



## 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

[firstcongsc@gmail.com](mailto:firstcongsc@gmail.com)

[www.firstcongsc.org](http://www.firstcongsc.org)

Facebook/First Congregational Church UCC of St. Clair

(810) 329-4142

August 2024



## Welcome Pastor Julia DiFiore

Pastor Julia  
is available for appointments  
starting August 7th:

To meet Pastor Julia for Pastoral Care, Spiritual Direction, Spiritual Formation, or conversation, send her an email at [PastorJuliaD@gmail.com](mailto:PastorJuliaD@gmail.com), or you can also reach her via text or call at 330-730-1339 from Wednesdays through Sundays. Emails are welcome anytime and will be responded to within 24 hours during her work week. She is happy to meet either in her office or anywhere in town you would be comfortable.

Appointment times available:  
Wednesdays and Thursdays 10 am - 7 pm  
or Fridays 12:30 pm - 4:30 pm  
Note\* Please no calls or texts on Mondays or Tuesdays or after 8 pm during the work week unless it is a pastoral care emergency.



Do you have spiritual questions you would like to ask, but are afraid to ask?  
Or maybe you would like a judgement free safe space with a pastor?  
Starting August 9<sup>th</sup>  
Join Pastor Julia for Coffee and Conversation on Fridays from 9am - Noon at the T.A.P. Cafe  
No topics are off limits! All are invited!  
All will be respected!



Ken Schultz 8/03  
David Scheel 8/12

Bryan Currie 8/13  
Donald O'Connor 8/23

ARE YOU THINKING ABOUT  
CHURCH MEMBERSHIP?

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



Kenneth & Denise Gregg 8/12  
Mark & Kenzie Achatz 8/14  
Brian & Vicki Paret 8/21



### Altar Flowers

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



## SUNDAY MORNING WORSHIP SCHEDULE

AUGUST 2024

Sunday Steward  
Don O'Connor

Communion  
Vicki Kling

Lay Readers  
8/4 – Kathy Cilluffo  
8/11 – Barb Fandrick  
8/18 – Nancy Rice  
8/25 – Dave Scheel

Power Point  
8/4 – Pat O'Connor  
8/11 – Kathy Cilluffo  
8/18 – Jody Skonieczny  
8/25 – Jacie Sanders

Usher Teams

8/4 – Randy Kling, Bob Rood  
8/11 – Dave Scheel, Nikki Perry  
8/18 – Jim Light, Jacie Sanders  
8/25 – Pat O'Connor, Don O'Connor

Livestream

8/4 – Don Rice  
8/11 – Jacie Sanders  
8/18 – Kathy Cilluffo  
8/25 – Don Rice

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



**SOCIAL MEDIA**

Do you have something you would like shared to our social media platforms? For any news, events, or stories you'd like to share with our community, please reach out to Karl Heilman in person, message our Facebook page or email him at [kheilman84@yahoo.com](mailto:kheilman84@yahoo.com).

Let's continue to spread God's love together! Feel free to like, share, and engage with our content as we strive to connect and uplift one another through the power of social media.

Check out our Facebook page at:

<https://www.facebook.com/First.Congregational.UCC.St.Clair?mibextid=ZbWKwL>



**COFFEE HOUR**

Coffee hour is each Sunday immediately following worship. There are several Sundays available to host coffee hour. Please be sure to check out the sign-up sheet on the back table in the sanctuary.



**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.

August is precious.  
Summer's end is near.  
But unlike each season,  
Hunger is always here.

THE RED PANTRY's here, too.  
Its purpose is clear..  
Food is available  
Every season, every year.

August Food Pantry Requests

- Canned Chicken
- Cereal
- Mac & Cheese
- Pasta Salad (boxed)
- Mashed Potato Pouches
- Peanut Butter
- Summer Snack Foods

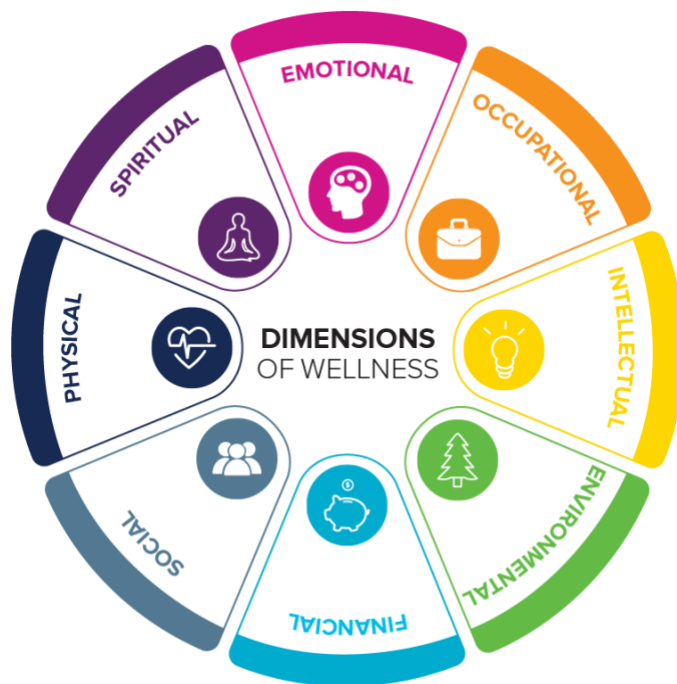
Please leave food donations in the elevator room on one of the shelves labeled LITTLE RED FOOD PANTRY.

Any questions? Please call Nancy Kennedy (810-329-3790).



September is our month to staff the Ecumenical Food Pantry. We need workers for Tuesday and Thursday evenings from 4 to 7 p.m. There will be a sign-up sheet on the table in the back of the church.

