



First Congregational Church United Church of Christ
An Open and Affirming Congregation

The Epistle

MARCH 2024

"Grace and peace from God our Father and the Lord Jesus Christ."

(Paul's Epistle to the Philippians 1:2)

God is Still Speaking



Pondering Pastor--Kindness, A Fruit of The Spirit

Or do you despise the riches of his kindness and forbearance and patience? Do you not realize that God's kindness is meant to lead you to repentance? ~Romans 2:4

Last month, in this Epistle, we shared with you about The Kindness Project. We are inviting you this year to do acts of kindness throughout the season of Lent, and share what you are doing. Last month, we gave you a calendar of suggested kindness acts, and in this month's Epistle you will find more suggested Acts of Kindness which should take you through to the end of Lent.

We would like to know what acts of kindness you are finding valuable! Each week we have colored paper on the communion table for you to write down your act of kindness and add to the jar we have also placed on the communion table. We want to collect all the kindness we can so we can share it! We may even pull random acts of kindness from the jar to share during our worship for thought for all ages.

As we focus on Kindness throughout Lent, we know the suffering of Holy Week is coming. On Palm Sunday, March 24th, we will bless our palms and contemplate the Passion of Christ. On Maundy Thursday, March 28th, we will have a Soup Supper at 6pm followed by a brief Service of the Word and Lord's Supper in Fellowship Hall. Holy Communion Episcopal will host a Seder dinner on March 28th; all are welcome-talk to Pastor Kelli to RSVP. On Good Friday, March 29th, we will have worship at Holy Communion Episcopal Church at 7pm; Rev. Dr. Croft and Pastor Kelli are planning to present Stations of the Cross as written by a Palestinian Christian.

We will celebrate Easter Sunday on Sunday March 31st at our 10:30 am service. An Easter Egg Hunt for children will follow during fellowship.

Pastor Kelli



1275 Adams Ave
Rock Springs, WY 82901
307-362-3530
Office Hours: Mon 2:45-4:30 Tues-Thurs 12:30-4:30

Church Email: churchfirstrock@gmail.com
www.firstrockucc.org
Twitter: [@ChurchFirstRock](https://twitter.com/ChurchFirstRock)
Worship: Sunday 10:30 a.m.

CHURCH OFFICE HOURS:

MONDAY 2:45-4:30 PM, TUESDAY-THURSDAY 12:30-4:30 PM

March 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>WEEKLY CHURCH USE: LA HERMOSA– TH 7:00 PM, SAT & SUN 3:00 PM BOYSCOUTS– TUES 6:00 PM CUBSCOUTS– WED 5:30 PM MIA’s LEARNING TREE: Mon-Fri 8 am-2 pm</p>				1	2	
3 WORSHIP 10:30 AM GROWING FAITH SUNDAY NOISY CHANGE	4 BIBLE STUDY 2 PM	5 LENTEN SERIES ON ZOOM 6 PM	6 CHURCHES TOGETHER 6:30	7 Men’s Fellowship 6:00 pm	8	9
10 DEACONS 9:15 AM WORSHIP 10:30 AM VISIONING 11:45 AM	11 WOMEN’S FELLOWSHIP @ FH 12 BIBLE STUDY 2 PM GARDEN 6:30 PM	12 LENTEN SERIES ON ZOOM 6 PM	13	14 Fellowship Dinner 6 PM @ Marty’s	15 COOKIE WALK PREP	16 COOKIE WALK!
17 WORSHIP 10:30 AM MISSIONS 11:45 AM	18 BIBLE STUDY 2PM ————— RayChelle On Vacation	19 LENTEN SERIES ON ZOOM 6 PM	20	21 PUB THEOLOGY 6PM LOS CABOS	22	23 EASTER CANDY DUE
24 PALM SUNDAY WORSHIP 10:30 AM	25 BIBLE STUDY 2 PM	26 LENTEN SERIES ON ZOOM 6 PM	27 TRUSTEES 5 PM COUNCIL 6 PM	28 MAUNDY THURS. SOUP SUPPER 6PM WORSHIP 7PM	29 GOOD FRIDAY WORSHIP 7 PM @ HCE	30
31 EASTER WORSHIP 10:30 AM						

