

# Progressive Spirit

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

*news*

OCTOBER 2020 –  
VOLUME 11,  
ISSUE 10

[www.ucclaramie.org](http://www.ucclaramie.org)  
307-742-7733

## Pastor's Post

**We continue to meet in the sanctuary and via Zoom. Communion will be celebrated on the first Sunday. If you would like Rev. Ken to deliver communion elements to your home, please let me know.**

I'm still not sure where the year has gone, but I do know that I am exhausted. We have been doing sanctuary worship, then we moved to the social hall because of the updating. We then had to move to zoom worship, then zoom and lawn worship, and now zoom and sanctuary worship. It's a lot of worship adjustments to make. On top of that, we have a new projector and sound elements, and getting it all together has been daunting for me. I want to thank those who have stepped up to learn the video/audio system, to help out with worship. Remember, they, like me, are still learning!

I will be planning for a couple of weeks away soon. Unlike the last few times I have been away on Sunday, and this coming Sunday, that will not include my zooming in, or preparing everything

## October

- October 4
  - World Communion Sunday
  - Neighbors In Need Collection
- October 11
  - National Coming Out Day for LGBTQ persons
  - John 17:20-26
- October 13
  - Council Meeting via zoom
- October 17
  - Platte Valley Association Meeting
- October 18
  - 1 Thessalonians 1:1-10
- October 25
  - Matthew 22:34-46

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

during my time away, which really is just a change in work location. I'm not sure how that's going to look, but there is a council meeting soon, and we will be talking about how this works. It may be that we zoom into a service by one of our partner churches in the Rocky Mountain Conference, and you all get to have a new worship experience. Stay tuned, because it is an exciting time.

One thing I committed to but have not had time to start is the bible study on the Beatitudes. I will hopefully get that together by the end of month, so we can look at that before Advent starts. And speaking of Advent, I have some ideas for our Advent worship, so if the council approves,

I may be asking some of you to help me out with the worship services. And speaking of worship services, I will continue to ask for worship leaders to help out on Sunday morning. It's not hard, and with all the things to do on Sunday morning, I could use a bit of help.

I have been very excited to see you back in the sanctuary, those that have chosen to come. For those who are not back in the sanctuary, if you would like for me to visit, please let me know. You can always call my cell phone or the church, or send an email. I love the visiting part of the work I do for St. Paul's. While we are not able to have coffee hour, it's still nice to see everyone. I hope you will take advantage, and invite me to visit. We can sit outside and talk if you like. I have met folks at Washington and Undine parks, on front porches, and in backyards. No place is out of bounds (well, mostly).

I do want to take a minute and urge everyone of you to vote on November 3<sup>rd</sup> (or before).

November 3<sup>rd</sup> is my birthday, and for a gift, you can give me your 'I Voted' stickers. Regardless of who you are planning to vote for, or who you vote for, voting is what keeps our country running, and is a right that we have, while many in the world do not (though it is getting better).

I am going to leave this section from last months newsletter about the racial justice work our conference is doing. I think this is important work, and we, even in a semi-rural state, need to keep ourselves educated and have resources at our disposal. So here is from the last newsletter, the links still work:

We continue to see racial injustices in our country, and social unrest. Our Rocky Mountain Conference, UCC has a lot of things in the works, around the subject of racial inequality. There are a couple of opportunities to attend online training and learning sessions. I urge all of you to go to [www.rmucc.org](http://www.rmucc.org), and to check out the many opportunities listed. Some are by the conference, others are being held by churches in our conference. The long list of resources can be found here:



## October Birthdays

- 7 – Henry Shuman
- 17 – Brian Shuman
- 18 – Elenor Shuman
- 20 – Luke Ballard
- 21 – Kay LaGrange
- 23 – Cynthia Weinig

<https://rmcucc.org/anti-racism-resources/>. I again urge all of you to head over to [UCC.ORG](https://www.ucc.org). Our denomination has many resources in this time of unrest in the world, and in our country.

This month, the newsletter includes an article written by Peggy Harris, a health practitioner in town, and a member of St. Paul's. Please take the time to read her important update.

I would like to take this time to encourage all of you to attend the Platte Valley Association Fall Meeting on Saturday, October 17. There will be some information from the Rocky Mountain Conference Minister Sue Artt, and updates about racial justice in our conference. We also need at least one person to represent St. Paul's so that the Association will have a quorum from the churches.

