



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



2022

Some Thoughts from Pastor Alana:
September 2022

The beginning of the church program year
always brings a lot of planning and activity.

We'll be trying something new as we set up an Arts and Crafts Show on September 8th, in the Lounge and the Sanctuary, if we need more space. We're hoping you'll bring some work by for us to display!

Here are a few of the items we hope to display:

Wreaths designed by Kavi Designs (Kathy Rood and Vicki Kling), pottery by Deb Maxwell who considers herself an "honorary church member", paintings by Sis Johnson, Stained Glass by Tim and Gwen Galvin (I hope!) and perhaps some other works by Tim, a few pieces of my pottery and perhaps a painting or two. We're hoping for some photos by one of our members, and I know there are more talented people who have work to share.

So, what else will we do differently this new program year?

Here are some thoughts I shared with you in 2016. How've we been doing?

We've all heard the expression, "The one constant in life is change" and perhaps this is one reason that people who attend churches are often "change averse". If seasons are going to change, and technology is going to change and each day is different from the last, can't church just be the same week after week? Tradition is important in a church and our traditions often give meaning to our idea of what church ought to be. But, the number of people who have not been raised in a church has been growing steadily. The number of people who have no idea what worship service vocabulary even means is growing. We use words like "chancel" or altar when someone not familiar might say "stage"; "stewardship" for giving; "communion" for the Lord's Supper; "pew" for bench; "acolyte" for a child who lights the candles. I could go on and on. Why don't we just speak a language that everyone will understand? These are terms that may be familiar to us but are completely foreign to those who have not been raised in the church.

We may love our traditions but to newcomers to the church, some of what we do just seems downright strange. Young people who experience media daily and constantly are exposed at such a fast pace that it is difficult for us to keep up with them. It is even more difficult for them to understand what those of us who are accustomed to certain church traditions can possibly like about the traditions we hold so dear. Boring!!!

Vital Church Leaders have figured it all out for us. Those referred to as Innovators and Early Adopters willingly and with a sense of excitement, accept change in life and in worship. They represent about 16% of average congregations. Those who gradually come along, the Early Majority, average 14%. The Late Majority is made up of those willing to accept change gradually are in the 34% range. Those who really struggle with

any sort of change tradition at all, those who even threaten to walk away from a church because they want it the way it was when they were growing up in the church, the Laggards, are at 16%. (Laggards is not my term, by the way. Perhaps Lagging Adapters is better?)

So where do you fall on this continuum?

Young people perceive church differently than their elders do. In general, they prefer a more casual, more lively and more conversational worship service. They prefer music that sounds more like what they normally like to listen to and will sometimes even express that they do not like old hymns. Can you imagine? That comment makes me sad and even defensive because I love singing old, familiar hymns but....it raises an important question.

What do we do now? Do we insist that we sing the original words to hymns, even if new words might reference our current concerns and ministries? Or do we do what we can to accept some new and different ways of worshipping understanding that not everyone needs worship that is exactly the way we have always liked it, considering that there are as many innovators as there are those who don't want anything to change. Ever.

We are called, first and foremost, to make disciples, especially of those who have not known Christ or who have walked away from Christ and the church. So, what is it that we are being called to do and be as the church today? How do we go about being the church for today's culture?

What do you say? Have we incorporated some new ways of being since 2016? In 2022-2023, what can we do to innovate worship and church in general? What can we do to help a diversity of people experience the Holy Spirit in the sanctuary of First Congregational Church of St Clair, United Church of Christ? Now is a great time to be thinking and talking about this.

With You on the Journey,
Pastor Alana

Isaiah 43:19 NRSV

I am about to do a new thing;
now it springs forth, do you not perceive it?
I will make a way in the wilderness and rivers in the desert.



