

“Think of us in this way,  
as servants of Christ  
and stewards of God’s  
mysteries.”



1 Corinthians 4:1 New Revised Standard  
Version (NRSV)

Greetings to You,

Summer always goes by so quickly! At the church we’re already gearing up for a new program year. (A program year runs tangential to the school year. It begins in September with Rally Day but continues through summer.)

During the year there are so many wonderful events, activities and ministries of this church. Some are organized by committees and some are done by individual volunteers or groups of volunteers. Many have done much over the years to make this church an exciting and important place to be. This is truly a GOD place.

Everything that happens at the church requires church members to initiate them, to plan them, to assist with them and to attend them. WE are the body of Christ. All of the “work” that is done to make worship happen and to make church events happen is ministry. YOU are the ministers and stewards of this church.

As stewards of the church we are called to share in three ways; our time, our talents and our treasures; all three over the course of any given program year. And there are so many opportunities to do this.

The Be the Church Team began meeting over a year ago and in those meetings we’ve discussed and implemented ways for us to better be the church. We do much but we’ve had some excellent new ideas. One of them is to provide a simple, yet good hot meal once a month, and at the same time to have available, resources and information to help those who are living below the poverty level; to provide a hand up to those going through difficult times, whether because of a job loss, loss of home, loss because of a house fire, or medical problems. We have the resources to be a blessing to those who are going through a difficult time.

While we love the idea of providing this meal and we certainly have the interest among Be the Church meeting attenders, we need to be reassured that this idea is widely supported in the church. We will receive some help from members of our ecumenical partners, but that when the rubber hits the road, will we be able to do this knowing that friends and members of First Congregational Church United Church of Christ are all in.

Two of us are doing the “Serve Safe” training that is required by the State for us to provide such a meal. (Elsa Pennewell and me) We will need volunteers to provide meal ideas and recipes, we will need volunteers to purchase food, volunteers to help with cooking parts of the meal at the church since one of the health department requirements is that all food is prepared in our fully inspected and approved kitchen. We will need volunteers to set tables before our guests arrive, volunteers to help with serving, volunteers to come to dinner to enjoy the meal and help make our guests know they are welcome, volunteers to help with clean up after the meal has been served; and a volunteer to be at a Resource Table to connect people to other assistance they might need.

There are many different opportunities and many differing time commitments. I’d say that there is something for everyone! The call from God has been loud and clear, that we can do this, and that there is a need, just judging by those who use the Ecumenical Food Pantry.

We have this opportunity to become part of the solution to a problem that is becoming more and more widespread in our country.

If you are curious, please speak with one of the BE THE CHURCH team members.

Some of our Be The Church Team are Kathy Ciluffo, Tim and Karen Galvin, Lisa Hughes, Bonnie Landschoot, Deuane and Mary Ann Martin, Pat and Don O Connor, Elsa Pennewell, Bob and Kathy Rood, Jill and Dave Scheel, Ken and Caroline Schultz, Adelle Schwan, Doug and Doreen Vernier.

God is with us in this! This is an incredible opportunity for our church. We know that it would start out small but overtime more and more people would hear about us. Please consider what part you may be able to play.

May the rest of these summer months be restful and filled with peace.

With You on the Journey,

*Pastor Alana*

Prayer:

Lord, thank you that hope does not put us to shame, for your love has been poured out into our hearts through the gift of the Holy Spirit. Thank you for the blessed assurance that you are forever with us.



20<sup>th</sup>.

Remember,  
Newsletter article  
submission  
deadline is August



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 (cookies are in the freezer in the basement).. 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.



Dave Swensen, Peggy Perry (Amanda's Mom), Phyllis Hart, Nancy Martin, Sue Waelens, Pearl Ewart, Vicki Kling, Carol Tyler, Mary Beth Bolla, Margaret Loranger.

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



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Robert & Charlene Taylor – 9th  
Ken & Denise Gregg – 12<sup>th</sup>  
Brian & Vicki Paret – 21<sup>st</sup>



Ken Schultz – 3<sup>rd</sup>  
Kim Hazel – 6<sup>th</sup>  
Caroline Schultz – 7<sup>th</sup>  
Brooklyn Mahaffy – 7<sup>th</sup>  
David Scheel – 12<sup>th</sup>  
Sue Ann Eames – 12<sup>th</sup>  
Don O'Connor – 23<sup>rd</sup>

Charlene Taylor – 23<sup>rd</sup>  
Natalia Salinas – 29<sup>th</sup>  
Matthew Salinas – 29<sup>th</sup>  
Sofia Salinas – 29<sup>th</sup>  
Samuel Salinas – 29<sup>th</sup>  
Liana Cherni – 31<sup>st</sup>  
Cooper Trout – 31<sup>st</sup>

