



FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST NEWSLETTER

Volume 60 Number 1

January 2016

Sunday School at 9:30 A.M.
Sunday Worship at 10:45 A.M.
Second Helping Dinner at 5:15 P.M.
Thursday Evening Taizé at 7:00 P.M.

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“Wishing You a Multifaceted New Year”

Do you make New Year’s Resolutions? Sometimes I do, sometimes I don’t. I guess it just depends on my mood each year and how much extra space I have in my calendar and spirit to work on making self-improvements. Some folks think of these resolutions as being a bit silly. After all, if there’s something about yourself you’d like to change, why wait for a particular point in the calendar to get started? For others, there is something healing and helpful about turning over that calendar to a new year – a fresh start; a chance to begin again; an opportunity to take stock and work towards new goals.

I recently read an article on HackingChristianity.net entitled, “To Reach the Nones and Dones, Focus on the Ones.” There’s a lot of talk out there in “church geek world” about the Nones (those who claim no religious affiliation) and the Dones (those who were previously Christian but, for various reasons, have now opted out of organized religion). Lots of energy is spent trying to figure out how to reach these two groups.

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This particular article makes the argument that instead of fretting about the people who aren't in our churches, we should focus instead on deepening the faith of those who are already connected to our congregation. The Ones – according to this article – are the people who currently participate in one aspect of congregational life. So, in our church, that might mean that they come to worship on Sunday morning OR they volunteer at Second Helping OR they attend an adult class – but they only regularly do ONE of those things.

I am certainly not into worshiping at the altar of busy-ness. Heaven knows many of us have overflowing calendars already. I do think, however, that the author is onto something when they notice that we can each benefit from having a multifaceted faith. When we open ourselves to the experience of the Holy in corporate worship AND participate in a regular practice of individual prayer or contemplation...our faith is deepened. When we act as Christ's hands and feet in a weekly service activity AND open ourselves to new understandings of God and the world through a study group...our faith is deepened. As we begin to experience our faith as something that pervades multiple activities throughout the course of a week, it becomes more natural to think theologically while we are at work or easily bring up our own experience of God when we're helping a friend through a challenging time. Our confidence as Followers of Jesus grows and we find a deeper connection to God.

And so, my question for you during this time of the year when so many of us are thinking about how to improve our physical or mental health is this: Where, in the coming year, do you see an opportunity to care for your spiritual health? What new thing might you try to deepen your connection to the Holy? And how can this congregation support you?

Pastor Caela

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



Sharing and Caring

Prayers and Concerns

- Please contact the church office at 785-537-7006 or office@uccmanhattan.org for more information.

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.

Annual Reports due Monday, Jan. 4

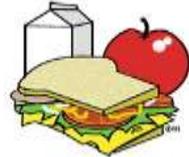
Please have your annual reports to the office by **January 4, 2016** in order to be included in the Annual Report Book.

Pastor Caela Traveling

January 3-10, Pastor Caela will be traveling to Arizona for the January session of the NGLI (Next Generation Leadership Initiative). She'll be in class all week learning about Family Systems Theory. Don't know what that is? Check out this website (<https://www.thebowencenter.org/theory/>) or chat with Tom Hawk. He loves to talk about Family Systems! While Caela is gone, the Rev. Patrick Funston of St. Paul's Episcopal will be on call for any pastoral care needs that arise. Contact Sandy during the business day or Stacy Shaffer (P.O. of Deacons) after hours if you need to be connected with Fr. Funston.

Lunch Bunch January 6

Join the Women of the Church for Lunch Bunch on Wednesday, January 6 at Mr. K's (3901 Vanesta Dr. - Colbert Hills area). It's not for women only—everyone is welcome to join us for lunch at 11:30 A.M. (See individual Lunch Bunch locations for the year by going to the church website at www.uccmanhattan.org and then clicking on Community Life/Events Calendar.)



Board/Committee Kick-Off Event

All members of boards and committees are strongly encouraged to attend the Board and Committee Kick-Off Event on January 13th from 6:00 - 8:00 pm in Pioneer/Blachly Hall. Come to enjoy a meal, meet new board and committee members, share some tips and get energized for the new year. In order to get a good head count for the meal, please RSVP to Mary Ellen Barkley by Jan. 6.