September Birthdays

Cal Eschenburg, Jr.	9/3
Anna Moore	9/5
Lindsay Baden	9/9
Andrew Skonieczny	9/10
Zoey Hildreth	9/12
Amanda Schwehofer	9/15
Deuane Martin	9/16
James Light	9/18
Janiene McCartney	9/18
Amelia Hirst	9/19
Douglas Johnson	9/24
Stephanie Shapiro	9/24
Madison Montroy	9/27
Shannon Johnson	9/29

Power Point

- 9/4 – Sam Tricom
- 9/11 Pat O'Connor
- 9/18 – Ash Currie
- 9/25 – Kathy Cilluffo

Usher Teams

- 9/4 – Cal Eschenburg & Paul Lydy
- 9/11 – Jim Light & Doug Johnson
- 9/18 – Pat O'Connor & Don O'Connor
- 9/25 – Bob Rood & Karen Galvin

Facebook – Livestream

- 9/4 - David Kelley
- 9/11 – Kathy Cilluffo
- 9/18 – Don Rice
- 9/25 – David Kelley



WANT TO JOIN CHOIR???

Please see Anna Moore.



- Calvin & Julie Rock
- Andrew & Jody Skonieczny
- Cody & Jennifer DeBoer
- Carlos & Barb Arevalo



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 in the Eddy Building.

Here's how it works:

- Around 3:45 pm, team leader(s) arrive 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 4-5 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 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) We

SUNDAY MORNING

WORSHIP SCHEDULE

September 2022

Sunday Steward Communion
 Don O'Connor JoAn Kindsvater

Lay Readers

- 9/4 - Marge Guinther
- 9/11 - Nancy Rice
- 9/18 – Rose Crowley
- 9/25 – Elsa Pennewell

may finish early depending on the number of clients.

Workers: September is our month to staff the Ecumenical Food Pantry. We expect to need workers for Tuesday evenings from 4:00-7:00 PM. There will be a sign-up 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 shouldn't hamper your desire to volunteer. There will also be a space to sign if you would be available as a last-minute substitute. If you have any questions, please call me, Kathy Cilluffo at 810-289-8032 email: kcilluffo57@yahoo.com or Barb Fandruck at 810-919-3873 email: barbfandruck@gmail.com. The maximum number of workers needed each evening is 4. Donations: Bring non-perishable items to our church in the elevator room, the first set of metal shelves marked for the pantry opposite entry door. You may also donate cash or check to the church, marked for the Ecumenical Food Pantry.

Greatest Need:

Canned meats

(beef, tuna, 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-O's, etc.)
 - Spaghetti noodles
 - Spaghetti sauce
 - Meal Helper Kits
- Packaged dry potato and rice dishes
 - Canned or bottled juices
 - Canned vegetables
 - Canned tomatoes
 - Cereals
 - Pancake mix & Syrup
 - Powdered Milk

**Arts
& Crafts**

AN ART AND CRAFT SHOW IN THE CHURCH

We've talked about it and our plan now is to set up an exhibit of your works on September 8th keeping it up through mid-October. If you have works of art

or crafts that you'd like to share, we invite you to bring them to the church. We'll provide a form for you to fill out including information about your work. Work can be recent or can be from long ago! We'll need some assistance setting the exhibit up. If you'd like to help with this, please let Pastor Alana or Wendy know. If you have easels you can spare, we plan to exhibit heavier flat works on easels. 3D works will go in the glass case. If you have any questions, please talk to Pastor Alana.



On September 11th, we'll have Rally Day when the children will return to Sunday School during worship. We are so grateful to Penny Malcolm and Jill Scheel who provide such devoted and wonderful guidance to our children and youth. We are truly blessed by their work. While our concerns about COVID continue to weigh on us, slowly but surely church and life in general is feeling like a new sort of normal. There will be an ice cream social after worship on the first day of Sunday School.



MISSION MOMENT

During the month of October, we will be supporting "Our Church's Wider Mission" by collecting each Sunday for NEIGHBORS IN NEED. This collection will support ministries of justice and compassion throughout the United States, including Council of American Indian Ministries, justice and advocacy, and direct service projects supported by Justice and Local Church Ministries.