“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,  
August 28th, 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,  
August 16<sup>th</sup>, 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: Adelle Schwan & Liana Cherni  
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



**AUGUST DUTIES:**

**LAY READERS:**

5 – Rachel Montroy  
12 – Deuane Martin  
19 – David Kelley  
26 - Debbie Pesta

**USHERS:**

- 5 – J. Light / D. Johnson
- 12 - A. Thourlby / D. Vernier
- 19 - S. Hughes /C. Eschenburg
- 26 – B. Rood / R. Kling

**POWER POINT:**

- 5 – Picnic Church
- 12 - Kathy Cilluffo
- 19 – Doreen Vernier
- 26 – Lisa Hughes

**COFFEE HOUR:**

- 5 – Picnic Church
- 12 - The Kelley’s
- 19 - Need a Volunteer
- 26 – Need a Volunteer

**AUGUST 5th COMMUNION**

**SERVERS:** Picnic Church

**ALTAR DUTIES:** Kathy Rood

**TRUSTEE:** Randy Kling

**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.



Mission Moments

August, 2018

Happy August! Reminder—our August planning meeting for Mission and Ministry is Wednesday, August 8 at 2:00 pm in the Church Lounge. This is the perfect time to join our Team as we look ahead at the coming church year and plan our activities. September is our month at the Ecumenical Food Pantry and we will be discussing our plans for those Tuesdays and Thursdays. We have a great group of committed people organizing that event, including Micki Baden, Caroline Schultz, Ann Whittaker and others. We need a person to take over planning our Adopted Families Holiday Giving Program. Please consider volunteering for this, even if you would like to co-chair. It is so important and so rewarding!

Ye Olde Christmas Shoppe, Year 2 will be November 20 at Harbor Impact Ministries. That means we need a crew of many people to help set up on Monday, November 19 at 9:00 am. I will provide lunch and we tackle the huge job enthusiastically and energetically. Last year, we surprised ourselves by being done by 2:00! We had 40+ helpers and then those who could managed to return on Tuesday for the actual shopping day. The guests were overwhelmed with the beautiful and plentiful "Shoppe" and we made a lot of people happy that day, including ourselves with the satisfaction we experienced in giving!

Harbor is in need of men's jeans of all sizes. Please deliver them to the Library marked Harbor and we will get them delivered. Thank you. Also, the Little Red Food Pantry has been busier than ever. We are trying to find out the reason for the increased usage. Please donate what you can, especially protein sources, cereal and beverages for hydration. The shelves in the Library have been marked more clearly. Items can be placed on the shelves labeled "Little Red Food Pantry" or placed in the red box outside when you bring them. Items for the Ecumenical Food Pantry should go on their respective shelves.

Hope to see you August 8 at 2:00. It's a great group and we have much to accomplish together!

Your Mission Chair,  
Mary Ann Martin

Harbor Impact is in need of a few special items. Men's jeans, men's shorts, men's hoodies and men's XXL shirts are in great demand. You can leave them in the Library marked "Harbor" or call Bonnie Landschoot or Mary Ann Martin. Also, you can reach Harbor Impact directly at [harborhelps@gmail.com](mailto:harborhelps@gmail.com)



The Alzheimer's Support Group will meet the fourth Thursday of the month at First Congregational Church. All are welcome. The meeting in August will be Thursday, August 23rd, at 1pm. For further information, please call the church (329-4142) or Mary Ann Martin (326-0798).



*Ecumenical Food Pantry - One of our church's missions*



*Needed: Donations and Workers!*

*How the Ecumenical Food Pantry Operates:* The Ecumenical Food

Pantry is supported by nine local churches and serves clients in the city of St. Clair and the townships of St. Clair, China, and East China. The pantry is located on Orchard Street near 9<sup>th</sup> St., across from St. Mary's School. The Pantry is open Tuesday and Thursday evenings; clients call ahead and are assigned a time to arrive at the Pantry, beginning at 5:00 PM and scheduled every 10 minutes, until 7:00 pm. Here's how it works:

- Around 3:45 pm, Micki Baden or designated substitute arrives at the pantry with a list showing how many clients we will be serving that evening.
- At 4:00 pm, our church's volunteers arrive.
- Between 4:00 and 5:00 PM we pack bags with a week's worth of food for each family on the list; the amount packed depends on the size of the family.
- At 5:00 PM the first family will arrive to pick up their food and may receive soap, toilet paper, etc. if they need it.
- Clients arrive every 10 minutes until the last one has been served, but no later than 7:00 PM. (Depending on the number of clients, we sometimes finish early.)

