

# Progressive Spirit

St. Paul's United  
Church of Christ

News

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## September 2021

### Pastor's Post

Oh my, it feels like we are taking a step back in time, to last year, March 2020. With the new variants of COVID impacting all of us, we have to continue to be cautious, be diligent on our mask wearing and hand washing, and give grace to those who don't have the same sense of concern that we have.

Which is REALLY, REALLY HARD! At least for many of us, it's hard. It is giving up gathering, traveling, seeing family and friends. No one expected (well, I didn't) that we would be living with the numbers of sick and dying people that were greater in some areas than last year. I ask that you continue to hold the world in your prayers.

We will return to indoor worship on September 26. We will also be in the sanctuary on September 12, when we will have a guest from the Rocky Mountain Conference in the pulpit, I believe. I know that indoor worship is better for some of you to hear the service. I'm hoping that the return to

- September 5
  - Worship 10:00 – on the lawn
  - Mark 7:24-37
- Sept 5
  - Social Hall Clean up
- September 10-12
  - RMC Board Retreat at St. Paul's
  - Guest in the pulpit
- September 12
  - Worship at 10:00 – in the sanctuary
  - Mark 8:27-38
- September 19
  - Worship at Blair
  - Meet at St. Paul's at 9:15
    - Directions coming soon
- September 26
  - Worship 10:00 – in the sanctuary
  - Mark 9:38-50

*All events held at Your Home, in the sanctuary, or on the church lawn unless otherwise noted*

indoor worship means the return of some of you who have stayed away. If there is anything that I or the council or the COVID task force can do for you, please don't hesitate to give me a call. I will also bring communion to your home if you want, just give me a call.

I am again asking for 3 or more people to become **Sunday Morning Saints** and learn from Don how the audio/video stuff all works. Don is retiring soon, and we/he will be taking vacations this next year, so without a Sunday Morning Saint, St. Paul's may not be able to offer our worship on zoom. It's not a big commitment, but it is another way in which you can use your talents for St. Paul. So, I will ask you to faithfully consider this for yourself, and for St. Paul's. Please see me to volunteer, so we can set up a couple of training sessions. It truly does take a community to make Sunday morning happen.

I have been re-reading some of my Pastor's Posts from the past. As a congregation, we have had some very good ideas for outreach and community building. I have struggled in the past year, as have so many others in ministry, with fulfilling our mission of service, and yet staying safe. One thing that has not changed is that outreach does not come just from the pastor. It takes time and commitment from every member. As I say each Sunday, "**Our Worship Has Ended, Let Our Service Now Begin.**" The word I use, OUR, includes each of us. Stay tuned, as I work with the council on ideas. If you have any suggestions, please let me know. On a TV show I was watching last week, a person had a suggestion that they brought to their management team. They implemented the idea, and it was a success. The idea was not one management had thought of. If you have ideas, get them to me or a council member. We can be brave, daring, and outside the box in our mission. Often the best ideas come from within the congregation, not from the pastor. So put on your thinking caps and begin now to think about how you might be a part of the ministry at St. Paul's.

## September Birthdays



**7: Mickey Uhl**  
**11: Brianna Given**  
**21: Betty Holmes**  
**23: Tom Burkett**

This past month, I have been a guest at Loveland UCC, preaching one Sunday, attending an in-person q&a after the worship service, and then attending another q&a via zoom. Loveland UCC is in the discernment process of becoming an ONA congregation. Pray for them as they move forward in this journey. Their vote will be taken in September. I also went to Phoenix, to visit with my father, and to help a friend after his hip replacement surgery. Marcus preached for us while I was in Phoenix. I attended via zoom and thought that Marcus gave us a wonderful sermon. We will be hearing more from Marcus while he is attending seminary. Expect Marcus to be back in the pulpit (via zoom) in December.

