



# Progressive Spirit News

## St. Paul's United Church of Christ

APRIL 2021 –  
VOLUME 12, ISSUE 4

Wow!! I find it hard to believe a lot these days. I have been at St. Paul's, as your preacher and teacher for 5 years this past weekend. We have been in the

## Pastor's Post

pandemic for over 14 months, though things are looking better, at least regarding vaccinations. And, it's Holy Week. It's also the time to finish up the newsletter. Time seems to be moving past me, although I don't seem to know how that's happening. It seems to be happening very quickly too, but then again, it's dragging. The past 14 months or so have made time seem quite strange. We are not moving out of this pandemic fast enough, but our lives keep moving forward, and time seems to not sit still while moving so slowly. I know that doesn't make a lot of sense, but for me, time is moving forward, I get that, but it also seems to be stalled. A condition of our lives in the present time. With all the rapid changes we have implemented, it sometimes seems like nothing will ever settle down.

### April 2021

- April 1 – Maundy Thursday
  - Service at 6:30
- April 2 – Good Friday
  - No Services at St. Paul's
- April 4 – Easter Sunday
  - Worship at 10:00
  - John 20:1-18
- April 11 – Conference Worship
  - Worship at 10:00
  - John 20:19-31
- April 18
  - Worship at 10:00
  - Luke 24:36b-48
- April 24
  - Yard Work Day at St. Paul's
- April 25
  - Worship at 10:00
  - John 10:11-18

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

The really GREAT news is that our sound and video systems seem to have been tweaked enough that they are working really good. Now that Don has it all figured out, we are 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 will be taking vacations this year, so without a Sunday Morning Saint, St. Paul's may not be able to offer our worship on zoom, or in the sanctuary. 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 will thank you in advance for helping. In a nutshell, you need to start the video and zoom by 9:40, and you can power it all down about 10 minutes after services ends. Not a huge commitment of time beyond what you would be committed to for attending worship.

The week after Easter is often a time when pastors take a break, a week off. I'm thinking about it. The conference and the UCC are providing a worship service for April 11. The theme will be Doubting Thomas. That is usually a good theme for right after Easter. Ecumenical Advocacy Days, normally held in Washington, DC., is offering a worship service for April 18, since they are going on-line for the gathering this year. I may use one, or both of these which will give me a little break from creating the worship slides and researching and writing the sermon. I say may, because I have not seen them yet, and usually like to see what I am going to present to you.

At our annual meeting, and in conversations with some of you, you have presented some very good outreach ideas. Outreach does not come just from the pastor, however. It takes time and commitment from every member. I am thinking of ways to structure a team to work on outreach. Yes, it will require those who want to be a part of this ministry to attend a few meetings, to perhaps make a few calls, or write a few emails. Nothing that is terribly out of line, or too burdensome. If you have ideas about outreach, how we can person a team, or anything else regarding outreach, please send an email to me or the church email. Sometimes 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 this ministry for St. Paul's.

I tried something a bit different for our Lenten worship. I used worship that included videos and songs, elements I have not used before. If you liked this, or didn't like this, please let me know. I don't want to continue to create worship that is not meaningful to you. It's time consuming to create our Sunday morning worship, I do not want to expend time that is not providing something meaningful to the congregation. We are continuing with the Beatitudes bible study on Tuesday evenings. Once I finish the class I am taking, we will decide as the group that has been attending, whether to meet every week, or continue meeting every other week. One thing that Crystal and I have learned from the course we are taking is that our website needs some work. If anyone knows of a person who might have the skills, and the time, to help us with our website, let me know. I have been maintaining our website for the last 5 years, and when I say maintaining, I mean I don't do much, because I don't know what I should do, or how to do it.

