



# Progressive Spirit News

[www.ucclaramie.org](http://www.ucclaramie.org) 307-742-7733 602 Garfield St., Laramie, WY 82070

## It's Fall. I love this time of the year - Rev. Ken

The newsletter is a little late this time. I have been suffering from neuropathy in my hands and fingers. Typing by itself is ok, but for long periods of time, my neuropathy kicks in and I can't type for a while. So, here it is, the September newsletter, though a little late.

It is fall, and there is a chill in the air – sometime. There also is something else in the air. Almost everyone that I know is suffering in some way with allergies. I am having trouble breathing, my eyes are burning, and it seems that I have some type of nose thing happening. Many people I talk to are having the same type

of symptoms. I probably aggravate the problem by splitting my time between Boulder and Laramie. To all of you who are also suffering, please know you are not alone, and many of us can relate to your problems.

As the heading says, I love this time of the year. Fall smells different to me. Leaves, burning leaves, pumpkins, so many other smells that mean fall to me. I do dislike greatly that everything is pumpkin spice flavored. I also greatly dislike that Christmas stuff is showing up at the stores. Hello, it's Labor Day, not Thanksgiving, which I feel is the beginning of the Christmas season. I know there are many people who do like pumpkin. Enjoy it while it is in season. I do like egg nog, so it's a good time of the year for me.

Musings, continued from page 1

**And here is the monthly update for St. Paul's.**

And did I say football means fall to many people? I didn't, did I? Saturday I was thinking of Grace Given, who was a very avid supporter and follower of football. She tried to educate me from time to time, but I think she finally gave up.

Well, it's on at UW, Saturday night was the first home game of the season. Homecoming is on September 30<sup>th</sup>. If you are interested in participating with St. Paul's and the Laramie Ministerial Association, let Rev. Ken know.

There is an opportunity for you to either walk with the group, or to ride on a trailer. Mobility challenged folks are encouraged to attend, and ride on the trailer. I hope that there is some interest in attending as a group representing St. Paul's. The homecoming parade is a fun time for everyone who attends.

On Sunday, September 17<sup>th</sup>, we will have music appreciation day at St. Paul's. Come to hear some wonderful music, listen to some wonderful singing, and of course listen to Francine on the piano.

On August 31<sup>st</sup>, Carol, Ava and I were at the Back To School Bash, sponsored by Big Brothers, Big Sisters, and held in

Undine Park. It was nice to see a lot of kids enjoying themselves, having fun, filling their bags with giveaways. We gave away a variety of small items for the kids, after they played one of the games we had available to them.

Labor Day will have come and gone by the time I get this finished. I'm sorry it's late, but with the neuropathy in my hands, I can only type so long, and then I begin to have pain, and then I can't move my hands. So I'm working as I'm able.

The 17<sup>th</sup> will be our monthly potluck day. It will also be Music Appreciation Day. We will honor Don for all the stuff he does for us. Singing every week, picking the music, doing the slides or bulletin, and reporting usage. That's a lot of stuff every week. There will also be some special music that day. At St. Paul's I guess we have special music every day, but we'll have a bit more of it.

From September 20 thru the 22, Rev. Ken will be attending the Wyoming Interfaith Network Annual Meeting. This year it is held in Cheyenne.

On the 24<sup>th</sup> is a council meeting. If you would like to attend this meeting, let Rev. Ken know. The current plan is to hold the meeting in the church after worship.

Musings, continued from page 2

I will be taking a few days of vacation, October 2 thru 4. I may also take September 27-30. I will advise the council.

Planning ahead, I am hoping that Rev. Mark Lee will be able to be in the pulpit for me from October 29-November 12. Don and I will be taking our vacation during this period. It's a busy month for me, and most likely for many of you.

Remember self care is important.