Check Out Our Website

The church's website (uccmanhattan.org) has recently been updated with new photos and a couple of new pages. The website is primarily meant to be our public face to those who are looking for a new church home, but it's also a great place to learn about upcoming events via the Calendar, learn more about our congregation's history, and find information about our social justice work, educational offerings, and more.



Pastor's Out-of-the-Office Hours Are Moving

Beginning January 26, Pastor Caela is changing the time for our weekly Out-of-the-Office Hours. They will still be held on Tuesdays at the Radina's in Aggieville, but the new time for the spring semester will be 2:00-4:00pm. Stop by for a conversation, a warm drink, or a quick blessing. It's always a good idea to double-check the church's Facebook page (facebook.com/uccmanhattanks) the day of to make sure the hours are still on, as Caela will always post any updates or cancellations there.

Ministry of the Decorative Scissors

The next retreat of the Ministry of the Decorative Scissors will be from 9:00 a.m. on Friday, January 8 until 7:00 p.m. on Saturday, January 9, in Andover Hall. 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.



Annual Meeting & Recognition of Church Officers Sunday, January 24

We hope you will join us on Sunday, January 24 as we begin our new church year. First, during the worship service there will be a special blessing of outgoing and incoming church officers. Then following worship we will hold our annual meeting. At that time, we will briefly review the annual report, and our 2016 budget.

Roots of Justice Anti-Racism Training: Jan. 15-17, 2016

We were thrilled when the registration for the training filled in mid-December. We have 45 people signed up for the training and more on a waiting list. Many thanks to all who are providing hospitality during the event: baking cookies, making coffee, unlocking and closing the building, bringing in lunch items and serving meals.

Our three trainers will arrive on Friday, Jan. 15th and will be staying in local hotels. The trainers are: Michelle Armster (Wichita, KS), Rick Derksen (Seattle, WA), and Conrad Moore (Lancaster, PA). The 45+ participants will take over Andover Hall for the weekend, as the training is in session on Friday evening, all day Saturday, and all day Sunday. We will need to ensure no one uses the basement on Sunday morning. The Rev. Jonalu Johnstone and members from the Unitarian Universalist Fellowship will be providing morning devotions on Saturday and the Rev. David Jones and students from Ecumenical Campus Ministry will be doing the same on Sunday.

You might be curious: “Who’s Participating?” Well, we’ve got 12 people from our congregation registered. I am also pleased to say that Plymouth UCC in Lawrence is sending at least 5 participants, including our Conference Minister, Edith Guffey. Other congregations in Manhattan that are represented include the Manhattan Mennonite Congregation, the Unitarian Universalist Fellowship, InterVarsity Campus Ministry, theWELL, Ecumenical Campus Ministry, and First United Methodist. We have lots of campus participants. At least 10 participants are students and there are representatives from the Pilots program, KSU Libraries, Marriage and Family Therapy, Leadership Studies, and the College of Education. Community groups are also represented: USD 383, the Manhattan Public Library, Circles Inc., and more. Almost 25% of the participants have indicated they are people of color. And we have people traveling here from Kansas City, Emporia, and Lawrence for the weekend.

We are exceedingly grateful to our partnering organizations. Without them, this training would not have been possible. They provided key funding early on in the process. That funding made it

possible to set very reasonable registration fees and provide scholarships for participants:

- K-State College of Education
- K-State Libraries Dow Center for Multicultural and Community Studies
- Manhattan Mennonite Congregation
- Kansas-Oklahoma Conference of the UCC, Justice & Witness Commission
- Manhattan Alliance for Peace & Justice (MAPJ)
- First United Methodist Church
- Bethel AME Church
- Social Action Committee of the Unitarian Universalist Fellowship

Finally, we are thankful for financial support from our own invested funds, which also played a crucial role. Our staff has also spent quite a lot of time handling administrative details for the event. And please do thank members of the Vitality & Outreach Committee for their support and behind-the-scenes help.

Shop \$mart – Time to re-enroll your card!

Did you know in 2015 you helped raise over \$2,000 for the church while shopping at Dillons? Link your Plus Shopper Card to the First Congregational account and the church benefits every time you use your shopper card at Dillons. **However, cards must be re-enrolled annually after January 1.** Please tell friends or family who might also want to register their cards. Here's what you need to do to **re-enroll**....and if you need help, just give Sandy a call.

1. Visit www.dillons.com/communityrewards
2. Sign in to your account.
3. Click "enroll now."
4. Enter "First" or the 5 digit NPO for the church, which is 10145, and search.
5. Select the fully named entry (**First Congregational UCC**) and click "enroll."