**Workers:** September is our month to



staff the Ecumenical Food Pantry. We will need workers for

**Tuesday and Thursday** evenings from 4:00-7 PM. If you are able to volunteer for ***one or more evenings***, please sign up. There will be a sheet on the table at the back of the church. If you have not worked the Pantry before, please consider it – an experienced worker will always be working with you, so lack of experience is no excuse! There is also a place to sign if you would be available as a last-minute substitute. If you have questions, call Micki Baden at 326-0456 or email her at [micki.baden@gmail.com](mailto:micki.baden@gmail.com).

**Donations:** Bring non-perishable items to our church library, or donate cash or checks to the church, marked for the pantry

**Greatest Need:**

Canned meats (beef, tuna fish, chicken)

Canned Beef Stew and Roast Beef/Corned Beef Hash

Chili (with meat, vegetarian, or no beans)

Canned fruit

Applesauce

Other items that are always in short supply:

Canned Pasta (ravioli, spaghetti, Spaghetti-Os, etc.)

Spaghetti sauce – all flavors

Spaghetti noodles

Meal Helper Kits

Packaged dry potato and rice dishes

Canned or bottled juices

Canned vegetables

Canned tomatoes

Cereals

Pancake mix & syrup

Powdered milk



## Christian Education News

A yellow poster with a pineapple, watermelon slice, and beach ball. The text reads: **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  
~~~~~  
July 18: Kids cooking all ages 5-6:30p Church Basement  
July 28: Teen night 6-7pm (ages 12-19)  
~~~~~  
August 3: Bon Fire and s'mores 6:30-8:30pm side lawn  
August 8: Movie and popcorn 5p-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!**

## FRIDAY MORNINGS AT NEIMAN'S CAFÉ..

Every Friday, 10:30 a.m-12:00 p.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!



## Mexican Pasta Salad

### Detroit Free Press

**Serves 9 / Prep time: 20 minutes / Total time: 20 minutes (plus chilling time)**

¼ teaspoon salt  
¼ teaspoon black pepper  
1 clove garlic, minced  
1 can (14.5 ounces) dark red kidney beans, drained and rinsed  
1 cup frozen corn, thawed  
1 cup chopped red bell pepper  
1/3 cup diced red onion  
¼ cup chopped fresh cilantro  
5 ounces whole-grain shell or elbow pasta  
2 tablespoons canola oil  
2 tablespoons cider vinegar  
3 teaspoons taco seasoning spice mix  
2 teaspoons sugar

Cook pasta according to package instructions, omitting salt. Drain pasta and rinse under very cold water; set aside.

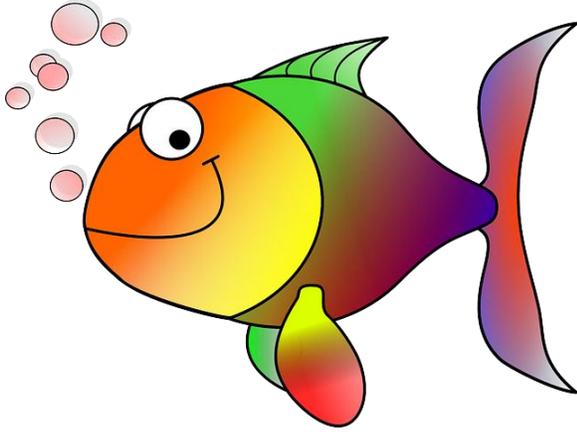
In a small bowl, whisk together oil, vinegar, taco seasoning, sugar, salt, black pepper, and garlic. In a large bowl, combine pasta, kidney beans, corn, red pepper, onion and cilantro. Pour dressing over pasta mixture and gently stir to combine ingredients. Chill at least 2 hours before serving, allowing flavors to blend.

152 calories (24% from fat), 4 grams fat (0 grams sat. fat; 0 grams trans fat), 26

grams carbs, 5 grams protein, 163 mg sodium, 0 mg cholesterol, 36 mg calcium, 5 grams fiber. Food exchanges: 1 starch, 2 vegetable, ½ fat.  
Heart Smart Recipe



**PICNIC CHURCH  
SUNDAY  
AUGUST 5, 2018  
10:00 A.M.  
EAST CHINA PARK**



VBS was a great hit. This year's theme was "Ocean Commotion". We had a great turn-out with lots of excitement and helpers. If you'd like to see some of the excitement, please stop by the church and see what greets you. A great **BIG THANK YOU** to all!