I also wanted to let you know that I have begun a prayer group on Monday mornings at 9:00 am via zoom for the Platte Valley Association. We practice Lectio Divina, which means we prayerfully and thoughtfully read a bible passage, and then discuss it, after some minutes of contemplation. If any of you would like to be included in the zoom invite, let me know!

I give you my blessings, and my heart. This passage is one that the UCC is founded on – that they all may be one.

***“<sup>20</sup> I ask not only on behalf of these, but also on behalf of those who will believe in me through their word,<sup>21</sup> that they may all be one. As you, Father, are in me and I am in you, may they also be in us,<sup>22</sup> so that the world may believe that you have sent me. <sup>22</sup> The glory that you have given me I have given them, so that they may be one, as we are one,”***

*John 17:20-22*

Rev. Ken

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

We have been back in the sanctuary for a few weeks. There are still technical glitches, but then no one here is an audio/video wizard, so we are plugging along. I hope the sound issues will be ironed out soon, every week we try something new, and it's getting better, someday anyway.

In preparation 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. You will be asked the common questions, the same ones asked when you go to school, or to the Dr. You will be then escorted to a place to sit, so that we can make sure everyone is spaced out. We will enter through the main doors, and when we leave, we will leave by row, so we continue to stay spaced out. The furnace will be set to heat the space until 9:45, then turn off, so we do not have the airflow across the entire congregation (our vents are at the back). We will continue to have music recorded by Sean, or Sean will sing for us. Feel free to sing behind your mask, but we will not have any choir or group singing. The hymnals

and bibles are put away, we will be utilizing our new projector to show slides like we have been utilizing while meeting on the lawn.

Together we are the body of Christ.

I encourage each of you to contact me if you have questions, or need space to discuss this.

## **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.

## **Platte Valley Fall Meeting – October 17**

The fall meeting of the Platte Valley Association is on Saturday, October 17, at 10:00 am, via zoom. The link for the meeting is

Topic: Platte Valley Association Fall Meeting

Time: Oct 17, 2020 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting [Fall Meeting Zoom here](#)

Meeting ID: 871 3461 6700

Passcode: 495088

One tap mobile

+16699009128,,87134616700#,,,,,0#,,495088# US (San Jose)

## **On-line Music Depository**

We are surely blessed to have Sean as our resident accompanist. He is creating beautiful music for us. And the really cool thing is that he is recording it all, so when he takes a vacation, we will still have quite a number of songs to use for our worship, if we cannot get someone to fill in. 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](#).

**Remember to stay safe by washing your hands, not touching your face, especially your eyes, and continuing to wear a mask when you go out in public.**

## ***Staying Healthy: Contributed by Peggy Harris***

It is again that time of year, with this one feeling a little different than prior years. Cold and flu season is upon us. We may be spending more time indoors with loved ones, and their germs as well. The best offense is still a good defense.

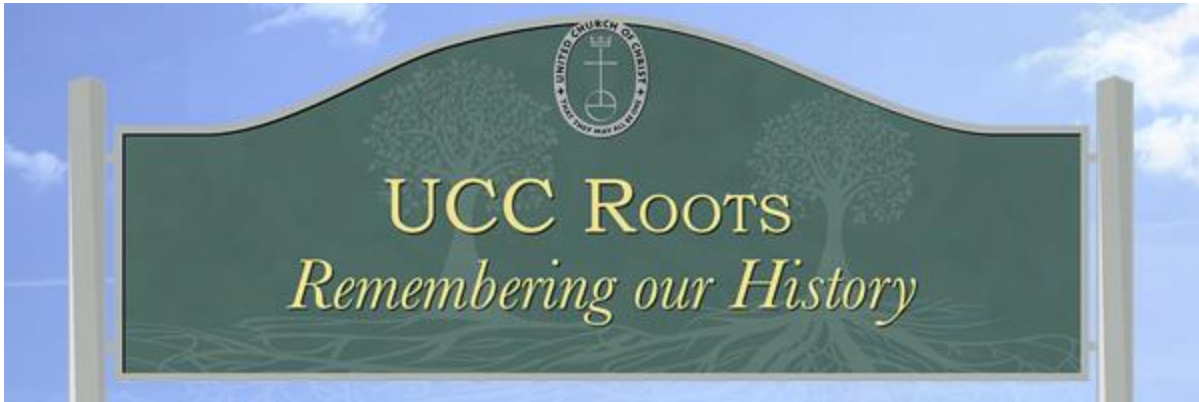
The ongoing COVID-19 pandemic continues and may complicate this influenza season. Social distancing, masks, hand hygiene, and influenza vaccines are still the recommendations to prevent spread of illness. A COVID19 vaccine is on the horizon, though it will likely not reach many of us for some time.