You're all set for another year! Thanks for supporting our shared life and work.

Adult Sunday School

Play! (Jan. 24 - Feb. 7) – Join Barrett in an exploration of both the spirituality of play and how we can all play in adulthood. We will be using James H. Evans Jr.'s book *Playing* which is a part of a larger series of books exploring the sacred in everyday activities. "Play is what you do, in a lighthearted way, for your own pleasure because you find it amusing somehow" (Erikson, 1998, p. 53). Play is spontaneous, lacks consequences (Colarusso, 1993) and "renews the psyche; like refreshing sleep" (Hoare, 2002, p. 118). Through this freedom participants can also experience the sacred in everyday life. Join us for discussion, storytelling and, of course, play. | PRE-ORDER YOUR COPY BY MONDAY, JAN. 18

Lenten Study of Being Mortal by Atul Gawande (Feb. 14 - Mar. 13) - Join Pastor Caela in a discussion of surgeon Atul Gawande's recent book, *Being Mortal*. From the publisher: "In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures – in his own practices as well as others' – as life draws to a close. And he discovers how we can do better. He follows a hospice nurse on her rounds, a geriatrician in his clinic, and reformers turning nursing homes upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about. Riveting, honest, and humane, *Being Mortal* shows that the ultimate goal is not a good death but a good life – all the way to the very end." | PRE-ORDER YOUR COPY BY MONDAY, FEB. 8

Causes We Can't Keep Quiet about (Apr. 3 - May 15)

Jim and Marilynn Mock will facilitate a discussion of *Pastors Sound Off!* From the publisher: "In this collection of brief and very personal essays, eleven pastors and preachers "sound off" on the issues that get them so worked up they can't shut up! These aren't impersonal position statements - they are passionate arguments, rooted in faith, written from very personal perspectives. From pretending racism is over, to churches in denial about addiction, these writers address social issues and justice concerns that you probably have strong feelings about, too." | PRE-ORDER YOUR COPY BY MONDAY, MARCH 28

Cobb Corner — Going Green

“God saw everything that he had made, and indeed, it was very good.” — Genesis 1:31. The Green Bible

Happy New Year? The natural optimism that surrounds a new year needs to be tempered by a sober reality about the “new normal.” 2015 was the hottest year globally since records began. In fact, most of the hottest 10 years have been since 2000.

Violence over scarce resources like water is already accelerating. Mass availability of assault weapons and handguns has made the United States the most dangerous industrialized nation in the world. Over 33,000 people are killed in the U.S. each year and many times that injured. There are even about 10 cases of dogs killing people with loaded guns lying carelessly about! The gun deaths in Kansas City alone have been described by the current mayor, Sly James, as a “slow-motion mass murder.”

The problems go on and on and could paralyze us if we let them, but less dramatic good news is occurring daily through innovations and the efforts of millions. Bill and I just saw the 2014, gripping, award-winning documentary called “The Salt of the Earth,” that has both an unsparing look at world tragedies and an inspiring account of environmental renewal. You will never forget it.

Leo Schell shared with me some very promising news about biodegradable alternatives to plastic. Given that the Pacific Ocean has an island of plastic bigger than Texas while plastic particles are already killing birds and showing up in our fish supplies, the search for alternatives has become desperate.

Also hopeful is the recent outcome of the Paris Conference on Climate Change. Some 200 nations agreed unanimously to establish targets to reduce greenhouse gases. Now we must pray they turn commitments into action as soon as possible.

Let’s sharpen our own resources to forge more sustainable lifestyles. Please share your suggestions for books and films that may help. David Sauer recommended – as did author Thomas Friedman – the book *Big World, Small Planet* by Rockström, Klum and Miller. Al Gore has at least three books on the topic and one, *An Inconvenient Truth*, is also a movie. Elizabeth Kolbert has written an acclaimed book entitled *The Sixth Extinction*. (Spoiler alert: this extinction could be ours!)

— 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 25-35 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 Mary Ellen Barkley.