The Rocky Mountain Conference board of directors will be meeting at St. Paul's September 10-12. Meals will be ordered from

local restaurants, but we will need to have some snacks for the attendees. We will also need to have some cokes, etc. for during the meetings. If you would like to volunteer to coordinate snacks and drinks, please let me know. I will be asking folks to help if I don't get a volunteer. On Sunday, September 12, one of our conference ministers will be preaching. There will also be some time to meet the conference minister, Sue Artt and our new associate conference minister, Dr. Anthony Scott. Details will be finalized by the end of the week, so an announcement will be made on Sunday, and an email will be sent to our members with the final schedule.

Speaking of the conference, the Platte Valley Association will be holding their fall meeting on Saturday, October 16. At that meeting, we will discuss our conference wide committee on Ministry, and what that might mean for us, since we have Marcus in our care as he journeys through seminary. My time as moderator of the association will be ending at the meeting. Which means that the Platte Valley Association will be voting in a new moderator, and vice moderator. According to our by-laws, this next two-year term must be filled by a lay person, so all of you are eligible. If you would like more information, or to put your name in for nomination, please let me know.

Even though we have been meeting outside most of the summer, we will be meeting at Blair on September 19. Weather permitting of course. We will meet at church at 9:15 and carpool up to Vedauwoo and meet at the Blair picnic area. There is a fee to park, so we will carpool as much as possible, or you feel comfortable. If you would like to stay for lunch after worship, we ask that you bring a lunch and a drink for yourself. Unlike previous years, we won't have a potluck lunch. So bring what you want to eat and drink, maybe bring a lawn chair, and we will have worship and fellowship. I always like going up for our service, it is a beautiful area.

The window in the basement, over the refrigerator, has been replaced with a window that will allow for egress in the case of an emergency. We will hold a training session so we will all know how to open the window if there is an emergency. The window in my office has also been replaced. The window did not close tightly any longer, and my desk and office were covered in dust and debris. It was replaced rather than repaired because the cost was very similar, and the new window is more energy efficient. More work is happening around the church. We are having the windows on the east side of the building painted, along with under the stairs to my office, and the sign out front. Look for that work to be completed about the end of September. We have a new renter in the parsonage. I want to thank Ginny for all the time and effort that she has put into getting things fixed in the building, replacing the stove, replacing some windows, and finding us a tenant. When you see Ginny, thank her for the work and time she has put in this summer to get the parsonage 'in shape' and rented.

***Proverbs 22:2* "The rich and the poor have this in common:  
the LORD is the maker of them all."**

Blessings upon you all,

Rev. Ken

# UCC Responds to Hurricane Ida.

I would be remiss if I did not include this from the UCC Disaster Ministries about Hurricane Ida. You can read the full article here: [DISASTER](#)

Rev. Phil Hobson, the conference minister for the South Central Conference of the UCC, reports that “As of right now the only property damage we know about is [Little Farms UCC](#) in Metairie.” The wind ripped the top of the structure right off. Below are some links that will take you to special pages that the national UCC has set up to help with relief efforts.

## How to help

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“It’s heartbreaking,” said Lesli Remaly, minister for [disaster response and recovery](#) with the UCC’s [Global H.O.P.E.](#) team. She spent much of Monday reaching out to Conference ministers and listening to damage assessment reports from area disaster coordinators about one of the strongest storms ever to hit the U.S. mainland.

The UCC has launched a [‘Special Storms 2021’ appeal](#) to take donations for Hurricane Ida relief. Gifts can be made online using [this page at the UCC website](#). You may also text **SevereStorm2021** to 41444 to make a donation.

“Raising money for a storm this size certainly makes good sense, as we know long-term recovery and rebuilding will be necessary,” Remaly said.

In addition to financial gifts and prayers for the people in the hurricane zone, making emergency cleanup buckets is a hands-on way for churches to respond. Instructions from Church World Service [are found here](#).

### On-line Music Depository

Every week, someone lifts up the music that Sean is giving to us. He is saving it all for us to enjoy at any time.

