



# FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST NEWSLETTER

Volume 59 Number 7

July 2015

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.

700 Poyntz Avenue  
Manhattan, Kansas 66502  
telephone 785-537-7006  
[www.uccmanhattan.org](http://www.uccmanhattan.org)

## Summer Sabbath

One of the many things I love about living and working in a university town is the way things slow down in the summer months. The change of pace seems like a natural and easy reminder of the importance of Sabbath.

As people of God, we are not only encouraged to rest, we are commanded to do so. In the very beginning, after God created the heavens and the earth and proclaimed it all “good,” God took a break. God’s work was not entirely done – there would always be more for another day – but God still took a day to rest.

For those of us who grew up with a negative perception of Sabbath-keeping, it can be difficult to remember that Sabbath is supposed to be a gift. Abraham Heschel, in his classic work *The Sabbath*, calls the Sabbath “a palace in time” – a place of beauty, rest, and importance. For those who have never practiced Sabbath-keeping before, but are interested in giving it a try, I have a few concrete tips: *[continued pg. 2]*



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1) Pick a day. Pick a whole day. I know, I know. You think it will be absolutely impossible to give up a whole day. It will be difficult. That's part of why we do it.

2) Commit for a period of time. Try to make it work for at least a month or six weeks. I think that's enough time to begin to see the effects Sabbath-keeping can have on your life.

3) Decide your parameters. They are different for everyone. My personal rule is this. I ask myself, "Is this something I'm doing because I enjoy it or because I have to do it?" I only do things I enjoy when I keep Sabbath. So I still cook, because cooking brings me joy. But I don't do laundry or pay the bills, because I see those as chores.

4) Don't be too rigid. Forgive yourself often. Keep moving. You'll mess up. That's okay. The purpose of Sabbath-keeping is not perfection. The purpose is to strive towards a day that is different than all the others – special, holy, set aside, a jewel.

At the risk of giving away all my wisdom in one short newsletter article, I will say this about keeping Sabbath. The biggest surprise for me has not been what the Sabbath days are like...the biggest surprise has been the way Sabbath-keeping has reorganized my other six days. When I am keeping Sabbath regularly, I feel calmer, less frantic on the other days. Somehow, having less time makes me feel as if there were more time. I know that doesn't make much sense, but it has been true for me. I think it is because Sabbath-keeping helps us remember our places. It helps us remember we are not God and that the things we find so urgent and critical are actually not quite as important as we once thought. Letting the laundry sit in piles one day a week helps me calm down about them the rest of the week. Paying the bills on Sabbath-eve doesn't feel like such a chore because I am doing it with the promise of a day of rest tomorrow.

Summer is a great time to give Sabbath-keeping a try. I hope you'll consider it...and let me know how it goes.

*Pastor Caela*

# Pastor Out-of-the-Office-Hours

This summer, Pastor Caela will not be holding her regular out-of-the-office hours at Radina's on Tuesdays. Instead, she is having out-of-the-office events at various locations around town. No need to RSVP, just show up!

Linear Trail Walk—Wednesday, July 15 at 9:00 a.m. at Pecan Circle Entrance

Happy Hour—Thursday, July 30 at 5:00 p.m. at Powercat Sports

## Sharing and Caring

### *Prayers and Concerns*

- For more information, please contact the church office at [office@uccmanhattan.org](mailto:office@uccmanhattan.org) or 785-537-7006.

### *Congratulations*

**Lincoln Deihl** was recently honored by the Meadowlark Hills Foundation. The Legacy Society recognized Lincoln's donation of time, talent, and resources. He was named the 2015 recipient of the "Good Samaritan Award."

### *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.



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

## Common Table Garden

Have you seen the garden? Plants are growing and there's improved fencing! Financial support has come in from the Atina Hanna memorial, First United Methodist, and St Paul's Episcopal. If you'd like to contact Garden Intern Matt DeCapo to volunteer, you can call: 818-289-6868, or e-mail: [mjd3@ksu.edu](mailto:mjd3@ksu.edu).

## Ministry of the Decorative Scissors

The next retreat of the Ministry of the Decorative Scissors will be a three-day event held from 7 a.m. on Thursday, July 30 until 7 p.m. on Saturday, August 1, in Andover Hall. Everyone is welcome. We do not guarantee 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.