Little acts of kindness for Lent

<p>21. Gratitude Write down three things that you are grateful for today. <i>Pray for essential workers</i> Reading: 1 Thessalonians 5:16-18</p>	<p>22. Phone a friend Pick up the phone to someone you haven't spoken to for a while. <i>Pray for those in convalescent care homes</i> Reading: Colossians 3:12</p>	<p>23. Donate to the food bank Add a few extra items to your shopping basket or donate online to the food bank. <i>Pray for those who are hungry</i> Reading: Matthew 14:13-21</p>	<p>24. Be mindful Stop and be fully present in the moment. Listen to the birds, really taste that sip of coffee or tea. <i>Pray for our children</i> Reading: Psalm 46:10</p>	<p>25. Food for thought Take a look at your shopping list and see if you can swap anything for something produced locally or a Fairtrade product. <i>Pray for the homeless</i> Reading: James 5:4</p>
<p>26. Go the extra mile Go a little further when it comes to encouraging someone, surprising someone or praying for someone today. <i>Pray for refugees and asylum seekers</i> Reading: Matthew 10:42</p>	<p>27. Make a stand Sign a petition or write a letter to your MP about an issue that you care about. <i>Pray for those who live in fear</i> Reading: James 2:14-18</p>	<p>28. Reconciliation Are there any relationships in your life which need restoring? Pray over them and take a step towards reconciliation if you can. <i>Pray for broken relationships</i> Reading: 2 Corinthians 5:17-19</p>	<p>29. Inner voice We are often our own harshest critic. Write down three things that you like about yourself. <i>Pray for teachers and students</i> Reading: John 15:9</p>	<p>30. Prayer walk If you're heading out for a walk today, pray for your neighbours and the businesses you pass along the way. <i>Pray for our neighbors</i> Reading: Matthew 22: 37-39</p>
<p>31. Shout-out Take the time to say thank you to someone or acknowledge their efforts. <i>Pray for our Church Council</i> Reading: Proverbs 3:27</p>	<p>32. Clean-up If you're out for a walk today, take a pair of gloves and pick up a few pieces of litter. <i>Pray for those whose service often goes unnoticed</i> Reading: 1 John 3:18</p>	<p>33. Captive We are called to love those who are captive. Can you pray for someone in prison, or find a practical way of giving hope? <i>Pray for those who are in prison</i> Reading: Matthew 25: 34-36</p>	<p>34. Share something you love Do you have a favorite book that someone else might enjoy or a recipe to share? How can you share something you love today? <i>Pray for scientists</i> Reading: Acts 4:33-35</p>	<p>35. Get outside We all feel better for a little fresh air. Spend a few moments outside today. <i>Pray for those awaiting medical treatment</i> Reading: Genesis 1:31</p>
<p>36. Habit Can you commit to making it a daily habit to do something positive? <i>Pray for those who are part of our wider church family</i> Reading: Galatians 6:9</p>	<p>37. Forgive yourself We've all done things that we regret but sometimes we hold on to those regrets. Let go of regret and forgive yourself. <i>Pray for vulnerable people</i> Reading: Ephesians 1:7-8a</p>	<p>38. Commit Find a charity that supports a cause that is important to you and commit to give regularly. <i>Pray for those living with poverty</i> Reading: Mark 12:41-44</p>	<p>39. Forgiveness Is there someone that you need to forgive? Can you make a conscious decision to do so? <i>Pray for those who we struggle to get along with</i> Reading: Matthew 18:21-22</p>	<p>40. Share the love How can you share God's love with someone else today? <i>Pray for family and friends</i> Reading: John 3:16</p>

IF YOU WOULD LIKE TO MAKE COOKIES FOR THE COOKIE WALK,
PLEASE CALL THE OFFICE AT 307-362-3530 TO SIGN UP!
THANK YOU!