**One Great Hour of Sharing** collection was on March 14<sup>th</sup>. The theme this year is "Let Love Flow", and the focus scripture is Isaiah 49:10 (Message translation): 'Nobody hungry, Nobody thirsty, shade from the sun, shelter from the wind, For the Compassionate One guides them, takes them

to the best springs." Cindy told me last week that we had collected over \$400 for the special offering. I will link in the newsletter a poster that is at the church, that talks about and describes the UCC special offerings. In case you did not see it, or are not attending in person, take a look at the poster, [which you can access here](#).

I asked you all to send me three things you would like St. Paul's to do, or that you would like to see at St. Paul's in the coming year. I am keeping track of all the responses, and I will bring them to the council for prioritization, and to decide if is something that we can take on. If I had to list three things, they would be: 1) rebuild the outdoor sign, maybe update it to an electronic one. 2) Have a yard work day, which will be on Saturday, April 24. Details coming, but come to church about 10:00, bring gloves and a mask, and depending on the weather, we will begin working on the flower beds around the sign. 3) Get a team to help plan worship, themes, way to engage our community (both those who are members, and those who are not.) I hope to see many of you in worship on Easter Sunday. Remember, you can attend

in person, and we will have TV's in the fellowship hall on zoom, just in case we get a full house. We will be practicing the social distancing guidelines we have been following all along. Come, join us.

***Psalm 22:8 "Commit your cause to the LORD; let him deliver-- let him rescue the one in whom he delights!"***

Rev. Ken

## **What Does Sean Do, Besides Our Music?**

**Just look below in the box, because Sean does a lot!**

**What's Playing at UW Theatre and Dance: 29: A SONG CYCLE, streaming April 9 -17, 7:30 pm MST**

**29: A SONG CYCLE, a dramatic song-cycle that asks, "What does it mean to be an adult?"**

**FREE to all UW students (with a "W" #) at 307-766-6666 (M-F, 10am-4pm and one hour before curtain) and \$5 for the general public at [www.uwyo.edu/finearts](http://www.uwyo.edu/finearts).**

## 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 YouTube Channel](#).



# 29: A SONG CYCLE

**Adapted for the screen by Seán Stone**

**Music & lyrics by Gaby Alter**

**Book & additional lyrics by Tommy Newman**

**Orchestrations & arrangements by Seán Stone**

**Music performed & produced by Seán Stone**

**Directed by Seán Stone**

**Choreography by Cat Kamrath**

## Streaming April 9 - 17, 7:30pm MST

This virtually-produced and recorded musical about the vagaries of young adulthood features a tapestry of characters who face defining moments in their 20's, from getting a job and finding a roommate to an unexpected pregnancy to a parent's illness. As time brings increased separation and loss, the characters struggle to stay connected to each other and to their real selves. Each self-contained story and song illustrates a turning point in the familiar journey from innocence to experience.

Virtual tickets are \$5 for the general public; BCPA Box Office personnel will provide instructions on how patrons can access the performance.

**[::GET VIRTUAL TICKETS](#)**

## Returning to in-person Worship, but still doing zoom

We are closely monitoring the governor's guidance for COVID gatherings. If at any time the governor tells us we should suspend in person worship, we will do so. If that happens, you will get an email, and a phone call telling you of the decision. In the meantime, as you prepare for attending church in the sanctuary, remember to stay home if you have any fears of coming to church, and to stay home if you have a cough or fever. Before you arrive at church, in the morning before the service, the sanctuary will be cleaned, and disinfected with Lysol. When you arrive at church, your temperature will be checked with a 'touchless' thermometer. Masks will be required at all times. Hand sanitizer will be available. We will continue to have music recorded by Sean. Feel

free to sing behind your mask, but we will not have any choir or group singing. Together we are the body of Christ. I encourage each of you to contact me if you have questions.