## Lunch Bunch July 1



Join the Women of the Church for Lunch Bunch on Wednesday, July 1 at Harry's Deli (418 Poyntz Avenue). 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](http://www.uccmanhattan.org) and then clicking on Fellowship/Events/Event Calendar.)

## Jazz Worship

Join us for our annual Jazz Worship on Sunday, July 26th. This service is always uplifting and moving. It's a great Sunday to bring a friend.



# Rummage and Moving Sale

The Petersons are moving and are donating their no longer-needed-items to the church rummage sale, which they are helping to organize this year with the women of the church. The sale will be **Saturday July 11, 2015, 8:00 a.m. – 1:00 p.m.** in Andover Hall.

All church members are invited to donate their items to the sale, including clothing in good condition, clean useable linens, working household appliances, kitchen ware, decorative items, furniture, etc. Bringing your clean clothing on hangers ready to put on the racks will be a huge help. Remember that if you document your donations, you can claim a tax deduction. Further information and suggested values for donated items can be found on the Goodwill website: <http://www.goodwill.org>. Rummage will be accepted at the church starting Sunday July 5. Also needed are volunteers to help sort and price the items during the week of July 5 and to manage the sale on July 11. You will be able to sign up for tasks and times to volunteer electronically, on paper sheets to be posted at church, or by contacting the Petersons.



# Welcoming New Members

We have a couple of folks who will join with us in covenant as memers of our congregation on Sunday, July 12. If you would like more information about membership, please speak with Pastor Caela ([pastor@uccmanhattan.org](mailto:pastor@uccmanhattan.org)).

# Church Calendar

Wondering what's happening at the church? Planning an event and you're not sure if the building is already booked? Sandy handles all of our building scheduling needs, but you can also to go [uccmanhattan.org/events-calendar](http://uccmanhattan.org/events-calendar) to find out what's happening on site. If you'd like to reserve part of the building for an event, please contact Sandy ([office@uccmanhattan.org](mailto:office@uccmanhattan.org), 537-7006).

## Sermon Series

Our off-lectionary summer continues. During the month of July, Pastor Caela will be preaching from the Song of Songs. This beautiful and timeless love story has a lot to say about our relationships with one another, our relationship with the Holy, and our relationship with the Earth. Don't worry – sermons will be PG or PG-13. Come and enjoy this beautiful piece of holy poetry. Sundays, July 5 through August 6 at 10:45 a.m.



## Mrunch

What's Mrunch? "Moms-brunch." This is a group for moms of elementary-aged or younger children (pregnant moms and moms-to-be, too!). This month we will be meeting at the same time as one of the older kids' service projects. Join us from 12:30-2:30pm at Blue Stem Bistro in Aggieville on Saturday, July 11. Kids in 2<sup>nd</sup>-6<sup>th</sup> grades can join Barrett for a Second Helping service project at the church and childcare is available for younger children as well. Please contact Barrett ([cedirector@uccmanhattan.org](mailto:cedirector@uccmanhattan.org)) to make arrangements for your children.

## Help us find our next Director of Youth Ministry

Our congregation needs your support in two important ways as we search for our new Director of Youth Ministry.

- 1) Pray. Please hold the process in prayer as we seek an excellent candidate for this position. Our youth deserve the very best.
- 2) Please consider forwarding the position description on to potential candidates or people in your network who may know potential candidates. The position is quarter-time, during the school year, and full details can be viewed at [uccmanhattan.org/open-position](http://uccmanhattan.org/open-position)

## Kitchen Work Day

The Board of Missions will be holding a kitchen work day on July 25, 2015 beginning at 9:30 a.m. Tasks will include cleaning ovens and refrigerators, defrosting freezers, checking dates on Second Helping food supplies, and other deep cleaning as time permits. We invite anyone who is willing to join us to make the work quicker and more thorough.

## Intergenerational Gathering

Join us on Sunday, July 26th at 9:30 a.m. for an all-church intergenerational gathering. As a part of our kids “summer fun” program, Barrett is providing opportunities for young children in our congregation to interact with adults. And that means we need you! Come and get to know people from another generation in an interactive setting. Breakfast will be provided.