Submitted by –  
Penny Malcolm



### THE SALTY SIX

The words "salt" and "sodium" are often used interchangeably, but they do not mean the same thing. Sodium is a mineral and one of the chemical elements found in salt. Salt (also known by its chemical name, *sodium* chloride) is a crystal-like compound that is abundant in nature and is used to flavor and preserve food. Sodium is an essential nutrient and is needed by the human body in *relatively small amounts* (provided that substantial sweating does not occur). Sodium is important for many body processes, such as fluid balance, muscle contraction, and nervous system function. As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor (including the flavor of other ingredients), and as a preservative.

The American Heart Association recommends that a normal diet contain no more than 1500 mg of

sodium. You will be surprised when you look at labels some of the sodium contents of some of your favorite foods. Remember, those numbers are per serving. Look at the serving size and then calculate based on how much you normally eat of that food. About 75% of dietary sodium comes from eating packaged and restaurant foods, whereas only a small portion (11%) comes from salt added to food when cooking or eating.

These six popular foods can add high levels of sodium to your diet. Let me introduce you to “The Salty Six”:

1. Breads and Rolls
2. Cold Cuts & Cured Meats
3. Sandwiches (including fast food hamburgers)
4. Pizza
5. Soup
6. Chicken (especially prepared dishes)

Other foods that are high on the list include cheese, mixed meat dishes (such as beef stew, chili, meat loaf), mixed pasta dishes, and savory snacks such as chips, crackers, popcorn and pretzels.

Source: [fda.gov/nutrition](http://fda.gov/nutrition) education;  
Heart.org

Try keeping a food diary for a week and see where you stand with

sodium. Sodium can increase the risk of developing high blood pressure and cardiovascular disease. Sodium is a nutrient to get less of! Let me know if I can help in any way.

Your Parish Nurse,

Mary Ann Martin, RN, FCN



## **SUSTAINING CREATION**

### **48 Steps to Living Sustainably— Actions We All Can Take**

August is upon us and we’re revisiting our new commitment to sustainable living ideas as shared with us by Rev.

Terry Gallagher. These next two items deal with Transportation and are still considered “toe-dipping” measures (that means they’re relatively easy to do!) Living in St.

Clair, the part about using Public Transportation can be tricky here, so let’s expand that to include walking and biking!

1. Adjust your driving habits to improve mileage. Easy on that gas pedal, combine trips. Ride share.
2. Use Public Transportation (see above) when possible. Pressure your local Government to make it “Carbon Free”.

Next month, we will continue looking at “toe-dipping” measures in the category of HOME. I’d love to hear of some instances when you’ve used any of these suggestions. I can keep it anonymous if you’d like! We just got a new Escape and I’ve been watching the dashboard where it tells how many mpg you’re getting as you drive along in real time. It’s amazing how 50 mph vs. 70 mph creates a huge impact on your mileage figures! Another item that has been front and center this past month has been the use of plastic straws. I have been thanking businesses that do not offer straws, and refusing them politely from those that do. It’s all about awareness. Have fun!!

Mary Ann Martin, Environmental Advocate and Mission Chair

\*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**.

## August 2018 at First Congregational

1	Wednesday	Amanda Here 9am-12pm
3	Friday	Neiman's Café 10:30am-12:00pm CE Sponsored Bon Fire & S'Mores 6:30pm-8:30pmYard
4	Saturday	Weight Watchers 8am
5	Sunday	<b>WORSHIP 10:00am / Picnic Church @ EC Park / Communion</b>
8	Wednesday	Missions Team Mtg. – 2pm CE Sponsored Movie & Popcorn 5pm-7pm Lounge Amanda Here 9am-12pm Trustee Reports Due
10	Friday	Neiman's Café 10:30am-12:00pm
11	Saturday	Weight Watchers 8am
12	Sunday	<b>WORSHIP 10:00am</b>
14	Tuesday	Trustees Mtg. 4pm
15	Wednesday	Amanda Here 9am-12pm Council Reports Due
16	Thursday	Mallard's Landing Service 9:15am
17	Friday	Neiman's Café 10:30am-12:00pm
18	Saturday	Weight Watchers 8am CE Sponsored Teen Night – 6-7pm Basement
19	Sunday	<b>WORSHIP 10am</b>
20	Monday	Channel Article Deadline
21	Tuesday	Council Calendar Mtg. – 6pm
22	Wednesday	Amanda Here 9am-12pm
23	Thursday	Alzheimer's Support Group 1pm
24	Friday	Neiman's Café Hour – 10:30am-12:00pm
25	Saturday	Weight Watchers 8am
26	Sunday	<b>WORSHIP 10:00am</b>
28	Tuesday	Be The Church Mtg. 7pm Lounge
29	Wednesday	Amanda Here 9am-12pm
30	Thursday	Worship & Music Mtg. 9:30am
31	Friday	Neiman's Café Hours 10:30am–12:00pm Chime Choir Practice – 10am