a human being, not a human doing." That always hits me so hard. A human being, not a human doing. Because, like many of you, I spend a lot of time DOING. What is it like when we shut off the doing and tap into simply BEING? For me, honoring my human BEING-ness looked like being thankful, mindful, still, contemplative. There was a lot of time these past three months where my being was outdoors, curious, creative. When I shut off my to do list I started to notice when I was being sad, angry, hopeful, joyful, grateful. More than anything, I noticed just how often my being was amazed by the grace and beauty and wonder in my own life and in God's good creation. It was (and is!) good to be a human being, not just a human doing.

And so as I return to our wondrous shared ministry as the people of First Congregational UCC, I return to a renewed awareness and commitment to all the ways we are BEING the Church together. I see us as BEING the Church when we are hospitable, loving, honest, vulnerable. We are BEING the Church when we are still and when we are searching...when we are compassionate and when we are prophetic. I never cease to be amazed at the things we are able to do together, but more than anything, what I give thanks for is the quality of how we ARE together...the space we create, the values we honor, the way we live with one another. May this congregation always be a place where we honor Sabbath and where we remain open to the movement of the Spirit in our midst.

*Pastor Caela*

## Sharing and Caring

### *Prayers and Concerns*

- For more information, please contact the church office.

### *Helping*

- **Need a ride to church?** Contact one of our transportation volunteers: Jim/Carolyn Hodgson, Bill Pallett, or Jeff Keller.
- **Home Communion Visits** The Deacons can bring communion to your home on the first Sunday of the month. Visits at other times can be arranged with the pastor.

### *Congratulations*

- Congratulations to **Andy Barkley**, K-State professor in Agricultural Economics. He and co-author assistant professor Brian Coffey were awarded the 2019 North American Colleges and Teachers of Agriculture Jack Everly Journal Award for an article related to a study of the effectiveness of student evaluations.

## ***An Update from Sandy***

Many thanks to everyone for your kind thoughts, best wishes, and gracious assistance this summer. Surgery in May to remove my kidney and adjacent tumor was successful, and all the cancer seems to be gone. At this time I have no more follow-up to do other than periodic check ups. I am truly grateful to be a part of such a lovely church family. – *Sandy Nelson*

***E-MAIL PRAYER CHAIN*** – If you wish to be added to the First Congregational e-mail prayer chain, please contact [office@ucmanhattan.org](mailto:office@ucmanhattan.org). It is a quick and easy way to stay up to date with your church family.



## **Lunch Bunch September 4**

We join together in an opportunity to get to know one another, Wednesday, September 4 at Chili's (213 Ft. Riley Blvd). Everyone is welcome to join us for lunch at 11:30 a.m.



## **Ministry of the Decorative Scissors**

The Ministry of the Decorative Scissors meets September 12-14. Everyone is welcome. There are no guarantees that you will complete any projects, but you will have fun and meet delightful people. Come for an hour or for the whole time! Feel free to bring a snack to share. For more information, contact Sue Gerth.

## **Backpack Tags**

Thank you to the Ministry of the Decorative Scissors for making this year's backpack tags for those returning to school this fall. If you didn't receive one and would like one, please check in the church office. And if you have a grandchild, friend, neighbor, etc. who would like one, please feel free to come and grab one for them.



## Update on Pastor Portraits

Some folks have wondered what happened to the gallery of pastor portraits that previously graced the corner in the entry area. They were taken down when the walls were painted. Following action by the Cabinet, you will soon see the portrait of Reverend Blood, our first pastor, in with some historic artifacts in Pioneer Hall. The remaining portraits will eventually find a new home on the walls of the second floor. There they will be available to be viewed by those interested in their historic value. This will leave the entry to greet our guests with information that aligns with who we are and what we value as a congregation.

## Connecting with Pastor Caela

Pastor Caela keeps her own calendar, so if you'd like to get together the simplest thing is to e-mail, call, or text to set up a time. Mondays through Wednesdays are typically best for routine meetings, as Thursdays are used for sermon and worship preparation and Friday-Saturday are her days off. Caela tries to honor work-life balance by responding to non-urgent text and voicemail messages only during regular work hours. Please note that if you ever have an emergency between the hours of 10pm-7am you will need to CALL Pastor Caela, not rely on text messages, as she does not receive them overnight.

