

*St. Paul's United Church
of Christ*

Progressive Spirit News

September 2022-
VOLUME 13, ISSUE 9

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

All The News Rev. Ken

It seems like August was a real busy month. It might be because I was (it seemed) always at the Dr. or at Physical Therapy. My muscle spasms are declining in number and intensity, so I guess my back is getting better. Friday, September 2, I will be having an injection into my back to stop the pain. I pray it works. Just in case I can't make it to church, I have pre-recorded a sermon – in a format I hope you will like.

I also had two small skin cancers removed. To remove one of them, they had to mess with my left eye, so if you have seen me with a black eye, its from the surgery. A friend did tell me to milk it, and if anyone asked why I had a



black eye, tell them ‘You should have seen how the other guy looked.’ Now, most of you know me well enough that I am not the fighting type. I can only remember one fight I ever had with another boy, and that was about 5th grade. I’m much more likely to advocate for peace than fighting or conflict.

We held a “Blessing of the Backpacks”, back to school worship service on August 28. The youth of the church all participated in some way. Iris helped with the Candles. Owen read the liturgy (worship leader) with Carol. Owen and Tristen helped with the candles, and with the collection. I will be posting some pictures a bit later in the newsletter, or maybe on the webpage.

We also went as a group to the Rockies Game on Faith Day, August 14. We had fun. If you are a Arizona Diamondbacks fan (like me), then you were really excited that your team won. If you are a Rockies fan, I’m sorry.

September 2022

- 4 – Jeremiah 1:4-10
 - “To Build and to Plant”
- 11 - Communion Sunday
 - Luke 14:1,7-14
 - “Receive the Invitation”
 - Worship Leader Ginny Vincenti
- 15 – Shred To Feed
- 18 - Jeremiah 18:1-11
 - “Like Clay”
- 25 – Jeremiah 4:11-12,22-28
 - “A Blistering Wind”

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- 2 - Jeremiah 8:17-9:1
 - “No Balm in Gilead”
- 9 - Jeremiah 32:1-3a, 6-15
 - “In an Earthenware Jar”
- 16 - Luke 17:5-10
 - “Increase Our Faith”
- 23 - Luke 17:11-19
 - “Show Us Mercy”
- 30 - Luke 18:1-8
 - “Give Us Justice”

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

I hope that we can go again next year.

We have a new accompanist for Sunday Mornings. Victor Goullart is his name, and he is from Brazil. He came to church last Sunday to see how we swing and will be in worship this week. He is not familiar with our hymnals, so give him grace as he learns our hymns and the way they are played. We all really enjoyed the music that Sean gave us. While Sean may be gone, we will be able to request special music from him from time to time. Welcome Victor.

Don't forget that Carol and Don have designed some new stickers, with our name and website on them. Take some and tuck them in your purse to give to folks. It's painless to say "Look at what they did at church", and then give one to your friend. These are a great way to get our information in front of people.

As always, when I am away, you can contact me via my cell phone. I will return your call if I don't answer, as timely as I can.

If you or someone in your family goes into the hospital, please let me know so I can visit them.

There is a signup sheet for you to volunteer to be a greeter, bring snacks (includes making coffee and cleaning the kitchen after), run audio / visual, or be our worship leader. I really would encourage each of you to sign up for at least one position every month.

"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else."
— C.S. Lewis

With Blessings to each of you, Rev. Ken



THURSDAYS, 3:30-4:30 PM ET

Thursdays for the Soul is a webinar series to care for the whole church. Topics are wide ranging, and are focused on the spirituality and care of people. Prayer, worship, music, psalm readings, or compassionate teaching are included.