I have picked the start date for our book group in September. Our first meeting will be on Wednesday, September 27<sup>th</sup>. We will meet from 6:30 to 7:30. At our first meeting we will plan the next couple of dates to meet. If you plan to attend via zoom, let Rev. Ken know so he can learn how to do the slides, or find a volunteer. We will read 'The Pilgrim's Progress' by John Bunyan. I would like you to take a book and read it before we start our discussions. St. Paul's has purchased the books, so if you take one, please write down your name on the chalkboard in the office area. The expectation is that if you take a book, you will attend the book study. You may just want to read the book and not attend the book discussions, and that is good too, but let me know if you are doing this. So, get

your book and read it before we start studying.

2 Timothy 1:13-14 (New Revised Standard Version Updated Edition)

*Hold to the standard of sound teaching that you have heard from me, in the faith and love that are in Christ Jesus. Guard the good deposit entrusted to you, with the help of the Holy Spirit living in us.*

The Holy Spirit lives in us all.

With all my Blessings,



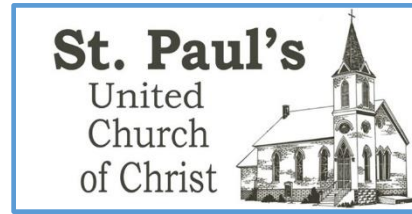
## **Income and Expenses**

This is a little snapshot of our income and our expenses for August 2023. Note that the pastor expense includes wages, health insurance, and retirement contributions.

### Income

Contributions:	\$1536
Parsonage Rent	\$1100


Paul Cors Estate \$25,000  
Total Income: \$27,636.00  
Expenses  
Building: \$152.05  
Minister: \$3593.69  
Office: \$927.20  
Programs: \$ 279.66  
Total Expenses: \$4952.60



Total July Income: **\$22,683.40**

If you have any questions about expenses, or income, please let Rev. Ken know.

**If you pledged during our stewardship drive, please check that you are up to date or close. The year is half over already!**



This Candle is our Peace Candle in print form. Remember we lit the candle in the sanctuary a year ago, the first Sunday of the Ukrainian Invasion. We will keep the candle in the sanctuary lit, and keep this one in print until the invasion is over.

## **Laramie Suicide Prevention Hotline and National Resource**

The Laramie Suicide Prevention Hotline is a 24-hour crisis line that you can call or text if you are feeling scared, depressed, alone, angry, or any other painful feelings that are hard to deal with by yourself, **Call or text. 307-977-7777.**

Sometimes the last thing you want to do is talk to someone about those feelings, but often that is the one thing that will help you feel better.

Calls are free and you will be connected with someone in Laramie who is trained to talk or text to those in crisis. The new National Hotline number is **8888**, which will connect the caller with a site for them to interact with.

# September

Brianna Given's Birthday is September 11

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10	11 Brianna Given's Birthday	12	13 Laramie Ministerial Association 1:00 PM	14 PFLAG 6:30 PM	15	16
17 Music Appreciation Day – Monthly Potluck	18	19	20 WIN Annual Meeting Cheyenne – Rev Ken away	21 WIN Annual Meeting Cheyenne – Rev Ken away	22 WIN Annual Meeting Cheyenne – Rev Ken away	23
24 Council Meeting	25	26	27	28	29	30 Homecoming Parade
<p>If you are involved with any organizations and would like to include their upcoming events in our newsletter, please send them to <a href="mailto:stpucc@gmail.com">stpucc@gmail.com</a>.</p>						





**Don't just invite people to church.**

Invite them to lunch.  
Invite them to your table or patio.  
Invite them into your life!