St. Patrick's Day Cookie Walk

FIRST CONGREGATIONAL CHURCH
1275 ADAMS AVENUE

MARCH 16, 2024 10 AM- 1 PM
COOKIES!

LARGE VARIETY OF FRESH,
HOMEMADE COOKIES
FOR SALE

SMALL CAN- \$8

LARGE CAN- \$12



Scan here for PayPal payment



**AT THE END OF EVERY RAINBOW
THERE IS A POT OF SOUP!**

SOUP
BY TAKE OUT ONLY

\$8/ QUART

You can pre-order soup at the church,
online through our Facebook or call
362 -3530 until March 15th at
Noon. Soup will be available at the
event until we run out.

We accept cash, checks to FCC, or PayPal.

PLEASE JOIN US TO CATCH SOME GOOD SOUP,
COOKIES, AND....THE LUCK OF THE IRISH!

Women's Fellowship



March 11 @ Noon

The Women's Fellowship Cookie Walk will be held on March 16th, just in time for St. Patrick's Day! Planning and preparation will take place on March 11, at our regular meeting, at noon at the church. We are planning to sell prepared soup and sell cookies. We will need help with cookie donations, set-up and cooking of soup on Friday, March 15th, and helping with the actual fundraiser on Saturday, March 16th.



Thursday
March 14th
@ 6pm @ Marty's.

March Mission Opportunity



OFFERING DATE:
MARCH 10, 2024

It's not just about the money.

One Great Hour of Sharing — one of the United Church of Christ's four annual special mission offerings — receives generous donations from churches across the country each Lent. The funds support disaster relief, refugee assistance and sustainable development, both domestically and around the globe. OGHS takes us beyond the headlines and deeper than thoughts and prayers to hear transformative stories.

"...every time we get the chance, let us work for the benefit of all."

Galatians 6:10 (The MSG)



The Mission Board has designated 50% or \$797.50 of the "5 for 5" Luncheon funds to this offering to be sent on behalf of the whole congregation.

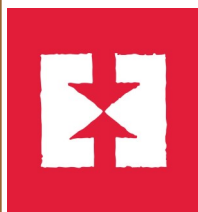
FOOD PANTRY

Our food pantry continues to be in good shape! We have seen more people who are staying in hotels and who are unable, or without a place, to cook. What would be most helpful to the pantry are items that can be eaten straight from the pop top can or package--Chef BoyArdee, Progresso/Chunky soup, Go Gurts, single serve veggies, ect.

We never know when the case sale will be, but seems like the time may be growing near. This when we most want your donations of items to stock the pantry for the coming months. Best items there tend to be spaghetti sauce, canned soup/chili, canned veggies, canned fruit, and canned beans.



EQUAL EXCHANGE



The Mission Board will make Equal Exchange olive oil, chocolate, coffee, and tea available for purchase during Fellowship Hour on the first Sunday of the month. These are fair trade products and add a very small amount to the budget of our Mission Board.

Churches Together

The local Rock Spring Churches who worked together to bring back the "Nativity: The Gift" event, have decided to try to do some other events together as well. They will be meeting to discuss this in our Fellowship Hall on March 6th at 6:30pm. Kathy G., Penni H., and Pastor Kelli have been representing our congregation. If you would like to participate, please plan to attend and speak with one of us.



Pub Theology MARCH 21st @ 6PM

Join us with our friends from Holy Communion for a night at Los Cabos, 6pm.

Lenten Series: People Who Inspire By Living Their Faith

This Lent we are going to be looking at how faith has inspired people throughout the world to impact the world around them for good. Each week we will start by hearing a biographical sketch of an individual or community who was driven by their faith to improve the world. Then we will have a guided discussion about their lives and work. We will end each hour together with a prayer and question to contemplate as we continue our own spiritual journey through Lent.

We are meeting on Tuesdays at 6pm on Zoom, contact Pastor Kelli for the link.

