

# Progressive Spirit News

MARCH 2021 –  
VOLUME 12, ISSUE 3



*St. Paul's  
United Church  
of Christ  
Laramie, WY*

## Pastor's Post

St. Paul's 2021 annual meeting was Sunday. We reviewed expenses for 2020 and approved a budget for 2021. There are some items that may need to be added later, but the budget is approved. We also elected the positions that we needed to by the quorum, so our new Admin Council is well staffed. In no particular order, those on the admin council are: Carol Uhl, Betty Holmes, Tara Mattimoe, Abby Mattimoe-Harris, Luke Ballard, Crystal Ballard, and Sam Burkett. This is the greatest number of volunteers on the council since I have been here, and I'm pretty excited about that. We have enough people that I think we can have some different kinds of ministries in the coming year. I think we might be able to move forward on a couple of ideas that have been given to me. We added one new committee, Stewardship, with Crystal Ballard and Rev. Ken (me) as members. The two of us are taking a Cultivating Generous Congregations course about stewardship and have some ideas to share and bring to St. Paul's. If anyone else want to join us, please contact me (Rev. Ken). I want to thank all those who have served on the council while I have been your pastor, and those that will serve in the future. I owe a great big debt to Cindy Legg. Cindy keeps us running, and she helps me with many things that I need, but don't have access to. She pays the bills, writes the checks, and puts together the information package for the annual meeting. THANK YOU, CINDY.

### March 2021

- March – Woman's History Month
- March 7 – Lent 3
  - Mental Health Sunday
  - Amy Pitre Hill, Guest Preacher
  - Mark 5:1-20
- March 14 – Lent 4
  - Intellectual Health Sunday
  - One Great Hour of Sharing
  - Matthew 9:18-26
- March 21 – Lent 5
  - Environmental Health Sunday
  - Matthew 8:18-27
- March 28 – Lent 6
  - Integrated Health Sunday
  - Matthew 9:1-8

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

Well, I'm not sure how many of you used the ash cross tattoo I sent to you all, but I thought that was a clever idea for no contact Ash Wednesday. What do you think of our Lenten worship and using health as the theme during lent? I like the way that I have been able to change up worship a bit using videos and sound clips. I will continue this theme, and probably change it for Easter time.

We will have session two of our Beatitudes bible study on Tuesday. I look forward to all of you coming (I can dream). I really do look forward to the sessions. I had my 2<sup>nd</sup> COVID vaccination today, so I hope I am not feeling bad tomorrow.

**One Great Hour of Sharing** collection is going to be 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.'" Join us on March 14<sup>th</sup> for our OGHS collection.

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. And, some of you even responded. I am keeping track of all these, 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. If we keep the current sign, it has some wood that needs replaced, and it needs to be painted. We will also need to have a 'yard work day', so we can get rid of the sticker bushes in front of the sign. I seem to always get stuck or something when I have to climb into the bushes to change the sign.

## March Birthdays



- 1: Jan Workman**
- 6: Joe Given**
- 13: Pete Uhl**
- 22: Emmet Shuman**
- 28: Crystal Ballard**
- 29: Ann LaGrange**
- 29: Guillermo Brizuela**
- 29: Owen and Tristan**

I am registered for **Sacred Conversations 2 End Racism**, a two-day Overview Study, March 5-6, 2021, this weekend. This brief exploration into the extensive topic of racism offers an intensive historic overview, in-depth conversations, multiple media resources, and a unique, Spirit-centered community approach. To foster a deep connection, groups will consist of at least 8 but no more than 20. Participants will be expected to prepare "homework" one week before we meet to lay a foundation for this

transformative work. [Learn more and register here.](#)

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7

## NEW UCC VIDEO -

Click [HERE](#) to view a short video – Together We're Strong – a new UCC video

## 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)**

## 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](#).

## Breast Cancer Survivorship Retreat

Click [here](#) for a PDF for the 2021 Daring Greatly™ Living with and Beyond Breast Cancer retreat. This retreat is sponsored by WBCI and presented by Andi Berry of Wyoming Art Therapy. It is free to all participants.

