



The Channel

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



***2022***

Some Thoughts from Pastor Alana November 2022

Mark 4:39-40

“[Jesus] got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind

died down and it was completely calm.  He said to his disciples, “Why are you so afraid?

Do you still have no faith?”

Greetings, and Peace to You!

Hasn’t this Autumn been just perfect? It is so beautiful when the leaves have

changed and then finally begin to fall from the trees. And the sky seems grayer, which

makes the colors appear that much brighter.

On Sunday I spoke with the children about how our seasons change and we all

agreed that we love each one. And I allowed as how even though the seasons change,

God’s love for us never changes. And during difficult times we can always reach out to

God in prayer. God will be there for us because we are God’s children and God loves us

with a constant love.

When a pastor leaves a church, it makes people nervous. When it’s time for this

sort of change, church members can get antsy; become fearful. And this is

understandable.

We’ve settled into a pretty nice routine together here at First Congregational

UCC St Clair. By this time, at almost seven years together, you know what to expect of

me and I know what to expect of you. Thinking about what the future might have in store

can be stress-inducing. BUT, it can also be very exciting.

New servant leaders will be coming here, full of energy and compassion. They will want to do what is best for each of you and for the church, this congregation.

First an Interim Minister will come and then the settled minister the church calls will

come. They will each bring new life and energy to the church.

Getting to know them will be like opening a gift as layers of wrapping paper are

torn away and more and more of this new person will be revealed to you. And you as a

congregation will be revealed to them.

One of the difficult parts of leaving St Clair for me is that there is an expectation

of me that I will maintain healthy boundaries from the church after I’m gone. I know this

well because I taught Boundary Training for Pastors in the Ohio Conference Western

Reserve Association. This separating is extremely difficult for a pastor just as it will be

extremely difficult for some of you.

Important life events that occur after I’ve gone, like weddings, graduations and

funerals, will be for your new pastor to officiate, to celebrate with you during happy

times, to mourn with you through difficult times. These important events along with

Sunday worship, pastoral care, book studies and attendance at meetings allows you as

congregation members to get to know and to care for your new pastor.

It may feel uncomfortable for some of you that I am less responsive than would be ideal. But, even as I leave I will be ministering to you as I separate myself from you, so that you are able to quickly develop faith in your Interim Minister and then your settled pastor.

Seasons come and seasons go. And the seasons I’ve spent with you have been

heaven on earth to me. I can’t express in words the care I have for each of you, even

those who have pulled away over the years. But, the fact is that YOU are the constant

at First Congregational UCC St Clair. Pastors come for a season and then move on in

their lives, called away by God.

This is exactly as it should be. God is truly with you, and the Holy Spirit will assist

you in finding your next pastor. The Holy Spirit will be with you as you do the work required to welcome your new pastor. Departures are always sad. But, as this next chapter is opened to you, I hope you will be able to be as excited for this body, this church, as I am for all of you.

With You on the Journey,

Pastor Alana.



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**November 2022**

**Sunday Steward Communion**

**Tom Pennewell Cathy Light**

**Lay Readers**

**11/6 – Bonnie Landschoot**

**11/13 – Rose Crowley**

**11/20 – Marge Guinther**

**11/27 – Nancy Rice**

**Power Point**

**11/6 – Jody Skonieczny**

**11/13 – David Kelley**

**11/20 – Pat O’Connor**

**11/27 – Ash Currie**

**Usher Teams**

**11/6 – Bob Rood & Karen Galvin**

**11/13 – Dave Scheel & Tom Pennewell**

**11/20 – Don Rice & Tim Galvin**

**11/27 – Cal Eschenburg & Paul Lydy**

**Facebook – Livestream**

**11/6 - David Kelley**

**11/13 – Kathy Cilluffo**

**11/20 – Don Rice**

**11/27 – David Kelley**

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**BIBLE STUDY IS BACK**

**Bible Study in the Lounge at 10:30 on Wednesday mornings. We’ll meet to discuss our favorite passages; passages that we find perplexing, and we’ll discuss what was going on in the world at the time those passages were written. Learn about this**

**book we rely on so heavily!**

**PLEASE COME!**

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**Wendy is out of the office**

**November 14th thru November 18th.**

**She will return to the office**

**Monday, November 21st.**

**The office will be closed on Thanksgiving day.**

**Normal office hours will resume**

**November 29th:**

**Tuesday – Friday**

**9 a.m. – 2 p.m.**

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**Stewardship Sunday is**

**November 20th,**

**Pledge Forms will be located on**

**the back table in the sanctuary.**

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**First Congregational Church of St. Clair**