## Sunday Parking on Poyntz

Parking on Poyntz is somewhat limited on Sunday mornings. There is a sign at the west end of the block that reads "Parallel parking except Sunday AM." You are encouraged to park at an angle to allow for more spaces on Sunday mornings, however, don't leave your car too long after the noon deadline or you will receive a ticket.



Join us for  
**The First  
UCC People Books**

**Friday, September 13, 2019**  
6:30 – 9:00 PM  
Blachly Room



We need **books** and **readers**

Books are created by people who wish to tell their story of a personal experience, a unique experience or something that matters to them. Readers experience a new way of listening to gain an understanding of the book's experience and perspective.

This innovative event is modeled on “**The Human Library Project**” and offers a comfortable environment for us to meet, ask questions, and learn from each other.

To apply to be a “people book,” please go to [bit.ly/uccpeoplebooks](http://bit.ly/uccpeoplebooks). There you will find more information to help you create your book. To be a “reader,” just come. There will be just a few directions given at the event.

The Vitality Committee invites all to participate. We will provide the main dish, drinks and dessert. If you wish to bring a side dish, please do.

*Jennifer Edwards, Jess Girder, Rita Henry, Carol Sevin, Linda Thurston, and Craig Weston*

-----

# Board of Mission Update:

## The Blessing Box—A Thank You, and More

Many thanks to the wonderful people at First Congregational who keep the Blessing Box filled! We received a message very indirectly from an acquaintance of a man who absolutely relies on our Blessing Box. He is elderly and mentally ill, and his illness means that he is not comfortable going to the Breadbasket or attending the Second Helping or other Common Table meals. He wants First Congregational to know how grateful he is for the Blessing Box.

Recently, at a Common Table meeting, someone was asking why our Blessing Box empties so fast. Father Kerry from Seven Dolors jumped in and pointed out that there are all kinds of people who are simply not eligible to get food from the Breadbasket, or who can't face a difficult, sometimes demeaning application process to get food. He reminded us that these folks have just as much need of food, if not more.

More good news: Thanks to Gretchen Lewis' persuasive pitch to Common Table about the need for more Blessing Boxes, Vineyard Community Church on Casement Road in Northview now has a shiny new Blessing Box near the street—Check it out!

What more can you do for the Blessing Box ministry?

- Consider bringing a suitable food item for the Blessing Box whenever you come to the church, and check to see if the Blessing Box needs filling. Suitable items are jars of peanut butter, pop-top cans of soup, tuna, chicken, stews, or cooked pasta, and individual fruit or applesauce cups. Protein bars, granola bars, and cracker-with-cheese packets are also helpful.
- If you have friends who attend another downtown church, please encourage them to ask their church to put out a Blessing Box. The need is great.
- Contact the Board of Mission if you have questions about the Blessing Box (P.O. is Gretchen Lewis).

# Summer Report

Over the summer, the Board of Mission spearheaded several mission contributions on behalf of our church family. We sponsored a Backpacks of Hope Project in May and June, and on July 5, we mailed off 9 boxes of backpacks, blankets, and small stuffed animals to our neighbors in San Antonio, Texas. Many thanks to all of you in our church family who participated in this project by donating items or making monetary contributions; we are also grateful to Diane Hinrichs, who applied on our behalf for a gift from the Thrivent organization, and to Thrivent for its \$250 donation. Additionally, we made financial contributions of \$250 each to scholarship funds for two local ministries that affect children and youth: the Wonder Workshop, a children's hands-on opportunity to explore nature and the S.T.A.R.S. Camp, a local summer camp provided by Pawnee Mental Health Services that is designed specifically for young people with mental health concerns. We on the Board of Missions are so thankful that our church family provides funding so that we can reach out and share God's love to those in need in our own local community.

*Gretchen Lewis, P.O. of the Board of Missions*





# Calendar events from Vitality Committee

**September 13: UCC Book People program with dinner.** Join the group of “readers” who will hear church members tell about experiences or events in their lives (books). Invite a friend to come with you to this event, organized by Vitality and modeled after the national “Human Library” project. 6 PM in Pioneer-Blachly.

**September 24:** UFM is showing the film *Strangers in Town*, hosted by Steve Lerner, which tells the story of how global migration unexpectedly transformed and enriched Garden City, Kansas. It brought great challenges to the community, including demands for housing, social services, education, and infrastructure. "*Strangers in Town* is a passionate, beautiful film that makes you believe in the American dream again. Garden City's welcoming of new immigrants provides a welcome relief to the mean-spirited xenophobia of so much contemporary American politics, and this film gets to the heart of the story by listening well." 7 PM at Forum Hall in the K-State Student Union.