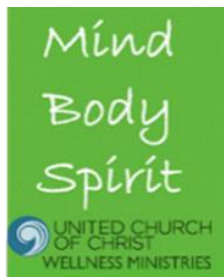
***Be there for them.***

**We—**

**not our building  
—are the church!**



**MIND, BODY, SPIRIT**  
Linking Lives for Health and Wholeness



*UCC Wellness Ministries Newsletter*

## REFLECTION:

*“And all at once summer collapsed into fall”. Oscar Wilde*

This year the September Equinox, when days and nights are equal in length, occurs on Saturday, Sep 23, 2023, at 2:49 AM. Nature’s seasonal rhythm becomes evident as summer’s warmth and longer hours of light begin the yearly transition to autumn’s coolness and growing hours of darkness. As leaves change color and fields await their harvest, autumn is a gateway that invites us to release the old and welcome the new.



## A TIMELY HEALTH TIP:

**Hydrate for Health:** During these hot days of summer, it is important to be hydrated. The CDC has a [2-page poster](#) that includes important tips. While water is best for hydration, it is helpful to know other foods and beverages to include and those to avoid. A study published in [Nutrition Reviews](#) found that even mild dehydration can have negative effects on cognitive performance and mood. Lack of hydration can influence mood, increase fatigue, and lower alertness. Consider this environmental tip: ditch disposable water bottles. Americans purchase one million plastic bottles per minute, and 91% of them become trash. Help improve the environment by using a reusable water bottle.

## National UCC Programs:

## WELLNESS MINISTRIES FOCUS:

September is **National Preparedness Month**. Preparation for natural disasters is a relevant health and wellness ministries educational topic. FEMA's [Ready Campaign for 2023 National Preparedness Month](#) will focus on preparing older adults for disaster, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation. Older adults can face greater risks when it comes to extreme weather events and emergencies, especially if they are living alone, are low-income, have a disability, or live in rural areas. This year's FEMA national public service announcements are being developed and will be released throughout the country this September. The [UCC Disaster Ministries "Home Page"](#) also offers disaster planning tools and resources.

The 2023 Hurricane season continues until November 30th. [The Red Cross](#) offers information about how to prepare before a hurricane, what to do during the storm, and how to stay safe after a hurricane. The Red Cross also offers an [Emergency Preparedness Checklist](#). The Environmental Protection Agency (EPA) provides a one-page flyer that lists helpful [Tips for Hurricane Preparedness](#).

Heavy rains can cause flooding disasters. A common weather phrase cautions people not to drive when flooding is possible: "Turn Around, Don't Drown." Helpful U.S. government web-based resources on flooding safety include [Homeland Security, Weather Service](#), and [CDC](#). FEMA also offers a booklet, [Protect Your Home From Flooding](#) that includes low-cost projects for homeowners.

## LINKS TO NATIONAL HEALTH-RELATED TOPICS:

Follow these links to find information you can use for worship bulletin inserts, bulletin board displays, and newsletter articles.

### For September:

**Food Safety Education Month:** the CDC offers [Four Steps to Food Safety](#).

**Healthy Aging Month:** Raise awareness on the physical and mental health of older adults. Two online resources: [Ten tips for improving wellbeing](#) and the National Eye Institute's [educational resources](#) on eye health and aging. The UCC Council for Health and Human Service Ministries (CHHSM) offers an [Age-Friendly Congregations' Curriculum](#) - available from [UCC Resources](#).

### For Those Who Like to Plan Ahead, Here Are Some links for October:

**Domestic Violence Awareness Month:** The National Resource Center on Domestic Violence [website](#) provides a comprehensive source of information.

**Breast Cancer Awareness Month:** The [American Cancer Society](#) dedicates the month of October to raising awareness about the benefits of finding and treating breast cancer early. Information can also be found at National [Breast Cancer](#) Foundation website.

[Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)

The [Health Ministries Association](#) Annual meeting is scheduled for October 25th & 26th and November 1st & 2nd. Registration will open soon.

