

Mark 4:39-41

³⁹[Jesus] woke up and rebuked the wind, and said to the sea, "Peace!

Be still!" Then the wind ceased, and there was a dead calm. ⁴⁰He said to them, "Why are you afraid? Have you still no faith?" ⁴¹And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"



Greetings to You. Yay summer!

I've been thinking a lot this week about how scary life can be. But, when we encounter difficulties, we get to choose- Fear or faith?

"Who is this then, who can still the storm?" This is the question the disciples in their boat with Jesus asked. Jesus slept peacefully in the boat while a storm that rose up quickly began to rock and pummel the boat. Of course, the disciples were frightened. They understood that Jesus was the captain of their ship at sea. Of course, they expected him to be the one who dealt with this problem.

I'm reading a really good book titled The Living Great Lakes written by Jerry Dennis. Dennis traveled from Traverse City, Michigan to New York by way of the Great Lakes, Erie Canal and the Hudson River, in a large sail boat with a crew of 4 people. He tells stories and shares history and facts all along the way.

He learned quickly that in a moment conditions can change dramatically and their boat would begin to lurch on the water, waves breaking on the side of that boat, soaking them, threatening to drag them into the water. He describes how frightening this is, how it happens all the time on the Great Lakes because they are so easily affected by weather. And when it happens they move into action.

This is a lot like life. All can seem clear and beautiful one minute and a minute later the wind kicks up and fear sets in. We go thru periods where everything is going well. Then suddenly one day the news on TV turns our world upside down. A volcano erupts in Hawaii; and earthquake reduces bridges and buildings to rubble. Or closer to home, a family member becomes terribly ill, or someone we love dies.

Fear or faith. Jesus was in the habit of choosing faith. He would turn to his ABBA, his Father in heaven and he would pray and he would pray and he would pray.

We are capable of doing this as well. We can decide to set our fear aside and choose faith. And we can turn to God and we can pray and we can pray and we can pray.

Choose faith. Encourage others to choose faith. Because God is always with us, navigating the big and little waves life brings.

A small team of God's faithful provide worship at Mallard's Landing, along with me, on the Third Thursday morning at 9:15 each month. The thoughts here are from the message preached in June during the service.

If you feel a call to assist with this ministry, please let me know.

With You on the Journey,

Pastor Alana

(For information on the Industrial Prison Complex, I encourage you to read Just Mercy by Bryan Stevenson. It deals thoroughly and compassionately with just one of our problematic systems.)



Remember,
Newsletter article
submission deadline is July 20th.



COFFEE HOURS in JULY & AUGUST...
Summer is a time for slowing down and taking it easy. If you'd like to host a Coffee Hour in July or August,

the church will supply the lemonade and cookies.. you just need to set up, make the coffee and clean up afterwards. Of course, if you have a special occasion to celebrate or just want to try-out a new recipe, that is always welcome, too. Please use the sign-up sheet on the back table.



Tim & Karen Galvin and family at the loss of Tim's mother, Margaret "Peg" Galvin, Lezlynne Moore and family at the loss of Lezlynne's brother's father-in-law, Nancy Martin, Sue Waelens, Pearl Siems, Pearl Ewart, Vicki Kling, Carol Tyler, Margaret Loranger, Cathy Johnson.

Let us also remember Dakota Hazel, Nathan Distelrath, Kevin & Karolynn Mamak, Edwin Summers and all who are serving in the military.



Michael & Nancy Kennedy – 3rd
 Kevin & Lorrie Harrison – 5th
 Randy & Vicki Kling – 15th



Roger Thompson – 8th
 Nicole Whittaker – 10th
 Hannah Donnelly – 10th
 Donald Light – 12th
 Caroline Light – 12th
 Heather Putney – 16th
 Timothy Galvin, Jr. – 18th
 Carroll Simmons – 22nd
 Jennifer Whittaker – 24th
 Lorrie Harrison – 25th
 David Wheeler – 25th
 Vicki Kling – 30th
 Rachel Montroy – 30th

“No matter who you are or
 where you are on life’s
 journey,
 you are welcome here!”
WELCOME

Be the Church gathering is set
 for the fourth
 Tuesday of
 every month.
 This month we
 will meet on
 Tuesday, July 24th, at 7pm.



STAFF LISTING...