**October 8:** 7 PM in Forum Hall in the K-State Student Union. Lou Douglas lecture series hosts **Sarah Smarsh**, author of *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth*. Her book examines economic inequality through her upbringing among the working poor on a Kansas farm.

**February 8:** Vitality will sponsor a “Mental Health First Aid Course” taught by experts from Pawnee Mental Health, from 8:30A – 5:00P. The trainers from Pawnee Mental Health can accept 15 participants at \$50 per person. Vitality will offer several scholarships and provide lunch and snacks.

## Christian Education

Please contact Brandy McDonald ([brandy@uccmanhattan.org](mailto:brandy@uccmanhattan.org)) or Brittani Shank ([brittani@uccmanhattan.org](mailto:brittani@uccmanhattan.org)) for more information about options for children and youth.

### September Children's Ministry Schedule

**September 1st:** Shining Light Yoga is back!

**September 8th and 15th:** Deep Blue (3-3rd grade) and Submerge (4th-6th grade)

**September 22nd:** Service Sunday! Come learn from Pastor Caela about ways to serve the church including acolyte training, scripture reading, communion serving, and more!

**September 29th:** Word from Children, Children's Choir!

With the new school year upon us, some of our kiddos will be moving to a new option during the church service. Here is a reminder of the ages for these options and what they all include! (Note: we are still looking to hire a new Kids Worship Leader. In the meantime we may not always have Sacred Space or Kids Worship available. We will continue to give directions of the options for that Sunday after Word for Children).

**Age 3 to Grade 1:** *Kids Worship!* These children go to our theater upstairs and enjoy an age appropriate church service that mirrors our regular service (Sundays when Kids Worship isn't available we will have a simple activity available in the nursery that this age group can enjoy.)

**Grades 2 to 6:** *Sacred Space!* This takes place in the balcony with a supervising adult. The aim of Sacred Space is to allow children to enjoy worship in an environment geared toward their developmental level. We will take some time the first several weeks of the school year to pull all the Sacred Space children aside to make sure they all understand the expectations for this space. On Sundays when Sacred Space isn't available these children may join us in Kids Worship or stay in the pews with their families.

The nursery is available year round for newborns and up to age 3. We also have the Pray Ground available in the back of the sanctuary.

# Youth Event: Pizza and Movie Night!

If you're a 6th-12th grader, this night is for you! Join director of youth ministry, Brittani, for a pizza and movie night to celebrate the start of the school year! We'll get started with pizza at 6:00PM and the movie will follow with popcorn and snacks. Contact Brittani at [brittani@uccmanhattan.org](mailto:brittani@uccmanhattan.org) to RSVP or for more questions. Please RSVP by September 4th so we know how much pizza to prepare for. We look forward to seeing you!



## Fall 2019: Sunday School for Adults

**The Bible: A Short History of the Good Book**

**September 8 - October 13**

**Led by Gregory Eiselein**

What is the Bible? The question is simple, but the answer is not. The contents and arrangement of the Bible are different for different faith traditions, despite many overlaps. And what we know as the Bible is the culmination of centuries of writing, editing, reproduction, transmission, discussion, and debate. It contains multiple genres: poetry, legends, histories, genealogies, laws, epistles, visions and oracles, wisdom and proverbs, biographies, and more. It was composed in multiple languages – Hebrew, Aramaic, and Greek—and has been translated into so many more. Moreover, the Bible is not really a book, although it is sometimes known as “the good book.” Instead, it is really a book of books, a whole library of diverse reading.

This adult Sunday School class will explore how we got the book we know today as the Bible. We will take a look at its origins and sources and authors, the ways it was pulled together and edited and arranged, its genres and contents, and the different canons and the process of canonization. We will conclude with a look at English translations and modern Bibles.

# Free Money!

Do you participate in our Dillons fundraiser? Last quarter the church earned **\$200.00 in fundraising dollars**. Link your shopper card at [dillons.com](http://dillons.com). If you need help, contact the church office. (Our organization number is # QQ452.) Check your enrollment by checking the very bottom of your Dillons receipt. You should see "...donating to First Congregational UCC."



If you ever shop at HyVee, the church can gain support through your use of pre-purchased gift cards from the church (which buys them at a 6% discount). Please contact Dave Manning and let him know of your interest.