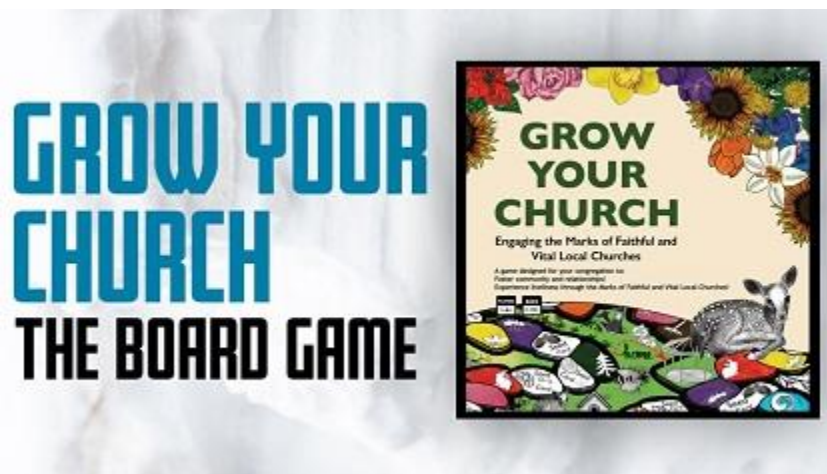


UCC Daily Devotional

**SUBSCRIBE TO DAILY DEVOTIONAL**

Did you know that the UCC has an on-line store for all things UCC, and more. This link will take you to the main page. From there you can find clothing, bibles, jewelry, and many more products, many with the UCC logo on them.

<https://www.uccresources.com/>



## Grow Your Church Board Game

Roll the dice and move about a garden path with your church friends with the Grow Your Church board game. This game is designed to get people talking about church vitality and deepen relationships with each other and the congregation's covenantal partners while laughing, thinking creatively and having critical conversations. For those who love their church and want to see it grow in vitality and faithfulness.

While I was at synod, I went to a meeting to learn about this new game, designed and engineered by the MESA team at UCC National. It seemed like a pretty cool game, so I bought one. I now need people who would like to play the game with others, to let me know. I think a Friday evening would be good, or a Saturday afternoon/evening. If you are a game playing type of person, let Rev. Ken know so he can pick a day and time to play. According to the designer, you can play

multiple times, because you don't know what questions will be answered in what way, so your path changes. Try it, I'm very excited to play.

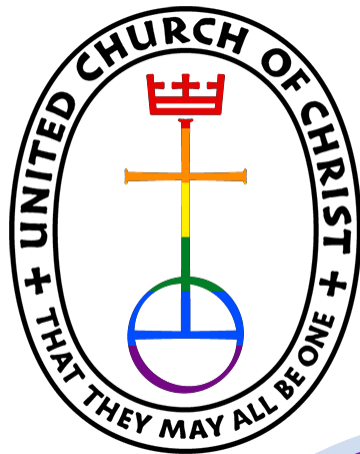


## St. Paul's

United Church of Christ  
602 Garfield St.

### Sunday Morning Worship at 10:00 a.m.

Laramie, WY 82070  
Communion the First Sunday of Each Month  
Call the church for zoom worship information.  
307-742-7733



## St. Paul's UCC

### Our Mission:

*To be an emphatically inclusive,  
progressive community  
on the Path of Christ,  
seeking justice and peace for all Creation  
through creative ceremony and celebration,  
soulful questioning,  
and acts of compassion and service.*

## St. Paul's

United  
Church  
of Christ



**Rev. Kenneth Ingram**

**720-289-2394**

[revken1957@gmail.com](mailto:revken1957@gmail.com)

*Rev. Ken's office hours vary weekly. Rev. Ken is usually in the church office on Tuesday, Wednesday, Thursday and Sunday mornings – please call first to confirm he will be in the office or to schedule an appointment.*

IF YOU KNOW OF ANY  
ACTIVITIES AROUND  
TOWN THAT YOU WOULD  
LIKE MENTIONED IN THE  
WEEKLY UPDATE OR THE  
NEWS-LETTER, PLEASE  
SEND THE INFORMATION  
TO REV. KEN AT  
STPUCC@GMAIL.COM