**will host a**

**Thanksgiving Ecumenical Worship Service**

**with**

**St. Peter’s Lutheran**

**and**

**Holy Family**

**on**

**Tuesday,**

**November 22, 2022, 7 p.m.**

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**Erin &Tim Galvin, Jr.**



**Kaylie O’Connor 11/03**

**Ann Whittaker 11/10**

**Michele Baden 11/11**

**Carlos Arevalo 11/12**

**Kenneth Gregg 11/12**

**Elsa Pennewell 11/16**

**David Kelley 11/22**

**Rachel O’Connor 11/22**

**Nancy Rice 11/27**

**Michael Malcolm 11/30**



**WELCOME**

**TRACY**

**ARE YOU THINKING ABOUT**

**CHURCH MEMBERSHIP?**

If you’re interested in learning about becoming a church member, Pastor Alana will provide information about the United Church of Christ and this church specifically.



As Advent season approaches there will be flower offering envelopes on the back table of the sanctuary to purchase

Poinsettias for the church.

You may also contact Bev Stewart at

(810) 329-2147 or (810) 300-2664



**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.

November nights

bring rainy days.

And sometimes hunger…

a feeling that stays.

Holiday hunger

hurts more

when it’s hidden

behind a closed door.

Give thanks

by giving

for the life

you are living.

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

THE LITTLE RED FOOD PANTRY.

Any questions…..just call Nancy Kennedy at (810)-329-3790.





The Sanborn Gratiot Memorial Home, Inc. provides residential assisted living for the elderly with a mission to serve lower income

seniors who are semi-independent and seeking a secure and affordable residence. It is located on 2732 Cherry Street in Port Huron. The home was founded in 1944 by five Christian women with generous financial support from others in the community.

During the month of November, the Mission Team would like to collect items for Bingo prizes and personal care. The following items are suggested.

Small packages of snacks/cookies, lotion, crossword puzzle books, figurines, small puzzles, notebooks, pens, calendars etc. There is a tray of items in the elevator room. Items brought to the church can be added to the shelf. These will be given to the home at the end of November.

Thank you for supporting this Mission project.



**WINTERIZING YOUR DIET**

Winterizing your diet can be healthy and tasty and if you add a few favorite cold weather foods.

**FOODS YOU SHOULD EAT THIS WINTER**

**ROOT VEGETABLES**

Beets, carrots, turnip…you will get valuable beta-carotene, Vitamin C and A. They are also available during the winter months, roast your carrots, boil the turnips.

**VITAMIN D RICH FOODS**

Shiitake mushrooms, salmon, egg yolks, fortified cereals, milk, red meat. Vitamin D foods reduce anxiety and depression.

**OATMEAL**

Old fashioned oats have many needed nutrients, increased zinc, soluble fiber which all help with healthy immune functions.

**SOUPS**

Soups without salt and cream. Soups with beef – chicken broth, vegetable broth, water based soup, include lots of vegetables and add beans and lentils for fat free protein and fiber.

S**NACKS**

Snacks for your immune system increase your intake of Vitamin C: oranges, mangos, lemons, kiwis, broccoli, bell peppers, strawberries. Fresh or frozen cauliflower and broccoli are high in Vitamin C and enhance your immune system.



**REASONS FOR THE FLU SHOT**

The vaccine prevents illnesses, medical visits, hospitalizations and death. The flu shot is an important preventative tool for people with chronic health conditions. The flu vaccine protects pregnant women from flu/hospitalization and is shown to protect the baby. A 2017 study showed the flu vaccine can be life saving for children. Some people who get the vaccine still get sick, the flu vaccine reduces the severity of illness.

**WHY DO YOU GET A FLU VACCINE YEARLY**

Flu viruses are constantly changing – vaccines are updated to which flu virus will be common during the upcoming flu season. Your protection declines over time. Yearly protection is needed for the best protection.

The CDC recommends everyone over 6 months and older get annual flu vaccines.



**COVID 19 ST. CLAIR COMMUNITY**

**LEVEL IS MEDIUM**

This number was calculated 10/18/22.

**RECOMMENDATIONS**

Get tested if you have symptoms,

wear a mask if you have symptoms

or are positive.

You may chose to wear a mask at anytime to protect yourself and others.

Get vaccinated – Get Booster Shots.

Shots are readily available at MD offices, Health Department, Pharmacies, Meijers.

Questions??

Call the CDC 1-800-232-4636