



First Congregational Church

300 Adams Street, St. Clair, MI 48079

"No matter where you are on life's journey,
you are welcome here."

RETURN SERVICE REQUESTED

The Channel

A monthly publication of First Congregational Church of St. Clair, UCC



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—God's good, pleasing and perfect will. Romans 12:2

For we, though many form one body, and each member belongs to all the others.
Romans 12:5

Greetings and Blessings to You,

May 2022

I'm excited about an event we all have an opportunity to take part in this month. On Sunday May 22nd beginning at 10:00 a.m. the Eastern Association of the Michigan Conference of the United Church of Christ has special plans for this year's Spring Meeting. We are preparing to have an old-fashioned church picnic together with all 10 of the churches on our Eastern Association; to be together for worship on that Sunday at the East China Park on River Rd where we have done our Picnic Church in the past.

The pastors will share the responsibilities of worship. Denise Gregg and Anna Moore will provide some and possibly all of the music. After worship, we'll have lunch. And after lunch there will be an opportunity to play games. Each church is invited to bring a game (Let's call dibs on Corn Hole!!) We have the park until 2:00 pm.

To what end, you might be thinking?

Let me share with you why this gathering is so important to those of us planning the day. Our ten churches have each been in existence for many years. One of our EA churches is over 193 years old; that would be Romeo now called "Rise". Another is 189. That would be St Clair! The youngest, St Johns UCC in Marine City, seems to be at least 122 years old so most of our churches have been around for quite a while. Yet, at this time we don't see one another, we don't do things together, we don't reach out to support one another or share our great ideas. We are all the body of Christ, the Church.

So, this picnic will be a chance for us to worship together, eat together and play together. The hope is that, of course, we will make a point of getting to know as many people from the other churches as we are able to.

We are ALL UCC churches so there are many similarities between us. We are ALL UCC churches so there are many differences between us. Getting to know each other better will be a blessing since, in the words of Forrest Gump, "Life is like a box of chocolates. You never know what you're going to get." Our different churches are like a box of chocolate. Each one different but each one ordained into existence by the God who loves each one of us.

As the apostle Paul says to the church in Rome, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—God's good, pleasing and perfect will."

Let's plan to do this new thing together and with our United Church of Christ siblings in Christ. We will be able to just be together in community. And that in and of itself will be the blessing. It will be something different and I have a feeling it will be a very good time!

I encourage you to mark your calendars now, plan how you'll get to the park, offer others rides if you'll be driving or ask if there's anything else you can do to help.

We're still working on food planning. We've talked about having food trucks come or having the picnic catered or having a simple hotdog and chicken on the grill cook-out with lots of salads and desserts brought by those who attend. If you have thoughts or strong opinions about this part of the morning, please share.

Paul also said this to the Romans:

"For we, though many, form one body, and each member belongs to all the others."
Romans 12:5

With you on the Journey,

National Mental Health Awareness Month

According to the Centers for Disease Control and Prevention [CD](#), "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used



interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being."



COVID UPDATE:
MASKS ARE STILL REQUIRED IN HEALTH CARE SETTINGS EVEN IF YOU ARE FULLY VACCINATED

5 TIPS FOR A HEALTHY SPRING

1. CONTINUE WITH A FITNESS ROUTINE

Play and have fun! Rediscover activities or sports i.e.:
hiking, bike riding, swimming and walking.

2. RETHINK YOUR DIET

Make sure you are getting a balanced diet.
Keep food choices simple, choose unprocessed foods,
reduce added sugars and portion size.
Enjoy the colorful fruits and vegetables of spring.

3. SCHEDULE TIME FOR YOURSELF

Time alone helps you recharge and replenish your energy.

4. DO A DIGITAL DETOX

Don't let phones, laptops and tablets disrupt your from living your life.

5. CHECK YOUR MEDICINE CABINET

Examine everything in your medicine cabinet including ointments, supplements and vitamins. Discard any items beyond the expiration date. Make sure to dispose of medications in a safe manner, remove personal information from the bottle. Mix drugs and something unappealing and seal in a plastic bag and throw away.

FROM THE FDA - COVID 19 - TO PREVENT GETTING SICK

1. Get Vaccinated - Get Boosted!
2. Wear a mask!

Any mask is better than no mask.
Wear the most protective mask for disease control that fits well.

[FREE MASK LOCATOR: 1-800-232-0233](#)

The CDC encourages Americans to wear masks to prevent COVID spread.

FDA - Food and Drug Administration/CDC - Center for Disease Control



Don & Jennifer Whittaker	May 6th
David and Alana Kelley	May 11th
Richard & Katie Malcolm	May 19th
Russell and Cathy Mollan	May 24th
Steven and Lisa Hughes	May 28th



Julie Rock	May 2nd	Timothy Galvin	May 8th
Dakota Hazel	May 4th	Barb Arevalo	May 9th
Doreen Vernier	May 5th	Patrick Rooney	May 14th
Devon Distelrath	May 6th	Andrew Scheel	May 22nd
Lisa Hughes	May 6th	James Light, Jr.	May 26th
Jill Scheel	May 6th	Gwen Galvin	May 30th
Luke Sheedy	May 7th	Randy Verbeke	May 31st



SAVE THE DATE!

WHEN: May 22nd at 10 a.m.

WHERE: East China Park – 701 Recor Rd., East China, MI 48054

WHO: All Eastern Association Churches

WHY: We have been unable to meet as an association since before the pandemic. We have missed the fellowship of being together and having the opportunity to look beyond our own individual churches into the wider body of our community. We have rented a pavilion at a beautiful 81-acre park, complete with a playground for the kids and a dog park for your furry family members.

After a time of fantastic worship together, we will share a meal. There will also be plenty of time for you to walk the trails and enjoy the beauty of the park.

We look forward to seeing you there!

Questions: Please contact Rev. Kim Newport at krnewport@hotmail.com



ALL – CHURCH READ

On June 22nd from 6:30 – 7:30 p.m., we will meet to discuss *Small Great Things* by Jodi Picoult. There will be 5 copies of the book available in the library. It is also sold new or used by Thrift Books and Amazon.



REV. KIM NEWPORT'S RECIPE FOR PERFECT GARDEN TOMATOES

Kim is the pastor at Rise UCC, a new church started in Romeo. She swears by this process!

Sending blessings to you as you garden this summer!

Dig a decent sized hole for each tomato plant.

Place mushroom compost in the bottom of the hole.

(This is available in small bags at Lowes)

Sprinkle a thin layer of soil on top of the compost.

Place a whole ripe banana in the hole.

Place two whole uncooked eggs in the hole.

Place the plant in the hole.

Fill the remaining space with soil.