Pastor & Teacher:
 Reverend Alana
 Kelley

Organist:

Denise Gregg

Vocals:

Anna Nadasky

Bookkeeper:

Amanda Schwehofer

Office Administrator:

Julie Wendt

Christian Ed Coordinator:

Doug Bishop

Nursery Staff:

Olivia Carlsen/Lori Lewis/
 Robin Gilbert

Custodians: Dale & Cindy Frey

MALLARD'S
LANDING SERVICE

takes place the
third Thursday of
every month.
Please join us as
we provide a much-
appreciated communion
worship service for some of the
residents. You will enjoy
getting to know 'the regulars'
and seeing the members of this
church who live at Mallard's,
too! This month's service is on
Thursday, July 19th, at 9:15am.



The Little Food
Pantry needs non-
perishable
donations. Please
help support this
worthy mission.



YOUR CHURCH
COUNCIL...
Please feel free to
contact any member



of your Church Council with any
questions, comments or concerns.
Lisa Hughes – Moderator
Robert Rood – Vice Moderator
Ken Schultz – Treasurer
Caroline Schultz – Church Clerk
Deuane Martin – Trustee & Finance
Kathy Rood – Worship & Music
Mary Ann Martin - Mission & Ministry
Doug Bishop – Christian Education
Pat O'Connor – Member at Large
Alana Kelley – Pastor

Volunteers make up
FCC's various
committees. If you
would like to
participate in the
stewardship of the
church, or have any questions or
concerns about what the committees
do, please reach out to the
committee chairs:



Administration: David Scheel
Altar: Cathy Light
Altar Flowers: Vicki Kling
Christian Education: Doug Bishop
Inside Maintenance: Don O'Connor
Memorials: Caroline Schultz
Mission & Ministry: Mary Ann Martin
Open & Affirming: Pat O'Connor
Outside Maintenance: Randy Kling
Parish Nurse: Mary Ann Martin

Parsonage: Don Rice
Pastoral Relations: Bob Rood, Nancy Rice, Carroll Simmons
Remembrance: Karen Galvin
Treasurer: Ken Schultz
Ushers: Tim Galvin
Worship & Music: Kathy Rood

22 – Need a Volunteer
29 – Need a Volunteer

JULY 1st COMMUNION

SERVERS: Doug Vernier, Doreen Vernier, Tim Galvin, Karen Galvin

ALTAR DUTIES: Kathy Rood

TRUSTEE: Kathy Cilluffo



JULY DUTIES:

LAY READERS:

1 – Marge Guinther
8 – David Scheel
15 – Bob Baden
22 - Vicki Kling
29 - Karen Galvin

USHERS:

1 – B. Rood / R. Kling
8 - D. Scheel / D. Kelley
15 – D. O'Connor / P. O'Connor
22 – D. Rice / T. Galvin
29 – K. Schultz / P. Lydy

POWER POINT:

1 – Lisa Hughes
8 - Adelle Schwan
15 – David Kelley
22 – Doreen Vernier
29 – Pat O'Connor

COFFEE HOUR:

1 – A. Thourlby/H. Ryan
8 - Need a Volunteer
15 - Don & Nancy Rice

OPEN & AFFIRMING INCLUSIVE CHURCH COVENANT



The members of the First Congregational Church of St. Clair, United Church of Christ, declare that we are a fully inclusive, open and affirming congregation. We affirm the life and teachings of Jesus Christ and believe that all people are children of God. As such, we welcome to the community of faith all people of diverse race, physical and mental abilities, ethnicity, gender identity, sexual orientation, marital status, and socio-economic status. We covenant to provide to all a safe, loving, nurturing and compassionate community.

Harbor Impact is in need of a few special items. Boxes to house jewelry – bracelet, necklace, ring boxes, etc. are in demand. Also, gently used towels and washcloths, sheets and pillowcases, all sizes. Comforter sets marked by size are also greatly appreciated! You can leave them in the Library marked “Harbor” or call Bonnie Landschoot or Mary Ann Martin.



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LADIES LUNCHEON will be held on Wednesday, July 18th, at Lake FX in Port Huron. We will meet at 12pm. If you would like to car-pool, please call the office.

The Alzheimer’s Support Group will meet the fourth Thursday of the month at First Congregational Church. All are welcome. July’s meeting is Thursday, July 26th, at 1pm. For further information, please call the church (329-4142) or Mary Ann Martin (326-0798).