Dates: October 9-11, 2021

Sign up is through a lottery, all 2020 applicants who respond with a confirmation by March 15, 2021 will be guaranteed a spot.

Please share this as freely as you would like!

For more information contact Andi Berry: [andreaarttherapy@gmail.com](mailto:andreaarttherapy@gmail.com), 307-760-6125

## 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.

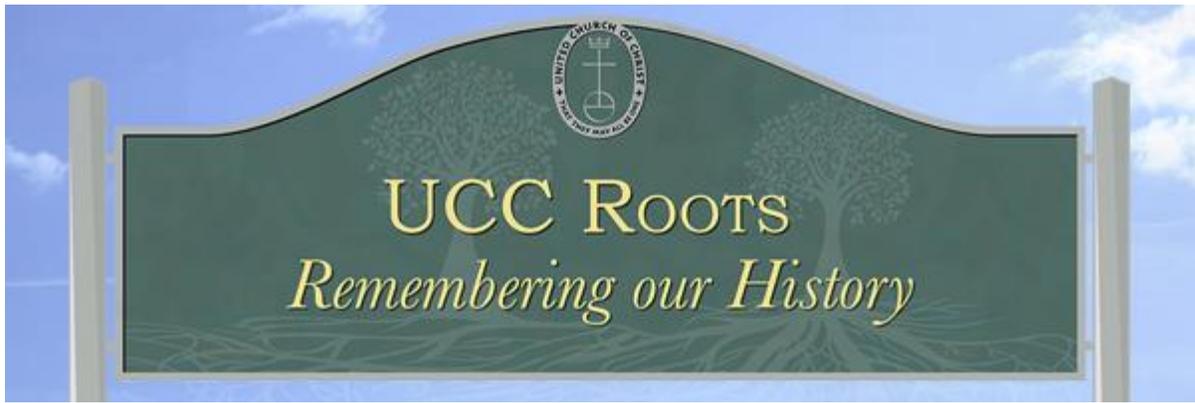
Calls are free and you will be connected with someone in Laramie who is trained to talk or text to those in crisis.

## 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](#)





## **Women Often Make a Difference**

During the early twentieth century, the education of girls in Turkey centered on teaching skills that would prepare them to be wives and mothers. “Home Economics” dominated the curriculum. Congregational women in the United States wanted to improve education for women. In 1952 a woman named Helen Louise Morgan (1912-2004), who had taught Spanish at secondary and collegiate schools in the Chicago area, accepted an educational position at the American Academy for Girls in Uskudar, Turkey, not far from Istanbul. She was sponsored by the Congregational American Board of Commissioners for Foreign Missions (ABCFM).

Morgan was an extraordinary teacher and administrator. She literally transformed girls' education in Turkey. She introduced a science curriculum, overseeing the addition of labs and faculty to teach biology, chemistry, and physics. She increased programs and classes in the fine arts, and she expanded athletic opportunities for the girls. The library collection increased four-fold under her leadership, the student body grew, and many of the school's buildings were modernized. Those who worked with Morgan commented that her innovation moved from “a top-down leadership style to more inclusivity, through more faculty committees and an encouragement of student leadership.” In 1994 the school celebrated her ground-breaking contributions by naming a new science building in her honor.

The arts were just as important to Morgan. After leaving Turkey in 1977, she returned to the United States and lived for 25 years in a UCC retirement community known as Pilgrim Place in Claremont, California. There, she helped establish the “Petterson Intercultural Art Museum”—a special arts collection where retiring missionaries were able to share, preserve and display artistic treasures they encountered during their missionary careers.

Helen Louise Morgan's devotion to education and the arts invite us to remember the ways women in the United Church of Christ have made a difference in our world.

Contributor: Rochelle (Shelly) Stackhouse



### **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.



### 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