The link to the depository of music is [here](#).

And I’ll give you another link, this one to our you tube channel, so you can see updates from Rev. Ken and our worship services (if all goes well). [St. Paul's You Tube Channel](#).

Creating emergency clean up buckets is something that we at St. Paul's might want to do. I will speak with the council and see how they want to proceed regarding helping after Ida. As part of our community outreach, making the buckets or sending money to our UCC National offices is something that I think we want to do.



# Rocky Mountain Conference Board of Directors Retreat

The weekend of September 10-12, the Board of Directors of the Rocky Mountain Conference will be meeting at St. Paul's. The main meals for the weekend are being catered in. St. Paul's members have been asked to provide snacks and drinks for the attendees. If you would like to volunteer to coordinate snacks and drinks, please let me know. I will be asking folks to help if I don't get a volunteer. On Sunday, September 12, one of our conference ministers will be preaching. There will also be some time to meet the conference minister, Sue Artt and our new associate conference minister, Dr. Anthony Scott. Details for the retreat are being finalized, and should be completed by the end of the week, so an announcement will be made on Sunday, and an email will be sent to our members with the final schedule.

## Memory Care Resources for families –

We received an email from MemoryCare.Com. I am posting it with a link in case anyone has a need, or wants to spread the news of this resource available for us in WY. Many families with aging adults are unaware of the several available memory care options and programs in their area that can help them support a high quality of life. So we created a free resource guide that highlights the best memory care facilities in Wyoming. Check out our Wyoming Memory Care Guide here:

- <https://www.memorycare.com/memory-care-in-wyoming/>

From the website:

Wyoming saw 151 deaths related to Alzheimer's disease in 2015, and it continues to be a growing public health crisis in the state. According to the Alzheimer's Association, there are currently 10,100 people aged 65 and older living with Alzheimer's in Wyoming, which is up from 9,700 in 2019. This number is expected to continue growing every year to a projected 13,000 cases by 2025, which represents an increase of 34%. The Centers for Disease Control and Prevention indicate that cases of Alzheimer's and related dementias will double nationwide by 2060.

Looking forward to hearing from you soon!

Sincerely,

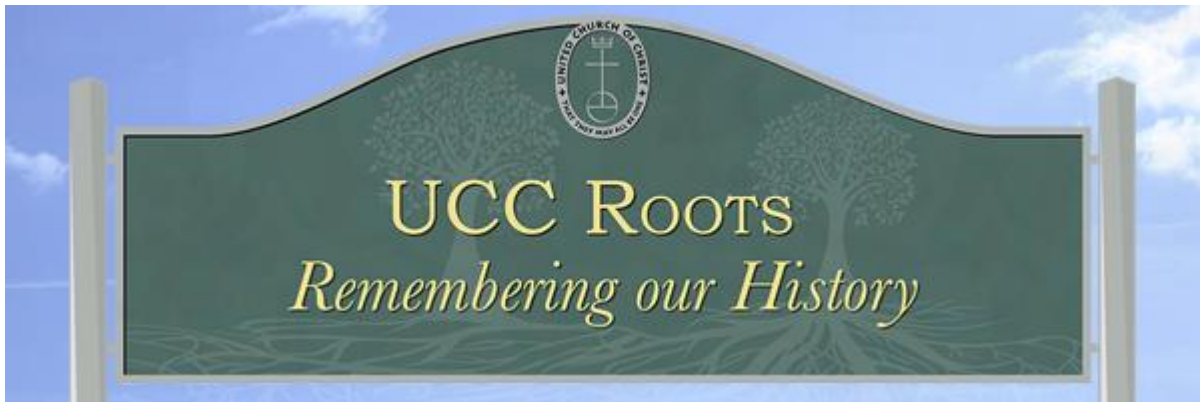
Britney Jones  
MemoryCare.com Community Outreach

MemoryCare.com

## 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.



### **“Dosia Carlson: A Long Life that Made a Difference”**

She was a young woman born in 1930 who wanted to become a missionary in China. However, after an encounter with Polio, her life unfolded in new ways. She studied at Oberlin College, attended a seminary, was ordained, earned a doctorate at the University of Pittsburg and for fourteen years taught in a religion department at Defiance College in Ohio.