This may be the MOST important thing to know about depression: It’s NOT a sign of weakness or a character flaw. It’s a serious illness—like heart disease or diabetes. Health Care Professionals (HCP) can screen for it—and treat it to help people get their lives back.

Depression is more than feeling sad. It can make it hard to function day to day—and it can rob you of your ability to enjoy your life.

Treatment—typically talk therapy, medication or both—may help you feel more like yourself again. If

someone is clinically depressed, they can't just "snap out of it," according to the National Institute of Mental Health. Most people need treatment to get better; generally, the earlier treatment begins, the more effective it is; and it's never too late to seek help. **If you need help now, you can call the National Suicide Prevention Lifeline anytime at 1-800-273-TALK (8255). If someone is in immediate danger, call 911—or go to the nearest emergency room.**

Symptoms of depression may vary from mild to severe. If you have any of the following symptoms for 2 weeks or longer, talk with your HCP.

- Feeling sad or hopeless, or having a low mood.
- Having trouble falling or staying asleep—or sleeping too much.
- Overeating or not wanting to eat.
- Feeling worthless or guilty.
- Losing pleasure in activities once enjoyed—such as hobbies or sex.
- Being fatigued or having decreased energy.
- Having trouble concentrating, thinking or making decisions.
- Moving or speaking so slowly that other people notice—or

doing purposeless physical activity, such as pacing or hand-wringing.

- Having thoughts of death or suicide.

What should you do next? Speak up—even if it's difficult. To bring this up with your HCP, try something like this: "I haven't been myself lately. I think I may have depression—and I'd like some help."

If you're currently taking antidepressants, here are four important pointers:

- Be patient. Antidepressants can be very effective when taken properly. But it may take time to see signs of improvement.
- Speak up about side effects. In most cases, these will lessen over time. Your HCP may also be able to adjust your treatment.
- Don't stop suddenly. Never quit taking your medicine or change the dose without talking with your HCP first.
- Let your HCP know how you're feeling. And reach out any time you have questions or concerns.

Source: UnitedHealthCare

As your parish nurse, I am available and eager to assist in finding some mental health resources. Any communication or actions are confidential and treated in a professional manner. Healthy body, healthy mind. Be the best you can be!

Your Parish Nurse,

Mary Ann Martin, RN, BAS, FCN



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FRIDAY MORNINGS AT NEIMAN'S CAFÉ..

Every Friday, 10:30 a.m-12:00 a.m. You are welcome to stop by for a chat with Pastor Alana, enjoy some good coffee, or just appreciate a relaxing end to your week!



Christian Education News



As head of the church's CARE TEAM, I send emails to my team members of Joys and Concerns in the congregation. Most of these emails are in the form of a Prayer Request. If you would like to be informed of the members that we are praying for, please email me to add you to this list. (This does not make you an "active" member of the Visitation team). Thank you – Karen Galvin kmg49@comcast.net

FIRST CONGREGATIONAL CHURCH OF ST. CLAIR
300 ADAMS STREET

SUMMER ACTIVITIES

June 2: Kids/Teen Game night and Pizza 6-7:30pm
June 16: Teen night 6-7pm (ages 12-19)
June 24: Family BBQ after church 11am-12:30pm
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July 18: Kids cooking all ages 5-6:30p Church Basement  
July 28: Teen night 6-7pm (ages 12-19)  
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August 3: Bon Fire and s'mores 6:30-8:30pm side lawn
August 8: Movie and popcorn Sp-7p all ages
August 18: Teen night 6-7pm (ages 12-19)

All are welcome

For more information please
call: (810) 329-4142

FREE Summer Fun!



SUSTAINING CREATION

When Dr. Terry Gallagher preached from our pulpit during Breakfast Church on Sunday, May 20, he spoke about the challenge of taking an active role in environmental causes. His ministry, [Sustaining Creation.org](http://SustainingCreation.org), states “...our ministry’s sole focus is to provide outstanding resources to connect people of Faith with the Climate & Earth Sustainability crisis such that they will act with urgency for the sake of all God’s children.”

