

# Progressive Spirit News

## St. Paul's United Church of Christ

MAY 2021 –  
VOLUME 12, ISSUE 5

www.ucclaramie.org  
307-742-7733

Photo by [Micheile Henderson](#) on [Unsplash](#)

## Pastor's Post

It's going to be summer soon. With summer comes the Rocky Mountain Conference Annual Celebration, and this year the UCC General Synod (held every other year). We need two delegates to represent and vote for St. Paul's at the RMC business meeting. The church has already paid the fees for both attendees and delegates. The business meeting is on June 12, from 9:00 am to 1:00 pm. Check in is at 8:45. Anyone can register as an attendee. Delegates must register as delegates.

If you register to be a delegate from St. Paul's, please let Rev. Ken know. If you register to attend, please let Rev. Ken know. You can find all the events that

### May 2021

- May 2 – Worship with St. John's Greeley
- May 9 – **Mothers Day**
  - Worship at 10:00
  - John 20:19-31
- May 16 – Worship with Rev. Eric Whitfield
  - Worship at 10:00
  - Luke 24:36b-48
- May 23
  - Worship at 10:00
  - John 15:26-27,16:4b-15
- May 30
  - Worship at 10:00
  - John 3:1-17

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

span all week at the RMC website, <https://rmcucc.org/annual-celebration-2021/>. The keynote speaker is Valerie Kaur a civil rights activist, lawyer, award-winning filmmaker, founder of the Revolutionary Love Project, author of *See No Stranger: A Memoir and Manifesto of Revolutionary Love*, and Sikh American voice.

The other big summer event is the UCC General Synod. That takes place July 11 – July 18. Information is at <https://www.generalsynod.org>. Both of these meetings are virtual this year, so no need to travel further than your sofa or your bed.

I am still looking for a couple more Sunday Morning Saints. Look below for more information on how you can help St. Paul's with a donation of a couple hours. If we get 3 or 4 volunteers trained, then your time commitment is relatively short each month. As I always say when talking about stewardship at St. Paul's, I value the time commitments that people give to St. Paul's, very much. I have had so much help from so many of you. Your time donations are the most valuable thing we have. It's not hard to learn, and I have put in place some standards, so once you know them, it's not hard to run the slide show and zoom.

I keep getting asked when we will return to 'Worship on the Grass', or outdoor worship for the summer. I don't have a date set, but there is a council meeting May 6<sup>th</sup>, and this is on the agenda. Since I scheduled the outdoor clean-up and there was still snow on the ground, I want the board to help plan our start of outdoor worship. We will also be discussing a new date for the clean-up and reworking of the flower bed around the sign.

When we did the community sponsorships at the end of 2020, we included a donation to Feeding Laramie Valley. In 2019, we made a donation to FLV to help them purchase an industrial stove for their kitchen, to help with meal preparation for their summer program, which during the last year has been expanded. Last week I received a note from them, asking them for a logo so that they could put it on the side of their trucks for a year. I asked the council what they thought we should use, and Betty Holmes came up with a number of logos, using the UCC branding guidelines. She designed a few, and I submitted two to Feeding Laramie Valley, based upon input from the council. So, starting soon, look for a Feeding Laramie Valley truck with our logo on the side. I do not know which one they will chose, their director said it would be dependent upon which logo was best for the creator of the graphics. When FLV tells me what works best on the truck, I'll let you know. In the meantime, thank you Betty for some new logos we can use when we need a letterhead or a graphic for something, like the newsletter or church correspondence.

# St. Paul's

United  
Church  
of Christ



ST. PAUL'S  
UNITED CHURCH  
OF CHRIST

***"The man named his wife Eve (life spring, life giver), because she was the mother of all the living." Genesis 3:20***

Rev. Ken

## ***Sunday Morning Saints***

Do you want to help St. Paul's with a time pledge? Can you run the powerpoint slides and zoom on Sunday morning? We still need two more people to step up and volunteer, so we have people to rotate Sundays. When Don and I are away, we need someone that can start the worship and the equipment. Please let me know if you are interested.

## **May Birthdays**



**2: Abby Mattimoe**

**10: Ginny Vincenti**

**18: Moss Plant**

**21: Nathan Sonnenschein**

**30: Katie Uhl**

## 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](#).

Training provided, and it is only about an hour and a half on Sunday morning.

### **Rocky Mountain Conference Annual Celebration**

We need two delegates to the RMC business meeting. The church has already paid the fees for both attendees and delegates. The business meeting is on June 12, from 9:00 am to 1:00 pm. Check in is at 8:45. You must be registered as a delegate or attendee for the zoom links.

If you register to be a delegate from St. Paul's, please let Rev. Ken know. If you register to attend, please let Rev. Ken know. You can find all the events that span all week at the RMC website,

<https://rmcucc.org/annual-celebration-2021/>. The keynote speaker is Valerie Kaur a civil rights activist, lawyer, award-winning filmmaker, founder of the Revolutionary Love Project, author of *See No Stranger: A Memoir and Manifesto of Revolutionary Love*, and Sikh American voice. If you register for the annual celebration, you might receive a free copy of Valerie's latest book.

The other big summer event is the UCC General Synod. That takes place July 11 – July 18.