March 5th The village of La Chambon and André and Magda Trocmé (1934-1944)

March 12th Mother Antonia (1926-2013)

March 19th Ceasar Chavez (1927-1993)

CARE PACKAGES FROM THE MISSION BOARD


Do you have a college student or military member that you would like to receive a "Care Package" from our church??? We plan on sending packages coinciding with semester finals. Turn in names and addresses to the church office or contact one of our Mission Board members.

Please sign up to shovel snow!

We shovel seven days of the week when needed to assist the preschool and other groups using the building. It works best if the office knows who to call when it needs to be shoveled. Please sign up for a week when you might be able to shovel snow from the walks at church, if needed.

St. Christopher's Highway Needs Volunteers!

FCC has partnered with our friends at Holy Communion Episcopal Church, Mount of Olives Lutheran Church and (now!) First Baptist Church to run St. Christopher's Highway. St. Christopher is a traveler's assistance program funded by the Episcopal Diocese of Wyoming. We are now in critical need of volunteers! Volunteers take the St. Christopher phone for a week at a time and provide travelers with gas cards, bus tickets, hotel rooms, or food according to need and volunteer discernment. Training is provided. At this time we are discussing running this program only during the cold months due to a lack of volunteers. Please reach out to Pastor Kelli if you can volunteer to help this ministry!



Ronald McDonald House Charities*

Pick up the tab for the Ronald McDonald House Intermountain Area!

Your donation of pop tabs helps provide a home away from home for families of seriously ill or injured children receiving treatment from local medical facilities.

Please drop tabs off at the church.

St. Christopher's Highway

PO Box 567 Rock Springs, WY 82902

307-922-2380

Travel Assistance
Rock Springs & Green River



Type of Assistance:
Lodging Food
Transportation Clothing

Volunteer on call
7:00am - 9:00pm

In order for our Sunday worship to run smoothly we need your help! Please sign up to be a worship leader, coffee hour host, or show us your beautiful art work.



You can find the sign-up sheets in the lobby or call the church office.

Thank you to all of our volunteers. You are greatly appreciated!

COLLECTING CANS AND BOTTLES

We continue to collect cans and bottles for recycling. The funds from this collection are add to our discretionary fund.

Remember to take your tabs off the cans and bring them to the office for the Ronald McDonald House.



SCRIPTURES FOR MARCH

- **MARCH 3** Joshua 24:12-14 Mark 12:1-12 [13-17]
- **MARCH 10** Deuteronomy 10:17-19 Mark 12:28-44
- **MARCH 17** Jeremiah 8:8-13 Mark 13:1-8, 24-37
- **MARCH 24** Mark 11:1-11 Mark 14:3-9
- **MARCH 31** Mark 16:1-8 1 Corinthians 15:1-11

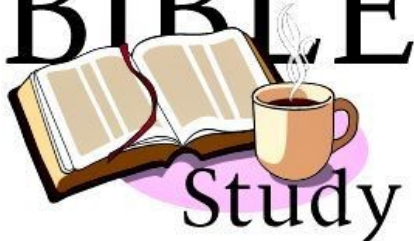
It takes a congregation to run a church, Thank You go to:

- Sunday School, Mary Ruth P, and Sharon P for being Worship Leaders
- Cheryl W, Joy C, and Rei H for teaching Sunday School
- Jan Z, Sharon P, Rie H, Mary Ruth P, and Fennell Family for hosting fellowship.
- Mary Ruth P for sharing her art in the narthex
- Paul L, Linden O., and Bill W. for shoveling snow
- All who donate to the food pantry!



COME JOIN OUR

BIBLE



Study

PLEASE JOIN US!

We are meeting Mondays at 2 PM. We are currently reading The Gospel of Luke.



MEN'S FELLOWSHIP

MARCH 7th
AT 6:00 P.M.
AT THE CHURCH.
ALL MEN ARE
WELCOME TO JOIN!



NOISY CHANGE SUNDAY IS NOW THE 1ST SUNDAY OF THE MONTH!