January 3, 2016

Dessert: *volunteer needed*

Volunteers: Ann Gleason, Janine and friends

Chief Cook: Brent Maner

Church Host: Jeff Feist

January 10, 2016

Dessert: *volunteer needed*

Volunteers: Ann Gleason, Kathy Bleam, Lukus Ebert, Mariya Vaughan,
1 volunteer needed

Chief Cook: Andy Barkley

Church Host: Mary Ellen Barkley

January 17, 2016

Dessert: *volunteer needed*

Volunteers: Kathy Bleam, Lukus Ebert, Mariya Vaughan

Chief Cook: Gretchen Lewis

Church Host: Jim Lewis

January 24, 2016

Dessert: *volunteer needed*

Volunteers: Carolyn & Jim Hodgson, *2 volunteers needed*

Chief Cook: *volunteer needed*

Church Host: Pastor Caela

January 31, 2016

Dessert: *volunteer needed*

Volunteers: Rita Henry, Dress Barn staff

Chief Cook: Craig Weston

Church Host: Tracey Weston

**Volunteer by going to
uccmanhattan.org/sign-ups**

Worship & Volunteers

January 3, 2016

Greeters	Rita Henry, Joy Schell
Scripture Reader	Charlotte MacFarland
Word for Children	Pastor Caela
Fellowship Hour	Joy Schell
Flowers	Donna Keyser
Snow Removal	Smit Family (<i>Dec 28-Jan 3</i>)

January 10, 2016

Greeters	Paula Pierce, <i>volunteer needed</i>
Scripture Reader	Jim Mock
Word for Children	Barrett Scroggs
Fellowship Hour	Barbara Withee & Gretchen Lewis
Flowers	Kathy Blead
Snow Removal	Jim Hodgson (<i>Jan 4-10</i>)

January 17, 2016

Greeters	Susanne Gilmore, Adrian Fisher, <i>1 volunteer needed</i>
Scripture Reader	Gretchen Lewis
Word for Children	Pastor Caela
Fellowship Hour	Judy & Jim Ahrens
Flowers	Jim & Marilynn Mock
Snow Removal	Weston Family (<i>Jan 11-17</i>)

January 24, 2016

Greeters	<i>volunteers needed</i>
Scripture Reader	Marilynn Mock
Word for Children	Pastor Caela
Fellowship Hour	Gretchen Lewis
Flowers	Vanessa Kearns
Snow Removal	Jim Ahrens (<i>Jan 18-24</i>)

January 31, 2016

Greeters	<i>volunteers needed</i>
Scripture Reader	Judy Ahrens
Word for Children	Pastor Caela
Fellowship Hour	<i>volunteer needed</i>
Flowers	Susanne Gilmore
Snow Removal	<i>volunteer needed (Jan 25-31)</i>

**FIRST CONGREGATIONAL
UNITED CHURCH OF CHRIST**

700 Poyntz Avenue
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uccmanhattan.org

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Return Service Requested

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2016</h1>					1 New Year's Day Offices Closed	2
3 9:30 Choir Rehearsal 10:45 Worship & Communion <i>Fill the Breadbasket</i> 5:15 Second Helping	4 Annual Reports Due 5:15 Yoga 6:45 Timeless A Cappella 7:00 MLK mtg	5 7:00 Living Positive	6 Epiphany 11:30 Lunch Bunch 3:00 Common Table mtg 7:00 Board Meetings 7:00 AA meeting	7 7:00 Taizé	8 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Ministry of the Decorative Scissors</div>	9
10 Baptism of Christ 9:30 Choir Rehearsal 10:45 Worship 5:15 Second Helping	11 5:15 Yoga 6:45 Timeless A Cappella 7:00 MLK mtg	12	13 6:00-8:00 Board & Committee Kickoff 7:00 AA meeting	14 7:00 Taizé	15 7:00 Movie Night <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Roots of Justice</div>	16
17 2nd after Epiphany 9:30 Choir Rehearsal 10:45 Worship 5:15 Second Helping <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Roots of Justice</div>	18 MLK Day Offices Closed 5:15 Yoga 6:45 Timeless A Cappella	19 10:00 N.C. Clergy Mtg.	20 7:00 Cabinet 7:00 AA meeting	21 7:00 Taizé	22 12:00 Newsletter Deadline	23
24 3rd after Epiphany 8:30 Choir Rehearsal 9:30 Church School 10:45 Worship 12:15 Annual Meeting 5:15 Second Helping	25 5:15 Yoga 6:45 Timeless A Cappella	26	27 7:00 AA meeting	28 7:00 Taizé	29	30
31 4th after Epiphany 8:30 Choir Rehearsal 9:30 Church School 10:45 Worship 5:15 Second Helping						