Information is at <https://www.generalsynod.org>.

**Family Promise** – we are serving meals the week of June 13-19. More details will be provided, but please plan to make a meal that can be

delivered to Family Promise that week. We will have details of the number of meals required. We all cook and eat, so making a extra meal is an easy way to help out. If you would like to help out, but don't want to cook and deliver a meal, there is the option to have something delivered from one of our local restaurants.

## **Hybrid worship continues – at home, in the sanctuary, via Zoom**

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 still be required at all times. Hand sanitizer is 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=TGxyK2U3ZUxFUUVWYWdFRHptMEFsQT09>**

Meeting ID: 442 525 2208

Passcode: 602602

## **Laramie Suicide Prevention Hotline**

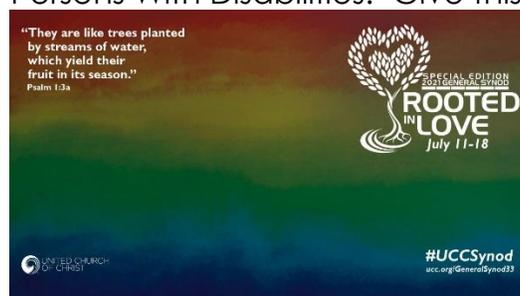
The Laramie Suicide Prevention Hotline is a 24-hour crisis line that you can call or text if you are feeling scared, depressed, alone, angry, or any other painful feelings that are hard to deal with by yourself. Call or text. 307-977-7777.

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.

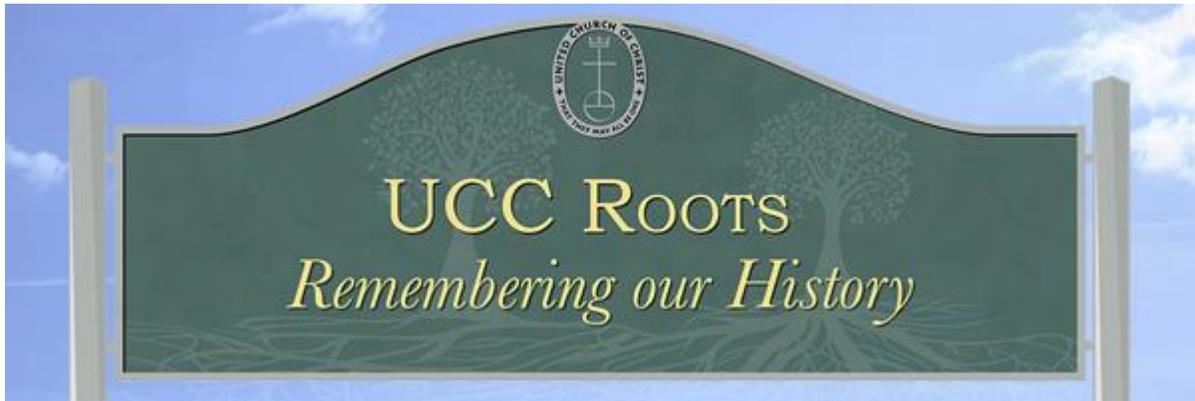
Calls are free and you will be connected with someone in Laramie who is trained to talk or text to those in crisis.

## **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. Sam Burkett will be attending synod as a delegate from the Rocky Mountain Conference, Persons With Disabilities. Give this a look:



**[General Synod Save The Date](#)**



## The First Female Executive in the United Church of Christ

Church history scholars regularly celebrate the stories of church leaders by focusing on ordained men who serve local congregations, manage denominational tasks, shape theology, and define church identity. Although lay women are often more active members in Christian churches, honoring women's lives and recognizing their leadership has not been well balanced.



Marilyn Breitling (1933-2018) grew up in the Midwest. With her husband and children, she became active in her local Congregational Church and increasingly involved in the national life of the United Church of Christ. In the early 1970s, Breitling worked on resolutions from the Task Force on Women in Church and Society and the Advisory Commission on Women and Society in the office of the President of the UCC. In 1975 she began working on women's concerns in the Office for Church Life and Leadership. In 1979 she became the Director of a new Coordinating Center for Women in Church and Society (CCW).

Breitling had a *“wise, practical, and strategic way of seeing what was possible and how to move forward on so many issues of importance to women.”* With her kind

manner, and a great sense of humor, she could speak and act in ways that everyone could hear and respond to with new understanding and motivation. People now say that she was “truly a founding mother of the modern women’s movement in the UCC,” and a sister to so many women and men who knew her. When the General Synod voted to elevate the Coordinating Center for Women (CCW) to an “instrumentality” (a covenanted ministry of the church), Marilyn Breitling was recognized as the denomination’s first female executive.

In 1991, after Breitling retired, she became the director of Continuing Education at Eden Theological Seminary until 1995. During her later years she reclaimed her volunteer ministry in her home church— (Samuel UCC), in Clayton, MO.

*Contributor: Barbara Brown Zikmund*



### **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! 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. 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 On Zoom and in the sanctuary



### St. Paul's UCC, Laramie, WY

#### 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 is available by phone  
and email. If you wish to meet  
with him, call him or email to  
schedule a time, as he is not in  
the church for regular hours  
except on Wednesdays and  
Sundays.***

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