Along these lines, I have decided to start a monthly article in the [Channel](#) which will list suggested “48 Steps to Living Sustainably—Actions We All Can Take.” The purpose of this article is to challenge you to think of what it is that you can do in this important endeavor. I would appreciate responses, comments, additional suggestions, or questions about this topic. I will publish such responses anonymously to create a climate of

learning, discussion and interest so we can grow together. Dr. Gallagher is aware of this project and is supportive of it. I may have to go to him to get some answers to your questions!

48 Steps to Living Sustainably— Actions We All Can Take

1. Re-establish the ancient practice of Sabbath economics in your family’s life. At this initial level keep it simple by avoiding purchasing anything on one specific day/week.
2. Educate yourself on Global Warming via books & websites from the recommended list of resources.* (see below)
3. Go “meat-less” one day a week as meat has 10X the effect on the environment. (Meat-less Mondays?)
4. Walk or bike to close-by destinations. Good for the body & the soul.

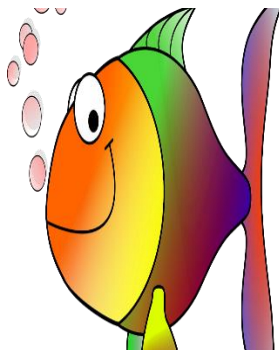
These are all considered “Toe-Dipping” Steps in the Lifestyle category. We will continue “toe-dipping” next month in the category of Transportation. Happy July, everyone!

Your Mission Chair,

Mary Ann Martin

*Reading and Web Resources:

Drawdown – The Most Comprehensive Plan ever proposed to reverse Global Warming by Paul Hawken; **Storms of My Grandchildren** by James Hansen; **Earth** by Bill McKibben; **The Madhouse Effect** by Michael Mann & Tom Toles; **A New Climate for Theology** by Sally McFague; **Reinventing Fire** by Amory Lovins & Rocky Mountain Institute; **Cooler-Smarter-Practical Steps For Low Carbon Living** by Union of Concerned Scientists; **350.org**; **Climate Progress.org**; **Yesmagazine.org**; **Sierra Club.org**; **CitizensClimateLobby.org**; **Climate Reality.org**; **Union of Concerned Scientists.org**; **Inside Climate News.org**.



VBS DONATIONS...
FCC kids will be participating in the ecumenical VBS this year, being held at

St. Peter's Lutheran Church, on July 9-11, 6pm-8:30pm. Pre-K (4 yrs) thru 5th grade are

welcome. Ocean Commotion is the program for this year, and the craft department is in need of clean/empty Gatorade or Powerade bottles and glass pint jars. Please leave your donations in the box in the hallway. Any questions, speak with Doug Bishop.



JULY 2018 at First Congregational

1	Sunday	WORSHIP 10:00am / Family BBQ
4	Wednesday	Independence Day! Office Closed
5	Thursday	No Chime Practice
6	Friday	Neiman's Café 10:30am-12:00pm
7	Saturday	Weight Watchers 8am Pastor Alana on vacation July 7-July 16
8	Sunday	WORSHIP 10:00am / Pulpit Supply
9	Monday	Ecumenical VBS @ St. Peters 6pm-8:30pm
10	Tuesday	Ecumenical VBS @ St. Peters 6pm-8:30pm
11	Wednesday	Ecumenical VBS @ St. Peters 6pm-8:30pm Amanda Here 9am-12pm
12	Thursday	Chime Practice 9am
13	Friday	NO Neiman's Café Today
14	Saturday	Weight Watchers 8am
15	Sunday	WORSHIP 10am / Pulpit Supply / Chimes Play!
18	Wednesday	Ladies Luncheon @ Lake FX Port Huron 12pm Kids Cooking in the Basement 4pm-6:30pm Amanda Here 9am-12pm
19	Thursday	Mallard's Service 9:15am
20	Friday	Neiman's Café 10:30am-12:00pm Channel Deadline
21	Saturday	Weight Watchers 8am
22	Sunday	WORSHIP 10am
24	Tuesday	Be The Church – 7pm
25	Wednesday	Pastor/Parish Relations Committee 9:30am Amanda Here 9am-12pm
26	Thursday	Worship & Music Mtg. 9:30am Alzheimer's Support Group 1pm
27	Friday	Neiman's Café 10:30am-12:00pm
28	Saturday	Weight Watchers 8am CE Sponsored Teen Night 6pm-7pm
29	Sunday	WORSHIP 10am