**Here is the link to our weekly worship service:**

**Topic: St. Paul's Sunday Worship**

**Time: This is a recurring meeting Meet anytime**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/4425252208?pwd=TGxyK2U3ZUxFUUVWWWdFRHptMEFsQT09>

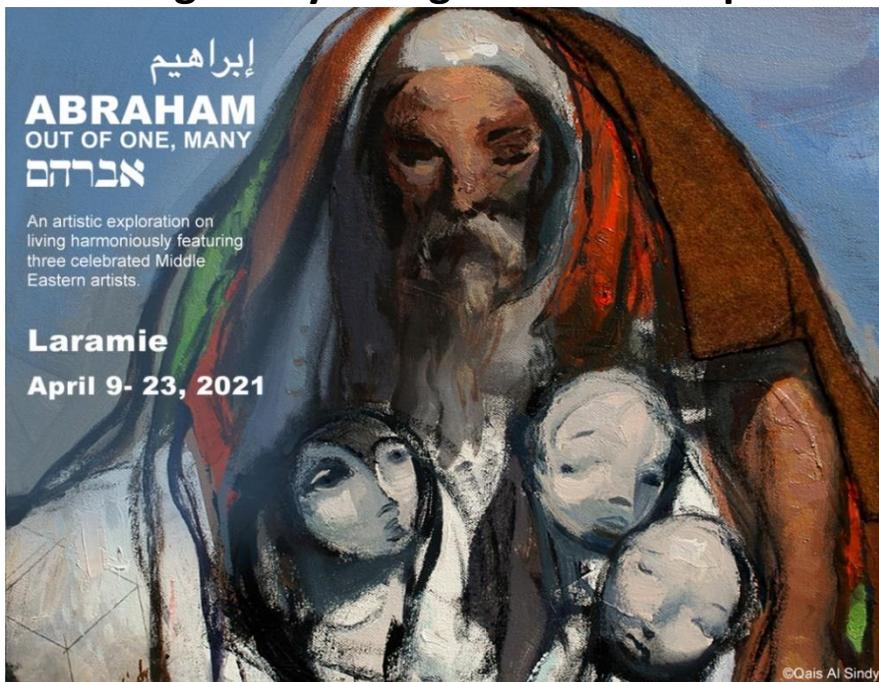
Meeting ID: 442 525 2208

Passcode: 602602

One tap mobile

+16699009128,,4425252208#,,,,\*602602# US (San Jose)

**ABRAHAM: Out of One, Many  
is coming to Wyoming. In Laramie April 9-23**



إبراهيم  
**ABRAHAM**  
OUT OF ONE, MANY  
אַבְרָהָם

An artistic exploration on living harmoniously featuring three celebrated Middle Eastern artists.

**Laramie**  
**April 9- 23, 2021**

St. Matthew's Cathedral  
301 East Ivinson Ave.  
Laramie, WY 82070

Opening times:  
Mondays through Saturdays  
12:00 to 2:00 pm and 6:00 - 8:00 pm

©Qais Al Sindy



*A timely artistic exploration on living harmoniously, inspired by Abraham, the common ancestor of three celebrated contemporary Middle Eastern artists from Muslim, Christian, and Jewish traditions*

“ABRAHAM: Out of One, Many,” a celebrated peacebuilding exhibition that premiered in Rome, Italy in 2019, and that is now touring the US, will be on display in three locations within Wyoming between March 20 – May 28, 2021. “ABRAHAM: Out of One, Many” is an artistic response to today’s climate of increasing prejudice, stereotyping and discrimination, whether related to color, faith or ethnicity, including a rise of antisemitism and increasing anti-Muslim sentiment. The exhibition is organized by CARAVAN, an international arts nonprofit/NGO affiliated with The Episcopal Church, and curated by Bishop Paul-Gordon Chandler, the Bishop of the Diocese of Wyoming, the Founding President of CARAVAN.

“ABRAHAM: Out of One, Many” (playing off of the popular Latin US motto “E pluribus unum” / “Out of many, one”) focuses on what Jews, Christians and Muslims have in common because of their shared ancestor Abraham, a spiritual figure of distinct significance within the three primary monotheistic faith traditions, Judaism, Christianity and Islam. The exhibition highlights what we can all learn from Abraham’s example about living together more harmoniously. In these three faith traditions, whose followers are referred to a “children of Abraham,” Abraham is seen as a model of hospitality – of welcoming the “stranger” and embracing the “other.”