What else can we do? Well, there are a few things. Immune support is of vital importance for prevention. Good immune support includes nutrition, hydration, exercise, sleep, and stress management, and can make all the difference. Immune support can include a vitamin D supplement, particularly during the winter months when we get less sunlight. Multiple studies have shown that regular vitamin D supplementation can improve the immune response to viral illnesses. You can take too much vitamin D, so be sure to contact your healthcare provider to ask how much you should be taking. Vitamin C and B complex supplements are helpful but we can also get these in our diets with more fresh fruits and vegetables. Drink plenty of water, aim for 48-64 ounces per day. While it is harder to do in cold weather, remember to squeeze in exercise where you can. You do not have to work out in a gym everyday to be healthy. Movement is the key. Set a personalized goal for distance or steps daily and meet those goals. Get outside as air quality and weather permits. Spending time in nature reduces stress hormones and increases fighter cells in the immune system. Impaired sleep greatly impacts our overall health. If you aren't sleeping well, contact your healthcare provider to explore this more. Smile and laugh more as it will reduce stress and improve your overall health. With the current world stressors, some are finding smiles and laughter less often. Consider watching a funny movie or your favorite stand up comedian. Call your favorite silly relative or friend more often. Consider limiting how much news you are watching. Stay informed as you feel you need to, but monitor how much you are watching as it can increase stress. When all else fails, ask yourself what you can do to help someone else. Service to others is always a dependable way to lift spirits. There are many ways to give that are available to everyone, regardless of your ability to leave your home. It can be as simple as a phone call to someone who can't get out often.

Lastly, prevention includes limiting the spread of germs. If you are sick, stay home. This is not only for the good of those around you, but will reduce the number of bugs you are exposed to when your immune system is already fighting something. If you are in a high risk group, stay home as much as possible. If you do have to go out, following social distancing, mask, and hand hygiene recommendations. If you are attending a gathering, make sure that the organizers are following guidelines to keep everyone safe. If you are in crowds, avoid touching your face. Wash your hands before you prepare meals or eat. If you have to go out to get supplies but do not feel comfortable doing so, there are many individuals, organizations, stores, and pharmacies that are trying accommodate higher risk individuals with additional services.

Stay safe out there.

Peggy



## **“Roger Shinn and the UCC Statement of Faith”**

In July of 1957, the newly formed United Church of Christ commissioned a team to prepare a Statement of Faith reflecting both the traditions of the four predecessor denominations that created the UCC and a vision of the new church.



Roger Shinn (1917- 2013) was a key member of that team. Born in Germantown, Ohio and rooted in Evangelical and Reformed history, Shinn studied at Heidelberg College and later at Union Seminary in New York. He served in the infantry during World War II, where his theology of social ethics was tested. After ordination he taught at Heidelberg, Vanderbilt, and Union Seminary in New York. Near the end of his career he briefly served as Union’s president.

Shinn lectured extensively at many colleges, universities and churches. He remained active in world-wide Ecumenical activities. His fifteen books and many articles expanded theological topics—exploring war, death, genetics and history in new ways. As the United Church of Christ matured, Shinn, unlike some academic scholars, stayed deeply engaged within the church.

Church “creeds” often focus on the “Father, Son, and Holy Spirit.” Shinn reminded us that the UCC Statement does not do that. It celebrates the deeds of God—the Holy one who creates, seeks, judges, comes, shares, bestows, calls and promises. In 1981, when the UCC moved to recast historic language habits to make them more inclusive, Shinn helped the church embrace the Statement of Faith as a prayer/doxology centered on the deeds of God.

The UCC Statement of Faith ends with Shinn’s passion for social ethics. It invites us to remember that God promises “courage in the struggle for justice and peace,” and God’s “presence in trial and rejoicing.” Shinn was always practical. He insisted that *“...the church by its very nature must maintain a sensitivity to a tradition that has made it and a contemporaneous task that is still making it.”*

*Contributor: Rochelle(Shelly) Stackhouse*

# 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