



## 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



United Church of Christ – First Congregational Church of St. Clair

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(810) 329-4142

*October 2023*



I've always liked the way Jesus put it at the end of Matthew's gospel, the King James Version: "Lo, I am with you always, even unto the end of the world."

God is good.

See you in church, or online.

Chuck

A little boy is lost in the woods, and he's afraid. He's lost, not in the fine, friendly woods of picnics and gentle trails, but woods where wolves prowl, woods where even quiet means danger.

He doesn't know how he got lost. He was watching a butterfly, but it went behind a tree. He found it there again, then followed it behind another tree, and another . . . you know the rest. Now he's lost and he's afraid.

What do you think? How does it end? What happens? Happy ending? Sad ending? What do you think?

It is at least a little frustrating, isn't it?, not to know how a story like that turns out. You can't help but be drawn into it, because there is something uniquely compelling about lost children and dangerous places. There is something powerful, something moving in any story that puts you where you don't want to be, especially when you don't know how you got there.

Look around you now. It's probably a pretty safe place, and I suspect you have some feeling, anyway, for how you got there. Good for you. Still, what do you think? How does it end? What happens? Happy ending? Sad ending? What do you think?



Interim

**Dr. Charles Guerrero**

Chuck can be reached at the church  
Thursday through Friday 10:00 – 4:30,  
Saturday 11:00 – 4:30,  
and Sunday 8:00 – noon.

Chuck can also be reached at  
[stclairinterim@gmail.com](mailto:stclairinterim@gmail.com)  
and (989) 980-0061.



The Search Committee has invited a prospective minister to tour St. Clair in October. The Conference continues to receive interested applicants. Please contact a committee member with questions and comments as you desire. The search committee members are:  
Co-Chairs: Avery Skonieczny & Don Rice;  
Rose Crowley, Mike Kennedy, Don

O'Connor, Kathy Rood, Kathy Cilluffo, Sam Tricomo, Vicki Kling and Ash Currie. We are available for your questions and concerns regarding the pastoral search in person or email at: [firstcongsc@gmail.com](mailto:firstcongsc@gmail.com)



**ARE YOU THINKING ABOUT  
CHURCH MEMBERSHIP?**

If you're interested in learning about becoming a church member please speak with Pat O'Connor or Chuck to set up a time to chat. Your questions about the United Church of Christ and this church specifically will be answered.



**Altar Flowers**

If you wish to donate altar flowers please contact:  
Bev Stewart  
(810) 329-2147



The Leadership Team will meet in the lounge on Thursday, October 12, at 6 p.m. If you have any questions, please contact Pat O'Connor.

SUNDAY MORNING  
**WORSHIP**  
SCHEDULE

**October 2023**  
**Sunday Steward**  
Kathy Cilluffo

**Communion**  
Cathy Light

**Lay Readers**  
10/1 – Kathy Rood  
10/8 – Barb Fandrick  
10/15 – Jody Skonieczny  
10/22 – Kathy Cilluffo  
10/29 – Jacie Sanders

**Power Point**  
10/1 – Jody Skonieczny  
10/8 – Sam Tricomo  
10/15 – Kathy Cilluffo  
10/22 – Pat O'Connor  
10/29 – Ash Currie

**Usher Teams**  
10/1 – Dave Scheel, Tom Pennewell  
10/8 – Don Rice, Tim Galvin  
10/15 – Karen Galvin, Nikki Perry  
10/22 – Jim Light, Jacie Sanders  
10/29 – Pat O'Connor, Don O'Connor

**YouTube – Livestream**  
10/1 – Kathy Cilluffo  
10/8 – Jacie Sanders  
10/15 – Don Rice  
10/22 – Jacie Sanders  
10/29 – Don Rice

Please remember if you are unable to fulfill your worship duty, please be certain to find a substitute.



Halloween, October 31,  
5 p.m. to 7 p.m.

Doug Vernier	10/02
Sean Galvin	10/04
Kathy Rood	10/08
Carol LaVigne	10/09
Phyllis Hart	10/12
Julie Wendt	10/13
Jennifer DeBoer	10/14
Isabella Hazel	10/14
Theresa Craven	10/16
Catherine Light	10/16
Michael Kennedy	10/19
Jeff Hazel	10/20
Laurel Lydy	10/30
Makayla Malcolm	10/30
Dawn Kindsvater	10/31



September 23, 2023



Blessing of the Pets will be  
Sunday, October 15, details to  
be announced in church.