The exhibition attempts to artistically answer the question, “What can Abraham can teach us today about freeing our world from sectarian strife?”

The exhibition involves three illustrious Middle Eastern contemporary artists – Qais Al Sindy, Sinan Hussein and Shai Azoulay - from Christian, Muslim and Jewish faith traditions. Each artist has created paintings that focus on specific themes from Abraham's life that can guide our world today in living harmoniously, interpreting these themes for our contemporary context.

The exhibition is on a global tour, having premiered in May 2019 in Rome, Italy at the historic church of St Paul’s Within the Walls, and then showcased in Paris and Edinburgh, before beginning its extensive US tour.

In Wyoming, the exhibition will be showcased in Rock Springs, Laramie and Lander between March-May 2021. In Rock Springs it will be held at The Art Gallery of Western Wyoming Community College between March 20 - April 3, in Laramie at St. Matthew’s Cathedral (Episcopal) between April 9 – 23, and in Lander at the Fremont Country Pioneer Museum between May 14 – 28. An array of diverse programming, from a Sufi concert to participating artist’s talks, will be held at each venue around the exhibition, to stimulate discussion, dialogue and education, promoting further understanding related to the theme.

The visit to Wyoming of “ABRAHAM: Out of One, Many” is sponsored by The Foundation for the Episcopal Diocese of Wyoming. Program partners include with The Episcopal Church in Wyoming, Wyoming Humanities Council, Wyoming Interfaith Network, Holy Communion Episcopal Church in Rock Springs, St. Matthew’s Episcopal Cathedral in Laramie, Trinity Episcopal Church in Lander, and Lander Art Center.

**For information on “ABRAHAM: Out of One, Many,” see:** [www.oncaravan.org/abraham](http://www.oncaravan.org/abraham)

# 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



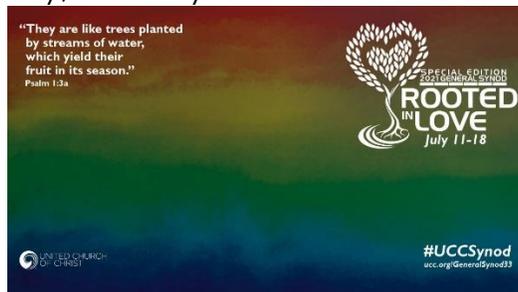
## Laramie Suicide Prevention Hotline

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.

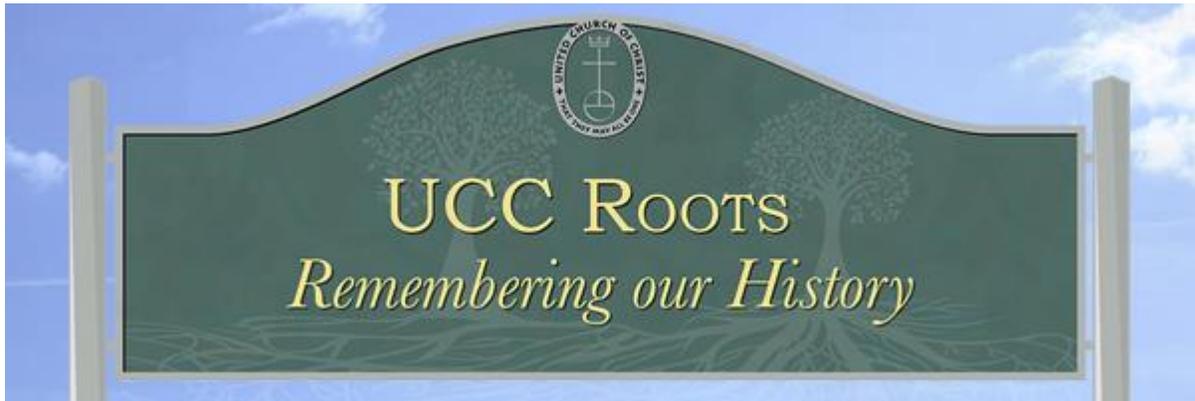
Calls are free and you will be connected with someone in Laramie who is trained to talk or text to those in crisis.

