



Progressive Spirit News

*St. Paul's United
Church of Christ*

April 2022-
VOLUME 13, ISSUE 4

www.ucclaramie.org
307-742-7733
602 Garfield St.,
Laramie, WY 82070

Soon it will look like this outside!

Friday April 1, 6:00 pm - Potluck Dinner with Rev. Dr. Anthony Scott, our conference Associate Conference Minister. Conversation with Anthony will begin at 6:30. Anthony will be available to answer questions, give updates, and we might get him to sing a song or two!

Reflections From Rev. Ken

It's just a few short weeks to Easter. I hope that those of you who have the Lenten devotional are enjoying it. I know I'm reading it every morning. It's now a habit. I have ordered for us two more little books to read. One you should pick up this Sunday or pick one up on Friday at the potluck. It is 'Palm Sunday to Easter'. It's a map and timeline of Holy Week. It has a lot of information, and is a very well laid out, laminated tool. I got these because I thought they were very good, and it even has a listing of the prophecies of Jesus' Death and Resurrection. It's interesting to me, I hope you all will like it. The other book I got is 'Hallelujah Is Forever', an Eastertide devotional. I figured we all are in the habit of reading our Lenten Devotional, we can just keep reading up to June 5, which is Pentecost Sunday.

The children have another escape room to do. This one is an Easter escape room. Like the one they did for Valentine's Day, they answer questions, solve puzzles, and get an answer. The children work together to get the answers. This will hopefully be done soon; Carol is just waiting to hear from all the parents. If you would like to come watch the kiddos have some fun, maybe help them, or join them, let Carol know and she will coordinate that. We would also like some help with snacks (somewhat healthy) for their next get together. Let Carol know if you can help provide some snacks for the kiddos.

We have upgraded the sound system with some new microphones, and relays. There is an article in the newsletter that explains it all. You can find that here: [LINK TO SOUND SYSTEM ARTICLE](#).

In order to have the best experience for you, and for me, we are implementing the use of sign up sheets for four of the tasks that are needed on Sunday morning, and that I (Rev. Ken) do not have the time to do before worship starts. There are sign up sheets for: greeters, worship leaders, Snacks for coffee hour, and AV workers. It would be really great if all of the spaces on the sign up sheets were filled in. Unfortunately, that is

not the case. Please sign up and help St. Paul's. One of the things about community is that in a community, people help people. That's what we do with our endowment funds every year. St. Paul's is a community member,

so when you sign up for one of these important jobs, YOU are helping your community. There are pretty straight forward roles for these jobs, but if you have questions, please see Rev. Ken, Carol, or Crystal.

If any of you have a few hours you might be able to give to St. Paul's during the month, see me. I have a few tasks (prepping communion, swiffering the sanctuary, sweeping up the social hall, and sweeping and mopping the kitchen). This will help Tara who is cleaning the church for us. This is another way to give back to St. Paul's.

April Birthdays



- 11 – Cindy Legg
- 16 – Lucy Walker*

***Passed away on Dec 30, 2021**

What do you want to do this summer? One thing I would like to do is to continue worshipping outdoors. Maybe not every week, but on a regular basis, maybe like 1st and 3rd Sunday. Or maybe every week is what you would like. Please let me know, so I can begin prepping my summer worship bulletins. If we meet outside, we can print bulletins if people want them since we won't have the projector.

There will not be communion on Easter Sunday. On Palm Sunday, we will do our communion time a little differently. Since the children have not returned to church, but I wanted a palm parade, we are having an adult parade. At communion time, everyone who is able will come to the front of the sanctuary, get their communion supplies, and return to their seat. Then we will do communion. When you enter church on Palm Sunday, you will be given a palm frond. When you come to get your communion supplies, you wave your palm frond, and make a parade! You then return to your seat, still waving your palm. So we will have an up and back palm

parade. Last year we processed around Washington park, should we do that again this year? I would like to, but only if the weather is good. I don't think any of us want to be out in the wind with palm fronds.

My father turns 87 (I think, he's not sure) at the end of April, and I will be traveling to Phoenix to help him celebrate. I will be away from April 27 – May 2. I have not found a replacement for May 1 yet. I will continue to look into that, and I may just have to either zoom in, or record a sermon for you to watch. I really would rather not zoom in, I will be on vacation and am trying very hard to honor my time off this year. I have been really awful at that, especially in the last two years.