Dear Friends at First Congregational Church of St. Clair,  
Your Leadership Committee has been discussing the possibility of a Memorial Garden interment and named memorial plaque for some time. We've decided we're ready to make this a reality so that for years to come, our families can come to our garden to reflect and visit with their loved ones.

Please take a look at the enclosed brochure and then let your Leadership Committee know what you think. We need to raise \$2000 to add to \$3000 from our Memorial Fund Money to purchase our first plaque and nameplates. From there, any monies that come in will be used to maintain and add to our Memorial Garden and place new



nameplates on the large, outside mounted plaque.

I recently saw this at the Cherry Hill Presbyterian Church in Dearborn. They do a lovely service when doing an ash interment, and I found it a very satisfying and meaningful experience. I would love for that to be available to all of us here at our church.

Please reach out to me directly and let me know if you'd like to participate in this wonderful opportunity at our church.

Twelve years ago, when my mother passed, she had expressed a wish to have some of her ashes spread at her church in the garden. I'm looking forward to completing that wish and then having a beautiful place to sit and visit and remember how much she loved this church.

Sincerely,

Pat O'Connor  
Moderator



Thanks to all the people who signed up to volunteer at the Ecumenical Food Pantry during September. We have all time slots filled, but if interested in being on the substitute list, contact Kathy Cilluffo or Barb Fandrick and we'll add your name to the list.

The Mission Team has chosen 5 organizations for whom to give donations of \$500 each. This list comes from the Community Foundation's \$10,000 match (which was met early on) but we are

donating directly to each of these organizations:

Harbor Impact Ministries  
Birthday gifts for individuals in the "Birthday Room."

Sanborn Gratiot Memorial Home  
Games specifically designed for seniors to enhance their memory and cognitive skills.

Hunter Hospitality House  
Kroger gift card(s) for non perishable food basics as needed in each house, for each guest's unique needs.

Friends of the St. Clair River  
Water quality monitoring equipment for classrooms (kid-size waders and water chemistry testing kits)

Old Newsboys Association of Port Huron  
Toward the purchase of 38 pairs of shoes, 38 pair of socks, and 38 packages of underwear.

**NEXT MISSION MEETING**  
The next Missions Meeting will be Wednesday, October 18, at 2 p.m.





**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.

**October colors**  
 The world we see  
 With once-a-year beauty  
 Before the winter-to-be.

See the beauty of others.  
 Feel the hunger they hide.  
 Shop and share with  
 Kindness as your guide.

**October pantry needs:**  
 Cereal  
 Canned Fruit  
 Peanut Butter  
 Mashed Potato Pouches  
 Rice Side Dish Pouches  
 Soup  
 Spaghetti  
 Canned Spaghetti Sauce

**October pantry extra**  
**HALLOWEEN TREATS**

Please leave donations in the elevator room on any one of the shelves labeled **LITTLE RED FOOD PANTRY**.

If you have questions, please call Nancy Kennedy (810-329-3790).

# WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.

**7 to 8%** of the U.S. population will have PTSD at some point in their lives.

What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.

**Reliving or re-experiencing the event**

- Nightmares
- Flashbacks
- Triggers

**Hyperarousal or being on guard**

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable

**Avoidance**

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event

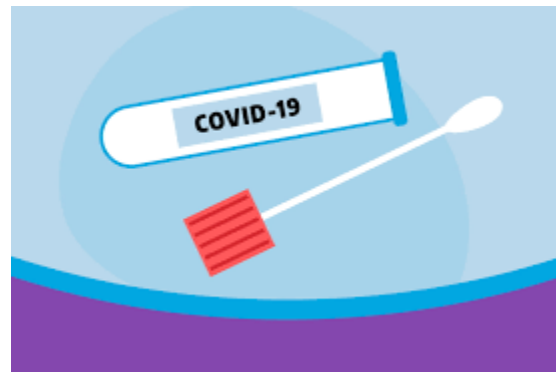
**Negative changes in beliefs and feelings**

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

**Do you have PTSD Symptoms?**

- Hear Veterans share their experiences with PTSD and PTSD treatment at [AboutFace](#)
- Learn about and compare effective treatment options using the [PTSD Treatment Decision Aid](#)
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)

**National Center for PTSD**  
 U.S. Department of Veterans Affairs



The CDC recommends anyone over the age of 6 months get the Covid 19 vaccine to protect against potentially serious outcomes of Covid 19 illness this winter. The virus that causes Covid 19 is always changing and protections declines over time. Receiving Covid 19 vaccine can restore protection.

The US government relaunched a program to provide free Covid 19 home testing kits. You can order four free testing kits from...[Covidtest.gov](http://Covidtest.gov).