This year's pet blessing will be in the church yard on Sunday, October 2nd during 10 a.m. worship. If it rains, we'll be in Friendship Hall.

Plan to bring your well-behaved dogs and other pets to church that morning. If you have a senior pet, you may bring a photograph, if you prefer to do this.



THE LITTLE RED FOOD PANTRY

This small pantry is a community outreach program sponsored by The Mission Team of this church. It is stocked twice-weekly with non-perishable food. Donation requests may change but the need to feed does not.

September is here.

School is back.

Filling meals to make.

And lunches to pack.

School lunch box fillers:

Single-serve fruit cups, chips, pudding, etc.

BIG needs for the LITTLE pantry:

Canned Green Beans and Corn

Canned Chicken or Tuna

Cereal

Peanut Butter

Spaghetti Sauce

Please leave food donations in the elevator room on the shelves labeled

THE LITTLE RED FOOD PANTRY.

Any questions? Please call

Nancy Kennedy at (810) 329-3790.



Falls are the number one cause of death in older adults. Within the first year of a fall resulting in a hip fracture, one in five people die and less than one-third return to their pre-fall level of health.

More than 90% of hip fractures occurring in people over the age of 70.

The best way to avoid taking a tumble is to be proactive. Moving with caution, securing tripping hazards, and maintaining strong muscles through exercise are just a few of the ways you can help yourself stay on your feet.

THE ULTIMATE FALL PREVENTION

CHECKLIST!

BEDROOM

Install nightlights or place a lamp within easy reach from the bed in case you need to get up in the middle of the night. Avoid leaving tripping hazards – like shoes, purses and papers on the floor, particularly in areas where you commonly walk. Remove large cumbersome rugs that are easy to trip over or use double-sided tape to secure the edges to the floor. Keep a flashlight handy in the nightstand next to your bed in case of power outages.

KITCHEN

Place items within easy reach, particularly heavy frequently used item. Avoid standing on chairs or stools, or overextending to get something. If you must use a step-stool, choose one that has a bar on top for you to hold on to.

BATHROOM

Install handrails or grab bars in the bathroom to help get in and out of the shower and tub. Install nightlights for middle-of-the-night visits to the bathroom. Install handrails near the toilet to sit down and stand with ease. Install non-slip stickers or non-slip mats in your shower and tub. Remove soap build-up from all areas of your bathroom as this can be slippery. Install adjustable height shower heads. Not only can you remove the shower head and adjust its height, you can also utilize it as a vertical railing to hold onto. Place double-sided tape on the bottom of bathroom mats to avoid slips and loose edges.



HAS YOUR COVID TEST EXPIRED?

Free products delivered by the government have a limited shelf life. It is crucial to check the updated FDA announcements on Covid-19 test kits and their expiration dates.

WHAT IS MONKEY POX

This is a disease caused by the monkey pox virus. It is similar to small pox. It was discovered in 1958.

The source of the disease is not known, non-human primates may carry it and infect humans. It is much less contagious than Covid-19. Monkey pox is typically a mild disease with a low fatality rate. Monkey pox can be spread to anyone through close personal contact. Often a skin-to-skin contact. A person with monkey pox can spread it to others from the time the symptoms start until the rash has fully healed and a layer of skin has formed. The illness typically lasts 2 to 4 weeks. Check the CDC for further information.

COMMON FALL HEALTH CONCERNS

Airborne Illnesses – Cold dry weather makes it easier for airborne viruses, cold and flu spread. To prevent: wash hands often, avoid contact with people who have active symptoms, stay home if you're sick, wear a mask, don't touch your face, vaccines can reduce airborne illnesses, annual flu shot are important.

ASTHMA

Cold dry air irritates and inflames airways triggering asthma symptoms. Try to limit out of doors. Put a scarf over your face.

ARTHRITIS FLARES

There will be worsening symptoms that medications don't seem to help. To prevent this, dress warmly, stay active, exercise.