A promotional poster for a movie night event. The background features a red theater curtain. The text is in white and red. At the bottom right, there is a striped bucket of popcorn.

**MOVIE NIGHT**

**Friday, July 17 7:30 p.m.**

**Popcorn, drinks, other snacks and more will be provided. Drop off your kids and their friends for a fun evening. Hope to see you!**

**First Congregational UCC | 700 Poyntz  
Manhattan, KS**

## Christian Education

### Summer Events

This summer we are offering many exciting opportunities for family events at First Congregational United Church of Christ (see event schedule at right). Our goal is to have an event each week during the months of June and July. The best part is that these events are all FREE! All of the events occur at the church (700 Poyntz Ave.) and are divided into four categories:

**Movie Night** (K-6th Grades) – Movie nights feature a different movie each month in the Hollywood Theater.

**Service Project** (2nd-6th Grades) – Our service projects are kid-friendly projects to help the mission of the church.

**Intergenerational Gathering** (All ages) – The intergenerational gatherings will be fun events for the whole church to get to know one another.

**Parents-Night-Out** (Toddler-K) – Designed for parents with toddlers and preschool/kindergarten students, these evenings will feature games, arts and crafts, and more.

Please complete the registration form, available on the website ([www.uccmanhattan.org/childrens-ministry.html](http://www.uccmanhattan.org/childrens-ministry.html)) or from the church office, to give us an idea about how many kids to expect at each event.

*-Barrett Scroggs*

Summer Event	Date	Start time	End time
<b>Service Project:</b> Food pantry organization (2nd-6th Grades)	Sat, 7/11/15	12:30 pm	2:30 pm
<b>Movie Night</b> (K-6th Grades)	Fri, 7/17/15	7:30 pm	9:30 pm
<b>Parents-Night-Out</b> (Toddler-K)	Mon, 7/20/15	5:30 pm	7:30 pm
<b>Intergenerational Gathering</b> (All ages)	Sun, 7/26/15	9:30 am	10:30 am



## Cobb Corner — Going Green

*"I am I plus my surroundings, and if I do not preserve the latter, I do not preserve myself."* — Jose Ortega y Gasset (1883-1955)  
*Meditations on Quixote, in The Green Bible, I-109.*

Last month, Bill and I set out for a quick trip to Branson, Missouri, and Little Rock, Arkansas. We had a delightful week. The scenery from Springfield to Branson was especially lovely.

Once in Branson, we marveled anew at the variety of attractions the once country-western city now included. From classical music to acrobats, magicians and ballet – plus the country and gospel singers for which Branson is famous – it was hard to choose. Most of the time, we opted for the lakeside attractions and trails.

Amidst all the natural beauty, Branson has more theater seats than New York City and more than eight million visitors a year ... and yet *no recycling center!* What a staggering economic and environmental cost! With only about 10,000 residents, Branson has evidently opted for short-run profits and long-term neglect. Very sad.

Little Rock was a welcome contrast in terms of environmental considerations but that's next month's topic.

The trip home included the 13 miles in Kansas of historic Route 66! It held two especially interesting towns. Baxter Springs has an amazingly large and extremely interesting historical museum that has no competition among regional museums and it is free! Do stop if you are down that way. A few miles later Galena has another excellent free museum plus a collection of re-purposed gas stations that are now interesting diners. En route home we also followed the Kansas Military Trail byway, a great route combining history, beautiful hills and great limestone outcroppings.

Also well worth a stop is the excellent museum on the Fort Scott Community College Campus devoted to the photography and writings of local son, Gordon Parks. He is best known for his book and later the movie version of *The Learning Tree*. It is his first of several memoirs focused on being a black child growing up in a small Kansas town.

It's good to be home, but this short vacation was a good reminder of how much variety and beauty is within a short drive.

— *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 at [office@uccmanhattan.org](mailto:office@uccmanhattan.org) or 785-537-7006.