We will celebrate Earth Day on April 24. I have a lot of resources for Earth Day. Since I will be planning worship around Earth Day, I may have it be a bit interactive, and might ask the church council members to help me that day. I might have the council be lay leaders that day, working around the theme of Earth Day, save the planet, stop global warming. You get the idea. Let me know what you think of that. Only a very few people ever tell me what they think of things when I ask you to contact me, so I will plan worship around what your responses are

April 2022

- 3 – Fifth Sunday in Lent
 - John 12:1-8
 - Worship Leader Ginny Vincenti
- 10 - Palm Sunday
 - Luke 19:28-40
 - Adult Palm Parade
 - Worship Leader Amy Krist
- 17 – Easter
 - John 20:1-18
 - Worship Leader Erin Campbell
- 22 – Earth Day
- 24 – Second Sunday of Easter
 - Earth Sunday
 - Acts 5:27-32
 - Worship Leader Tara Mattimoe
 - Sean away
- May 1
 - Rev. Ken on Vacation

All events held at Your Home, or in the sanctuary, unless otherwise noted

by April 10. I will be looking for pulpit supply, just in case you all decide you don't want to just celebrate Earth Day with lay leaders.

There is a Colorado Rockies Faith Day at Coors field on Sunday, August 14. St. Paul's will be buying tickets, so let Rev. Ken know by April 5 if you plan to go, and how many tickets you need. The details are **Colorado Rockies vs. Arizona Diamondbacks**, Sunday, August 14 at 1:10 PM The Colorado Rockies invite you to the **17th Annual Colorado Rockies Faith Day** at Coors Field! This year's event will take place on **Sunday, August 14**. We are pleased to announce that this year's musical guest will be **We The Kingdom!**

For over fifteen years now, this post-game event has been a fan favorite, and we are looking forward to another big day. Besides being a great outreach opportunity, Faith Day offer Colorado churches and Christians from all over the state the chance to come together for a time of fellowship at the ballpark! We will not be worshipping at St. Paul's that day, as we must leave for Denver by about 9:00 am. We will carpool as much as we can, so if you want to drive or be driven, as the day approaches, we will have sign ups for driving or being drive.

Are you creative? The bulletin board on the stairs has been there since before I came to St. Paul's. Is there someone that would like to update the board? Maybe we could post our sign up sheets there. Let me know if you can help by creating a wonderful, fabulous, intriguing bulletin board. Thanks

1 Corinthians 13:13

New Revised Standard Version

¹³ And now faith, hope, and love abide, these three; and the greatest of these is *love*.

With Blessings for you all, Rev. Ken

GREAT NEWS!

We are having an evening meal together during Holy Week!

Don has offered to make stew for us. [RSVP to don_denham@yahoo.com](mailto:don_denham@yahoo.com) if you are attending, so he knows how much stew to bring.

The Maundy Thursday Soup Supper is Back!

April 14, 6:15 p.m.

Maundy Thursday Service at 7:00 p.m.

We need help with two things.

Set Up before supper around 5:30 p.m.

Clean Up help after the Maundy Thursday service around 8:00 p.m.!
If you can help with any of these things, please send an email to stpucc@gmail.com and in the subject line put Maundy Thursday, so we can coordinate all the things that are coming, and who is helping with what! Thank You.

Sound System Upgrades

As you may have noticed, for the last few weeks we have been having both technical issues with the microphones and detractions from worship caused by having to share a single microphone between the worship leader and the piano. This is especially hard for people online because sometimes Sean doesn't get the microphone back, so the folks at home can't hear the song.

We think that the hand mic cutting out intermittently is being caused by interference from other sources nearby (for example if the neighbors are using their power tools or they bought a new freezer that turns on and off). We recalibrated it to a different frequency and that problem seems to be fixed. As for the sharing issue, help is on the way because the church council has approved the purchase of 2 new microphones! This will allow us to dedicate one for the pastor, one for the worship leader, one for the piano and one for the choir (or as an extra in case one stops working).

It turns out that adding microphones is a bit complicated because, unlike the shortrange Bluetooth connection that you may use on your home computer or phone, these mics broadcast on VHF & UHF like a low power TV station broadcasting to your home TV receiver. In this case, the receiver is up in the balcony and directs the signal into our soundboard system.

Just like your home TV or radio, the receiver can only be tuned to a single station at a time, so each mic needs a separate receiver. Rather than lay cables and place receivers all over the loft, we have also purchased equipment to make the receivers work with a single pair of antennae, placed at a 90 degree angle to each other. That way, no matter how the mic is being held, the receiver can still get the best signal possible.

We may have a few hiccups at first, but in the long run we will benefit from increased flexibility (like being able to use the mics in the basement or outside) and a clear path forward to keep the existing mics functioning when the current receiver eventually fails.

by Don Denham, Sean Stone.