Reverend Dr. Dosia Carlson (1930-2021) understood the importance of caring for people who were often the most vulnerable. In 1974, she moved to the Valley of the Sun in Phoenix, Arizona. There she committed her life and ministry to the Church of the Beatitudes Campus Lifestyle Community. She founded “DUET: Partners in Health and Aging” (formally the DORA CENTER).

In 1979, when she was ordained by the United Church of Christ, her call to service in the church and her growing interest in gerontology expanded her growing understand of aging people.

Music was at the heart of Carlson’s faith. She found important ways to serve on the church staff and explained how her hymnal writings incorporated her faith. She published many hymns. One of her most popular hymn, was “Oh Jesus, I Have Promised to Serve Thee to the End. . . My Master and My Friend.” Her hymns recognized how humans cannot fully comprehend the nature of God. In 1986 she published an autobiographical collection of her hymns entitled “God’s



Glory”. Carlson won several awards and became well-known as an “Arizona Woman of the Year.” She was also honored when the United Church of Christ gave her the “Antoinette Brown Award for an Outstanding Women Clergy.” Dosia Carlson lived to be 91. She died from complications of the Covid-19 virus in January 2021. Her final words were gifts that she repeated for many friends— “God’s love and encouragement exists for people to show love and light.”

UCC Roots Remembering our History Contributor: Barbara Brown Zikmund

## **Snickerdoodle Apple Cobbler – because it’s that time of year!**

- 1/2 cup butter, softened
- 1/2 cup shortening (I used butter-flavored Crisco)
- 1 1/2 cups sugar
- 2 eggs
- 1 Tbsp. vanilla
- 2 3/4 cups flour
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- 1/2 tsp. salt
- cinnamon-sugar mixture (1/2 cup sugar + 1 Tbsp. cinnamon)
- 40 oz. cans apple pie filling (two 20-oz. cans)
- caramel sauce for topping

Preheat oven to 375°F. Spray a 9x13 glass pan with non-stick cooking spray. (If using a darker pan, decrease temperature to 350°F). Cream together butter, shortening, 1 1/2 cups sugar, the eggs and the vanilla. Blend in the flour, cream of tartar, soda and salt. Take about 2/3 of the snickerdoodle dough and press it flat into the bottom of the 9x13 pan, pressing against the edges so that they rise just a bit around the sides of the pan. Sprinkle half the cinnamon sugar mixture on top of the dough. Spread both cans of apple pie filling over the dough, making sure it extends to all sides. Take the remaining cookie dough and crumble it with your fingers, placing small pieces covering the top of the apple pie filling. It won’t completely cover it, but it will be close. Sprinkle the remaining cinnamon-sugar mixture on top. Cover cobbler with foil. (I sprayed the side that would be touching the cobbler with non-stick spray.) Bake at 375°F for 40 minutes on the middle rack of the oven. Remove foil and bake another 10-15 minutes. Let cool for 10 minutes and serve, topped with caramel sauce if desired. Or a scoop of vanilla ice cream and then caramel sauce. Mmmm!

Note: If you’re using homemade apple pie filling, you’ll want a rounded 4.5 cups.

<https://butterwithasideofbread.com/snickerdoodle-apple-cobbler/>

## St. Paul's

United Church of Christ  
An ONA congregation

602 Garfield St.

Laramie, WY 82070

**Sunday Morning Worship at 10:00 a.m.  
On Zoom and in the sanctuary**



### 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](mailto:revken1957@gmail.com)**

**Rev. Ken's hours:**

**Tue, Wed, Thur, Fri and Sunday  
mornings – call first to confirm**

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