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**July 5, 2015**

**Dessert:** *volunteer needed*

**Volunteers:** Kathy Bleam, Anne Gleason, *need 3 volunteers*

**Chief Cook:** Myles Alexander

**Church Host:** Sean Weston

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**July 12, 2015**

**Dessert:** *volunteer needed*

**Volunteers:** Kathy Bleam, Anne Gleason, Mulready-Stone Family

**Chief Cook:** Brent Maner

**Church Host:** Pastor Caela

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**July 19, 2015**

**Dessert:** *volunteer needed*

**Volunteers:** Susanne Gilmore, *need 3 volunteers*

**Chief Cook:** Gretchen Lewis

**Church Host:** Jim Lewis

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**July 26, 2015**

**Dessert:** *volunteer needed*

**Volunteers:** ESA Sorority

**Chief Cook:** Ann Smit

**Church Host:** Dave Smit

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*Thank you for keeping your pledge  
up-to-date during the summer months.*

## Worship & Volunteers

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### *July 5, 2015*

<b>Greeters</b> .....	<i>volunteers needed</i>
<b>Scripture Reader</b> .....	Judy Ahrens
<b>Word for Children</b> ....	Pastor Caela
<b>Communion Servers</b> ....	<i>volunteers needed</i>
<b>Fellowship Hour</b> .....	Judy Ahrens
<b>Flowers</b> .....	<i>volunteer needed</i>
<b>Lawn Care</b> .....	Steve Bishop ( <i>July 2-4</i> )

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### *July 12, 2015*

<b>Greeters</b> .....	Gina Davidson, <i>one volunteer needed</i>
<b>Scripture Reader</b> .....	Meredith Stone
<b>Word for Children</b> ....	<i>volunteer needed</i>
<b>Fellowship Hour</b> .....	Jean Hill
<b>Flowers</b> .....	Judy Willingham
<b>Lawn Care</b> .....	Steve Bishop ( <i>July 9-11</i> )

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### *July 19, 2015*

<b>Greeters</b> .....	<i>volunteers needed</i>
<b>Scripture Reader</b> .....	Judy Willingham
<b>Word for Children</b> ....	Pastor Caela
<b>Fellowship Hour</b> .....	Judy Willingham
<b>Flowers</b> .....	<i>volunteer needed</i>
<b>Lawn Care</b> .....	Dave Smit ( <i>July 16-18</i> )

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### *July 26, 2015*

<b>Greeters</b> .....	<i>volunteers needed</i>
<b>Scripture Reader</b> .....	Gabe Tross
<b>Word for Children</b> ....	Dave Smit
<b>Fellowship Hour</b> .....	Tross Family
<b>Flowers</b> .....	<i>volunteer needed</i>
<b>Lawn Care</b> .....	Steve Bishop ( <i>July 23-25</i> )

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

## \$hop \$mart — Time to register your card!

Great news! Rather than continually reloading a Dillons gift card to raise money for the church, you can now link your Plus Shopper Card to the First Congregational account and we will earn money every time you use your shopper card at Dillons. Please tell friends or family who might also want to register their cards. Here's what you need to do....and if you need help, just give Sandy a call.

1. Visit [www.dillons.com/communityrewards](http://www.dillons.com/communityrewards)
2. Sign in OR create a new 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! Thanks for supporting our shared life and work.

## Strengthen the Church: Invest in the Vision

**On Sunday, June 28 we received the Strengthen the Church special mission offering. You can still contribute.**

Each day, visions and dreams are created in the hearts of many in the United Church of Christ. Through the Strengthen the Church offering, these visions and dreams can become a reality.

Your generous gifts will plant new churches, awaken new ideas in existing churches, and develop spiritual life in our youth and young adults. Because of this offering, many more will hear the good news that “God is still speaking.”

All gifts are directed to activities and programs within your local Conference, as well as the UCC's national ministries.

Additional information may be found at [www.ucc.org/stc](http://www.ucc.org/stc). Envelopes for your gifts are in the pew backs in the sanctuary. Your gift can be placed in any Sunday offering or mailed to the church: 700 Poyntz Ave., Manhattan KS 66502.

— *The Board of Mission*





# SURVEY OF CONVENIENCE IN GIVING

*From the First Congregational Stewardship Committee*

We value your responses to these two questions. You can place your completed form in the offering plate on Sunday morning or submit to the church office by **Monday, July 13**. Thank you.

*FCUCC Stewardship Committee*

*Alfred Cochran, Paul Hunt, Judy Willingham*

1) We are exploring various tools for financial giving. Please place an X by any of the options below that interest you.