## General Synod

Here is a SAVE THE DATE video to remind you about General Synod this July 11-18. This time around, Synod will be held virtually, so everyone can attend all or part. Give this a look:



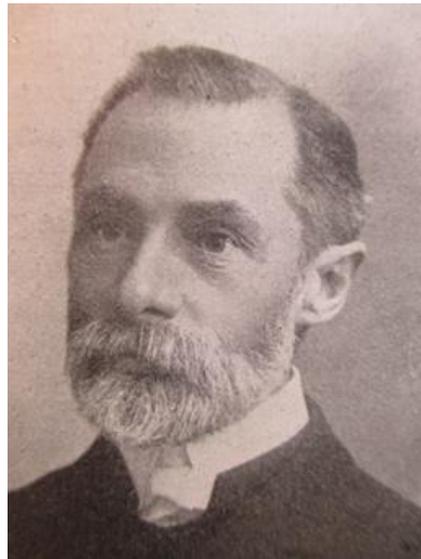
[General Synod Save The Date](#)



## **Martyn Summerbell: Educator and Unifier**

As immigrants settled in North America in the 1800s, religious zeal and church life changed. Some Christians did not believe that certain doctrines and practices were needed. They refused to be affiliated with any denomination and simply called themselves and their churches “Christian.” They were especially committed to education, and they were eager to promote Christian unity.

Martyn Summerbell (1847-1939) was an important “Christian” leader. He was born in Naples, New York, graduated from the College of New York City and eventually taught at Union Christian College in Merom, Indiana. In 1866, he was ordained and served several churches in New York and New England.



Summerbell was an educator, teaching church history at Cobb Divinity School (1888-1898) in Maine. From 1898 into the 1930s he lectured and also served as vice president at Defiance College. Near the end of his life he served as president of the Palmer Institute-Starkey Seminary in Lakemont, NY.

Christians and Congregationalists often met at Summerbell’s summer home in Craigville, Massachusetts; and in 1897 that group produced the “Craigville Recommendations”— a document suggesting that the two groups should unite. Summerbell explained “The Practical Sides of Union Work,” noting that human weaknesses can hinder union, as well as cultivate specific practical steps to help achieve mutual respect. The “Craigville Recommendations” was the early

step that led to a Christian-Congregational union in 1928 and created the General Council of the Congregational and Christian Churches in 1931.

Summerbell regularly reminded Christians and Congregationalists of the "Origins and Principles of the Christians." There were six principles: Christ is the sole head of the church; only the name Christian should be used; the Bible is the only creed; Christian character is the only and sufficient test of fellowship; the right of private judgment and liberty of conscience is basic; and union brings the followers of Christ together.

**Contributor: Robert F. R. Peters, Jr.**

April 2021

Click [here](#) to view a PDF of this article.



### **Registration for Summer Camp at La Foret is OPEN!**

Kids grade 2-12 can experience a fun, Spirited summer with friends in the forest, while families can rest assured that we are doing everything we can to cultivate a "Culture of Care" and keep kids safe. Camp will be a little different this year, but it is so exciting to be together! Here are [all the essentials you need to know about camp this year](#). Go straight to [La Foret's website](#) to save your spot right away and read more. **Space is very limited, don't wait!**

### **Individual & Family Camping**

Have your vacation plans been canceled or maybe you just need a change of scenery? Families can book a cabin getaway at a low fixed rate; Indian Paintbrush, Willow, and Kinnikinnick are available. Enjoy the labyrinth, sports courts, trails, etc. There is plenty to see and do!

Email [mail@laforet.org](mailto:mail@laforet.org) or call 719-495-2743 to book!

# St. Paul's

United Church of Christ

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