If you have any questions, please call Kathy Cilluffo at 810-289-8032 or by email at [kcilluffo57@yahoo.com](mailto:kcilluffo57@yahoo.com) or Barb Fandrick at 810-919-3873 or by email [barbfandrick@gmail.com](mailto:barbfandrick@gmail.com).



Dimensions of Wellness



### Emotional Wellness

Emotional wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings.

### Occupational Wellness

Occupational wellness allows you to explore various career options and encourages you to pursue the opportunities you enjoy the most. This dimension of well-being recognizes the importance of satisfaction, enrichment and meaning through work.

### Intellectual Wellness

Intellectual wellness encourages us to engage in creative and mentally-stimulating activities, and it requires lifelong learning and curiosity. Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies that expand your knowledge and skills while allowing you to share your knowledge and skills with others.

### Environmental Wellness

Environmental wellness refers to leading a lifestyle that values the relationship between ourselves, our community and the environment. The core principle of environmental wellness is respect—respect for all nature and all species living in it.

### Financial Wellness

Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives, and it can impact your health.

### Physical Wellness

Physical wellness is the ability to maintain a quality of life that allows you to get the most out of your daily activities without undue fatigue or physical stress. Physical wellness recognizes that

our daily habits and behaviors have an impact on our overall health, well-being and quality of life.

### Social Wellness

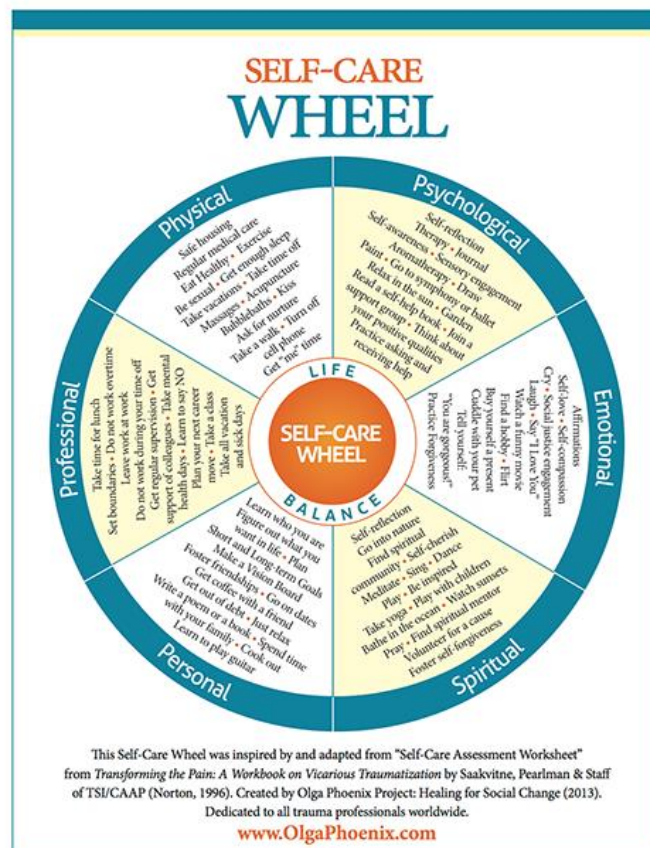
Social wellness focuses on building and nurturing meaningful and supportive relationships with individuals, groups and communities. It enables you to create boundaries that encourage communication, trust and conflict management. Social wellness also includes showing respect for others, oneself and other cultures.

### Spiritual Wellness

Spiritual wellness allows us to be in tune with our inner selves. This realm of wellness lets us find meaning in life events and define our individual purpose. Spirituality can stem from beliefs, faith, values, ethics or moral principles that provide purpose and direction in our lives. A healthy spirit helps us remain resilient and better prepared to face life's challenges.

The following are helpful insights in which to promote the eight dimensions of Wellness:

<p><b>Physical Wellness</b> Listening to and taking care of your body for optimal health and functioning. Taking care of your physical body will help you manage the daily stresses of life.</p>	<ul style="list-style-type: none"> <li>• Walk</li> <li>• Dance</li> <li>• Play</li> <li>• Take a class</li> <li>• Good sleep hygiene</li> <li>• Cook more often</li> </ul>
<p><b>Mental Wellness</b> A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to their community.</p>	<ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Meditation</li> <li>• Stress management</li> <li>• Self-compassion</li> <li>• Clean/enhance spaces</li> </ul>
<p><b>Emotional Wellness</b> The ability to successfully handle life's stresses and adapt to change.</p>	<ul style="list-style-type: none"> <li>• Journal</li> <li>• Color</li> <li>• Talk</li> <li>• Coping skills</li> <li>• Therapy</li> </ul>
<p><b>Spiritual Wellness</b> Having a sense of purpose and meaning in life, including one's morals and ethics. It may or may not involve religious activities.</p>	<ul style="list-style-type: none"> <li>• Time Alone</li> <li>• Prayer</li> <li>• Nature</li> <li>• Create a sacred space</li> </ul>
<p><b>Social Wellness</b> Refers to the relationships we have and how we interact with others.</p>	<ul style="list-style-type: none"> <li>• Boundaries</li> <li>• Support System</li> <li>• Limit social media intake</li> <li>• Have Fun</li> </ul>
<p><b>Intellectual Wellness</b> Recognizing one's creative abilities and finding ways to expand knowledge and skills.</p>	<ul style="list-style-type: none"> <li>• Watch a documentary</li> <li>• Visit a museum</li> <li>• Take a class</li> <li>• Read a book</li> </ul>



Reference: <https://shcs.ucdavis.edu/healthandwellness/eight-dimensions-wellness>

Reference: [https://www.mpl.org/blog/now/wellness\\_month](https://www.mpl.org/blog/now/wellness_month)