Thursdays for the Soul

- Thursday, September 1, 3:30pm ET - [Gather in Joy...Go in Justice](#)
- Thursday, September 8, 3:30pm ET - [UCC Colectivo de Latinx Ministries: Present & Future](#)
- Thursday, September 15, 3:30pm ET - [Just Peace Churches and the Disruptive Power of Peace!](#)



September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Back To School Bash	2 Rev. Ken Hospital	3
4 Jeremiah 1:4-10	5	6	7	8	9	10
11 Communion Sunday Luke 14:1, 7-14	12 National Just One Family Day	13	14 Shred To Feed	15	16	17
18 Jeremiah 18:1-11	19	20	21	22	23	24
25 Jeremiah 4:11-12, 22- 28	26	27	28	29	30	

SHRED TO FEED

Keep your identity safe and help stock the Laramie Soup Kitchen at the same time!

Bring your documents to shred along with a monetary donation or non-perishable food.



**WEDNESDAY
SEPTEMBER 14
11AM - 1PM
365 N. THIRD ST.**

Working for You
COMMUNITY

STAGE
POINT
Federal Credit Union

Grace Given has been moved to the Laramie Hospice House. She really likes receiving cards and has the one from St. Paul's proudly displayed. I also gave her another card last night. The address is:

Grace Given
Hospice of Laramie
1754 Centennial Drive
Laramie, WY 82070

September Birthdays



- 7 – Mickey Uhl
- 11 – Brianna Given
- 21 – Betty Holmes
- 23 – Tom Burkett

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 might be out of date as the conference web person has left her position.

An On-going Mission Project For This Year

Crystal Ballard is involved with the Foster Grandparents program in Laramie. She has asked that our community of St. Paul's help and support the program. Here is what Crystal sent to me. Please support this program, and Crystal.

*the Laramie Foster Closet, on their voicemail, they said they **are in need of Socks and Underwear in Youth sizes.***

St. Paul's will help Foster Grandparents fulfill this mission. There is a box in the back of the sanctuary for you to donate your socks and underwear. Crystal will take them to the appropriate place when we have some. This is a wonderful mission project for us. Think of it as an exercise for the Socksgiving Mission in November

To see important updates from the Rocky Mountain Conference, just click here: <https://rmcucc.org/just-the-facts/>

RMC Jubilee!! August 16, 2022

On August 16, Don and I attended a daylong meeting with people from around the Rocky Mountain Conference. There was a Racial Justice Update, and a lot of discussion around small churches. That was the liveliest discussion of the day. The conference has a webpage where there are documents that can be shared with anyone in the conference. Forms like consent forms, call agreements, reimbursement, etc. What we felt was lacking was some things that we might need. Such as music rights and copyrights. Services that we can all share. There will be more coming as the conference also begins discussing and designing our Lay Academy (I have no idea what it will be called.) This would be where the conference can train lay leaders, who will be able to lead a church should there be no pastor available. The church in Pueblo has been lay led for 8 years, so it can be done.

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.

National Just One Human Family Day

Per nationaldaycalendar.com:

National Just One Human Family Day on September 12th encourages us to reflect on the human race as a single family who share just one planet.

In 2001, the world's population – the Earth's family – stood at over 6.2 billion. By 2020, it had grown to 7.8 billion. That's a lot of family sharing one planet. Just One Human Family Day reminds us that, as a human race, we have a responsibility to each other. While we all come from different backgrounds, speak different languages, believe differently, pray and worship differently, we are all human beings. Our experiences may vary. Even our abilities and weaknesses differ. Another sure thing we share is that we all live on just one planet. Earth. Our brothers, sisters, siblings and neighbors are all part of the human family.



Home-baked pie contest with prizes!

Games & scavenger hunt

Irish music by Ceol Laramie

LaBonte Park garden tours

Visit with Llamas of A Coral Dawn



To enter a pie
or for more information
Or
click on the picture to go
directly to our site!



CELEBRATING AND SHARING LOCAL FOOD
**FOOD AND FUN
IN THE PARK**
FREE LUNCH SERVED WITH A TASTE OF PIE!

SAT. AUG.

6

11 AM - 1 PM

Feeding Laramie Valley Building in LaBonte Park • 307.223.4399
968 N. 9TH STREET • feedinglaramievalley.org/food-and-fun-in-the-park
Special Thanks to Sheila Bird Farms, Red Door Kitchen and Ridley's

St. Paul's

United Church of Christ

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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 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