- Regularly-scheduled bank draft (i.e. monthly, quarterly)
- Regularly-scheduled debit/credit card gift (i.e. monthly, quarterly)
- Occasional use of a PayPal (or similar) button on the church's website
- Giving with your credit or debit card on Sunday morning
- Giving via text (on Sunday morning or anytime)
- Other (please specify)

2) We all have many worthy organizations and causes that we would like to support. What motivates you to provide financial support to First Congregational UCC?

**Please circle:**

Your age:                      *Under 20*   *20s*   *30s*   *40s*   *50s*  
    *60s*   *70s*   *80s*   *90s*   *100s*

# of years at FCUCC:   *Less than a year*   *1-3*   *4-5*   *6-10*   *11+*

# ALL-ABILITIES BIKE RIDE

Sunday,  
July 12  
8:00 a.m.



Depart from the church, 700 Poyntz | [uccmanhattan.org](http://uccmanhattan.org)

## 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 statement.

## Community News



The Ecumenical Campus Ministry at Kansas State University would like to invite everyone from the congregation and community to an open house

at their new campus ministry building at 904 Sunset Avenue on Sunday, July 12, from 2:00-4:00 p.m. Tours and light refreshments will be available. Come and celebrate the opening of ECM's new campus center!



Homecare & Hospice will be conducting a free closed grief support and education group titled "From Loss to New Life". This group will meet twice a week for five weeks from 5:00

– 6:30 p.m. on Tuesdays and Thursdays in the Homecare & Hospice conference room located at 3801 Vanesta Drive in Manhattan.

The first meeting will be Tuesday, July 14 and the last meeting will be Thursday, August 13.

If you or someone you know could benefit from attending a grief support group, please share this information or contact Judine Mecseri or Dan Clayton at Homecare & Hospice: 785-537-0688.



Did you know that Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to

First Congregational Church whenever you shop on AmazonSmile? AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support the church by starting your shopping at [smile.amazon.com](https://smile.amazon.com). Log onto the special church link to get started: <https://smile.amazon.com/ch/48-0949129>

**FIRST CONGREGATIONAL  
UNITED CHURCH OF CHRIST**

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Manhattan, KS 66502  
(785) 537-7006

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



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**Return Service Requested**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2015</h1>			<b>1</b> 11:30 Lunch Bunch 3:45 Common Table meeting 7:00 Board Meetings	<b>2</b>  7:00 Taizé	<b>3</b>	<b>4</b> Independence Day
<b>5</b> 10:45 Worship & Communion <i>Fill the Bread Basket</i> 12:00 Fellowship Hour 5:15 Second Helping	<b>6 Office Closed Independence Day Holiday</b> 5:15 Yoga 6:45 Endless A Cappella	<b>7</b>	<b>8</b>  6:30 CE Board 7:00 Vitality & Outreach	<b>9</b>  7:00 Taizé	<b>10</b>	<b>11</b> <b>8-1 Rummage Sale</b> 12:30 Kids' Service Project 12:30 Mrunch
<b>12</b> 8:00 Bike Ride 10:45 Worship 12:00 Fellowship Hour 5:15 Second Helping	<b>13</b> 5:15 Yoga 6:45 Endless A Cappella	<b>14</b> 10:00 N.C. Area Clergy Mtg	<b>15</b>	<b>16</b>  7:00 Taizé	<b>17</b>  7:30 Movie Night	<b>18</b>
<b>19</b> 10:45 Worship 12:00 Fellowship Hour 5:15 Second Helping	<b>20</b> 5:15 Yoga 5:30 Parents Night Out 6:45 Endless A Cappella	<b>21</b>	<b>22</b>  6:00 Cabinet Mtg	<b>23</b>  7:00 Taizé	<b>24</b>  12:00 Newsletter Deadline	<b>25</b>  9:30 Kitchen Work Day
<b>26</b> 9:30 Intergenerational Gathering 10:45 Jazz Worship 12:00 Fellowship Hour 5:15 Second Helping	<b>27</b> 5:15 Yoga 6:45 Endless A Cappella 7:00 MLK Jr. Mem. Comm.	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;">           Ministry of the Decorative Scissors         </div>