## Mission Statement

The Mission of First Congregational United Church of Christ is

- To love and accept others unconditionally as God loves and accepts us, and by example, to encourage others to do the same.
- To challenge ourselves to grow spiritually through worship, education, nurture, reflection, discussion, fellowship, and outreach.
- To minister to others locally, nationally, and globally with the same fervor as we minister to ourselves, through the sharing of our talents, gifts, and resources.

We hold ourselves accountable before God for this mission.



## Cobb Corner — Going Green

“If it can’t be reduced, reused, repaired, refurbished, refinished, renovated, recycled or composted, then it should be restricted, redesigned, or removed from production” – *Pete Seeger*

Leo Schell has some excellent suggestions and information for this month’s column, including the quotation above. Plastic was one of his special concerns. Now that China and other Asian nations have stopped accepting our plastic waste, we are confronted anew with our excess. Currently, there are 3 Texas-size “islands” of plastic, two in the Pacific Ocean and one in the Gulf of Oman. When I started writing this column in 2010 there was one.

Some estimates say we have more plastic than fish in our oceans...and those fish have plastic nano-particles in them...and now so do we. Even some bottled water has such particles.

We are going to have to be more creative. In Upper Volta a women’s group is transforming plastic litter into classrooms! It takes 5 tons of plastic waste per classroom and the classrooms are expected to last indefinitely. Perhaps we need to explore their approach to recycling.

Thirty years ago when I testified before a Kansas House committee on the environment I mentioned many plastic recycling initiatives, but the national response was largely to export our problem. Unfortunately, we are running out of time not just in terms of plastic but in terms of the viability of our planet.

Finally, Leo suggested I include some suggested reading. Here is this month’s sample:

*The Uninhabitable Earth: Life After Warming* by David Wallace-Wells, 2019, Duggan Books, N.Y. This is meticulously researched and is the most terrifying forecast since Revelations.

*Plastic Ocean* by Captain Charles Moore with Cassandra Philips, Penguin, 2011. This account has been compared with Rachael Carson’s *Silent Spring* as a wake-up call for the environment.

Finally, lest you give way to total despair, you can borrow from me Doug Fine’s *Farewell, My Subaru, An Epic Adventure in Local Living*, Villard, N .Y. 2008. Marsha McFarland was kind enough to recognize I needed a light-hearted book on sustainable living.

—*Linda Richter*

*Share ideas for future Cobb columns with Linda Richter.*

# The Second Helping

Our Second Helping ministry continues to be a wonderful way in which our church extends its mission to the community of Manhattan. We regularly serve 30-40 people each week. Many of you have helped with this mission in a variety of ways, and that is much appreciated!



Currently we are hoping to add some more volunteers to our list of "regulars." We are particularly in need of individuals who would be willing to serve as Head Cook and Church Host. If you are interested in learning more about either of these positions, or volunteering in other ways, please contact the church office at [office@uccmanhattan.org](mailto:office@uccmanhattan.org) or (785) 537-7006.

---

## ***September 1, 2019***

**Dessert:** *volunteer needed*

**Volunteers:** Brent Maner, Janine Stines, Kathy Bleam, *need 2 volunteers*

**Chief Cook:** Andy Barkley

**Church Host:** Mary Ellen Barkley

---

## ***September 8, 2019***

**Dessert:** *volunteer needed*

**Volunteers:** Jane Marshall, Shari Tedford, Betsy Cauble, Betsy Barrett, Bonnie Lynn Sherow

**Chief Cook:** Linda Thurston

**Church Host:** *volunteer needed*

---

## ***September 15, 2019***

**Dessert:** *volunteer needed*

**Volunteers:** Manhattan Mennonite Church

**Chief Cook:** Karen Franz

**Church Host:** Pastor Caela

---

## ***September 22, 2019***

**Dessert:** *volunteer needed*

**Volunteers:** ESA Sorority

**Chief Cook:** Gretchen Lewis

**Church Host:** Jim Lewis

---

## ***September 29, 2019***

**Dessert:** *volunteer needed*

**Volunteers:** William Carter, *3 volunteers needed*

**Chief Cook:** *volunteer needed*

**Church Host:** *volunteer needed*

---

**Volunteer for Sunday Services by going to  
[uccmanhattan.org/sign-ups](http://uccmanhattan.org/sign-ups)**

## Community News

White Memorial Camp is conducting a fundraiser called the Experience WMC 30 Days of Giving Fundraiser. The donation site is up and running on the WMC website:

[www.whitememorialcamp.com](http://www.whitememorialcamp.com)



**WHITE MEMORIAL CAMP**  
**HARVEST FESTIVAL**

SAVE THE DATE  
**9-21-19**  
MORE INFO  
COMING SOON!