[Video of 135 Years of Church Services at St. Paul's](#)

The first service for St. Paul's Church was held on January 16, 1887. The service was spoken entirely in German. To celebrate 135 years of church services at St. Paul's, Betty Holmes is putting together a short video highlighting some of the historic milestones for the church. The video will include such things as the building being completed in 1890, the church becoming *United Church of Christ* in 1957, the church's designation of *Open and Affirming* in 2009 and much more. At the end of the video, Betty videoed many of us saying the UCC tag line many of us love: 1) No matter who you are, 2) Or where you are on life's journey, 3) You are welcome here. The completed video will be shared not only with current church members and friends of St. Paul's, but will also be given to anyone interested in the church so that they may have a sense of the 135-year history of the church and feel an open invitation to join in church fellowship. You have a chance to get a sneak preview at the potluck on Friday. We will also show the video on Easter morning, and on a few Sundays after that in the social hall during coffee time.

UCC officers share prayer for Ukraine

This prayer – which we hope you will keep and recite daily as long as there is a war in Ukraine.

Holy God,

Hear our prayers for all those who will die today because of war in Ukraine and other war-torn countries all over this world. Grant them an end to the suffering of this world and eternal peace that is only found in You.

We pray for the people of Ukraine, Russia, and all nations — that war and bloodshed can be avoided and a new, just peace can be forged out of this crisis. We ask God grant wisdom to the leaders of nations, calling them to end provocation on all sides and invest instead in “the things that make for peace” as called for in all our faith traditions (Luke 19:41-2).

We pray for an end to the deep insecurity and mistrust on all sides, and call on leaders to build trust, based not on military might or alliances, but on the basis of our shared future and common humanity. Now is a time in which past harm

should be acknowledged and addressed, and new partnerships can be envisioned.

We pray for and call on our leaders to have the courage to take small, verifiable, and independent steps toward peace, inviting others to reciprocate. Now is time to invest in conflict resolution, diplomacy and international cooperation — not more weapons which only escalate tension in the region.

Be with those suffering in ways that we cannot.

Protect them from devastation in ways those positioned in authority will not. Shield and comfort them as they confront the terror of violence that surrounds them. Hold them close to your heart and stay the hand of the enemies against them. Give us the courage and the strength to cry aloud against wickedness in high places that dare to harm others made in your image.

Comfort the children and heed their cries to be saved from harm in this world.

Make us a people who love our children, all of our children, more than we love greed, power, and control. Overturn governments of tyranny wherever they are found. Disrupt the intentions of evil and give us power to stand against demonic forces of greed and control. Grant that peace and justice come to warring nations by the hands of those courageous enough to stand and study war no more. Let Thy kin-dom come on earth as it is in heaven, we pray.

In Jesus' name, Amen.

The National Officers of the United Church of Christ

- **The Rev. John C. Dorhauer** — General Minister and President
- **The Rev. Traci A. Blackmon** — Associate General Minister

Free "Acting Against Racism" conversation guide

I recently ran across a resource from the *Christian Century*, a magazine I subscribe to.

The *Century* is offering this free resource for pastors, church leaders, Sunday School teachers, and individuals interested in pursuing guided study. This 14-page downloadable guide offers articles from the *Century's* archives, study questions meant

to spark thought and conversation, and specific actions steps to pursue. It is divided into two parts: 1) Think about racism, your role, and how you want to help bring about change, and 2) More steps to alleviate racism. You can sign up at this [link](#), or email the church and I can email you copy of the resource guide.

La Foret 2022 Program Update Newsletter

To view the newsletter click on the [link here](#).

Earth & Soul, John Philip Newell May 6-8 at La Foret

Earth & Soul is a Celtic initiative of study, spiritual practice and compassionate action inspired by the teachings of John Philip Newell. Its School and Pilgrimages are designed to nurture a vision of the earth and every human being as sacred and to enable the work of healing in our lives and world.

This retreat will follow the first stage in this cycle: Celtic Wisdom 1, Sacred Soul (reawakening to the sacredness of every human being through the teachings of Pelagius, St Brigid, and Pierre Teilhard de Chardin)

\$30 OFF FOR ROCKY MOUNTAIN CONFERENCE UCC MEMBERS!

COUPON CODE: CHURCH30OFF

Register: [click here to register](#)

Wholeness & Wellness Weekend – will sell out fast!