**FUN FOR THE WHOLE FAMILY!**  
**DISC GOLF**  
HAY RACK RIDES  
**HAY MAZE**  
ROCK WALL CLIMBING  
**ZIP LINE**  
AND MORE!!!

**WMC**  
FUNDRAISER

**LIVE POLKA BAND**  
FEATURING  
THE POLKA CATS

**DINNER**  
TRADITIONAL  
GERMAN SAUSAGE  
& **POTATO**  
SALAD MEAL

## Crisis Center Volunteer Training

The Crisis Center is offering a Domestic Violence/Sexual Assault Workshop and Volunteer Training Program in September. All those interested in the issue of violence against women are encouraged to attend this training Saturday, September 14 & 21 from 9:00 a.m. to 5:00 p.m. The registration fee of \$15.00 covers training materials and supplies. For further information or to reserve your spot, please contact the Crisis Center at (785) 539-7935 or [ccivc@att.net](mailto:ccivc@att.net).

**FIRST CONGREGATIONAL  
UNITED CHURCH OF CHRIST**  
700 Poyntz Avenue  
Manhattan, KS 66502  
(785) 537-7006  
[uccmanhattan.org](http://uccmanhattan.org)

NON-PROFIT ORGANIZATION  
U S POSTAGE  
PAID  
PERMIT NO. 478  
MANHATTAN, KS 66502

**Return Service Requested**



This newsletter is printed on recycled paper  
made of 100% post-consumer content.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:30 Yoga+Donuts 10:45 Worship and Communion <i>Fill the Breadbasket</i> 6:00 Second Helping	<b>2</b> <b>Labor Day</b> <b>Offices Closed</b>	<b>3</b>	<b>4</b> 11:30 Lunch Bunch 5:45 Deacons mtg 7:00 AA meeting	<b>5</b> 5:00 Community Acupuncture 7:00 Taizé 7:30 NA mtg	<b>6</b> 6:00 Youth Pizza & Movie 7:30 NA mtg	<b>7</b>
<b>8</b> 8:30 Choir rehearsal 9:30 Sunday School 10:45 Worship 6:00 Second Helping	<b>9</b> 5:15 Yoga 6:45 A Cappella 7:30 NA mtg	<b>10</b>	<b>11</b> 5:30 CE mtg 5:30 Mission mtg 6:30 Vitality mtg 7:00 Trustees mtg 7:00 AA meeting	<b>12</b> 5:00 Community Acupuncture 7:00 Taizé 7:30 NA mtg  - - - - Ministry of the Decorative Scissors - - - -	<b>13</b> 6:00 People Books Dinner Discussion 7:30 NA mtg	<b>14</b>
<b>15</b> 8:30 Choir rehearsal 9:30 Sunday School 10:45 Worship 2:00 People's Forum 6:00 Second Helping	<b>16</b> 5:15 Yoga 6:45 A Cappella 7:30 NA mtg	<b>17</b> 10:00 NCA clergy 5:00 KSU Choir retreat	<b>18</b> 7:00 Cabinet mtg 7:00 AA meeting	<b>19</b> 5:00 Community Acupuncture 7:00 Taizé 7:00 MLK mtg 7:30 NA mtg	<b>20</b> 5:00 Newsletter Deadline 7:30 NA mtg  - - TransKansas Conference - -	<b>21</b>
<b>22</b> 8:30 Choir rehearsal 9:30 Sunday School 10:45 Worship 6:00 Second Helping	<b>23</b> 5:15 Yoga 6:45 A Cappella 7:30 NA mtg	<b>24</b>	<b>25</b> 7:00 AA meeting	<b>26</b> 5:00 Community Acupuncture 7:00 Taizé 7:30 NA mtg	<b>27</b> 7:30 NA mtg	<b>28</b>
<b>29</b> 8:30 Choir rehearsal 9:30 Sunday School 10:45 Worship 6:00 Second Helping  -----	<b>30</b> 5:15 Yoga 6:45 A Cappella 7:30 NA mtg		----- Caela Vacation -----			
						