September 16-18

Refresh your spirit with time to connect to nature, your body, and your deep self. Storytelling, yoga, mindfulness, hiking, nutrition, creative expression, connection to nature, and even massage will all be options in this retreat designed for your refreshment and re-centering. Open to everyone; this is an intentionally diverse, spirit-centered event, and we aim to engage people of every background and path. This second installment of a very popular event will include new and exciting hosts, so stay tuned and [reserve your spot today!](#)

Laramie Suicide Prevention Hotline

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 about the way you are feeling, 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.

Rocky Mountain Conference News – and learning opportunities

The Rocky Mountain Conference of the UCC is offering some opportunities to talk/listen/interact with others around racial justice and how we can help dismantle racism in our churches, and in ourselves. Please check out <https://rmcucc.org/anti-racism-resources/> for resources, though it is somewhat out of date as the conference web person has left her position.

RMC Annual Celebration 2022

The office of the RMC and the BOD have begun planning the 2022 Annual Celebration and Business Meeting, which will be held June 9th through the 11th on Zoom. The agenda and other information will be shared in the next few weeks. As churches elect their delegates, we would ask that their names and email addresses they will use to register be sent to admin@rmcucc.org. St. Paul's needs to send two delegates. If you are interested in attending, please see Carol Uhl so she can present names to the council.

To see important updates from the Rocky Mountain Conference, just click here:

<https://rmcucc.org/just-the-facts/>

Four Actions You Can Take Right Now to Protect Voting Rights

From the National Office of the United Church of Christ by [Katie Adams](#) | published on Jan 18, 2022

This is the defining moment to reform the rules of the Senate to pass voting rights bills. Today the Senate begins debate on **The Freedom to Vote: John R. Lewis Act**. This bill, which is a combination of the John Lewis Voting Rights Advancement Act (JLVRAA) and Freedom to Vote Act work in concert to address the ongoing erosion of voting rights around the country. Join is in taking these four actions today in the fight for voting rights:

1. [Call and email your Senator](#) and urge them to pass The Freedom to Vote: John R. Lewis Act.

Sample text for a call or email:



Our democratic institutions are contingent on the idea that each person's voice is represented by their vote. Right now barriers exist for voters of color, veterans, voters with disabilities, rural voters, new Americans, and young people. When people's votes are suppressed, or laws are passed to make it harder to vote, that in turn diminishes our democracy. We remember what Isaiah says, "Woe to those who make unjust laws, to those who issue oppressive decrees, to deprive the poor of their rights and withhold justice from the oppressed of my people..."

As people of faith, we believe in honoring the voice and vote of every person and that free and fair access to the vote is a moral issue. Today we've got to make our voices heard by urging the Senate to pass the **Freedom to Vote: John R. Lewis Act**. When we vote we elect leaders who share our vision for what future we want as a community and a country, and when people aren't able to participate in that conversation then those elected won't reflect back a true sense of community. The **Freedom to Vote: John R. Lewis Act is critical to** ensure every voter can safely and freely cast their ballot, be protected against election sabotage, for fair representation for all.

2. Check-in with friends and family in **West Virginia** and **Arizona** and ask them to reach out to Senator Manchin (WV) and Sinema (AZ) Right now they are critical people who are needed to change the rules of the Senate to make sure the filibuster doesn't stand in the way of critical voting rights reform. These senators have the opportunity to prioritize our country's future by choosing to protect the freedom to vote over an arcane Senate loophole.
3. Call the White House Comment line at 833-345-2554 (open Tuesday to Thursday, from 11 am – 3 pm ET) When you reach a staff member, tell them your name and ask that President Biden do everything in his power to help overcome the filibuster and pass the Freedom to Vote: John R. Lewis Act.
4. Share your actions on social media and share the [UCC Officer's Statement on MLK Day](#) calling on Congress to pass Freedom to Vote: John R. Lewis Act to encourage people to live more fully into a right relationship with one another.

Sample Tweet:

The #FreedomToVoteJohnLewisAct is critical to ensure every voter can safely and freely cast their ballot, be protected against election sabotage and for all to have fair representation. I urge my Senators [*tag your Senators here*] to support this legislation.

St. Paul's

United Church of Christ

602 Garfield St.
Laramie, WY 82070
307-742-7733

Sunday Morning Worship at 10:00 a.m.

Call the church for zoom worship information.



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.*

Rev. Kenneth Ingram

720-289-2394

revken1957@gmail.com

Rev. Ken's office hours vary weekly. Rev. Ken is usually in the church office on Monday, 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 NEWSLETTER,
PLEASE SEND THE
INFORMATION TO REV. KEN AT
STPUCC@GMAIL.COM