

## United Presbyterian Church Communicator

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### Message from Pastor Michelle

*Solvitur Ambulando* – It will be solved by walking...

In June's sermons we have been using this phrase from St. Augustine to literally and figuratively walk around with Jesus in Laramie, and in the Gospel of Matthew. We heard that walking with Jesus (being his disciple) involves compassion and action, sacrifice, welcome, and rest. Because we will be "walking" in the Gospel of Matthew through November, I would strongly encourage you to take some time to read this Gospel from beginning to end. You could read it in one sitting in about two hours, which is how the first audience would have received it – orally as a single performance. To take it in smaller pieces, Matthew has 28 chapters perfect for reading one chapter a day for a month. If you do not have a regular practice of reading the Bible each day this is a great way to start; a chapter a day. While we remain apart for worship, reading the same passage together each day is another way to unite us. During July, I hope you will join me on a walk with Jesus in Matthew and in Laramie as we learn how to be his disciples in this time and place.

Grace and peace,

Pastor Michelle

### COVID-19 MENTAL HEALTH RESOURCES FROM THE PC (USA)

Each day brings new changes to daily life that would have been unthinkable a month ago, a week ago or even yesterday. In ordinary times, about half of us will experience a diagnosable mental health condition at some point in life, according to the Center for Disease Control (CDC). In the extraordinary circumstances of a global pandemic, we are coping with prolonged stress, profound losses, and trauma. Based on past epidemics, health experts predict a wave of mental health impacts. Many excellent resources are available to help us cope with the emotional impact of the pandemic and to support our resilience. This is a curated list gathered from trusted sources and grouped by category:

[For Everyone](#)

[For Parents, Kids & Families](#)

[For Congregations, Clergy & Mid Councils](#)

[For Specific Concerns & Populations](#)

[Resources to Uplift and Inspire](#)

Many grace and peace be with us all,  
Donna Miller, PsychD, Associate for Mental Health Ministry

## **JULY SERMON SERIES**

As we continue to worship virtually the Sunday worship service can be found at [https://www.youtube.com/channel/UCyLkd7kE\\_l0acTnxJQ\\_Eg](https://www.youtube.com/channel/UCyLkd7kE_l0acTnxJQ_Eg) and through the UPC website.

## **CHURCH OFFICE**

As a safety precaution the church office is open by appointment only, Monday through Thursday, 8:00 am to 3:00 pm. We will all still be easily available through our cell phones and email listed below:

Michelle Bacon: 970-361-4109; [upclaramiepastor@gmail.com](mailto:upclaramiepastor@gmail.com)

Nikki Rogers: 307-760-6380; [upclaramie@gmail.com](mailto:upclaramie@gmail.com)

Michelle Harris: 307-460-0275; [upckidmin@gmail.com](mailto:upckidmin@gmail.com)

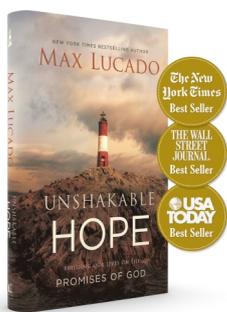
Lorinda O'Hashi: 307-761-2687; [lorindaO@aol.com](mailto:lorindaO@aol.com)

Any information you would like shared in the weekend reminders needs to be email to the office by Wednesday mornings.

## **PER CAPITA**

Thank you to many folks who have already paid their per capita for 2020. We would encourage those who have not paid to do so. We would be happy to accept a check or you might want to try the Online Giving option. The amount for each member is **\$45.95 for 2020**. Thank you for your continued faithful generosity to UPC!

## **UNSHAKABLE HOPE BOOK STUDY**



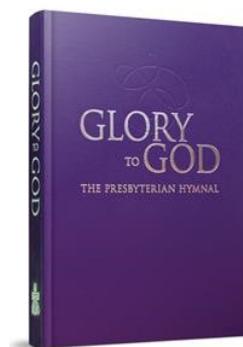
The weekly morning Book Discussion Group, "Unshakable Hope: Building Your Life on the Promises of God" by Max Lucado, is Tuesdays at 9:00 am via [Zoom](#). Please contact Celeste Kobulnicky at [crkobul@comcast.net](mailto:crkobul@comcast.net) with questions.

## **WOULD YOU LIKE A HYMNAL?**

Glory to God hymnals can be purchased at the PCUSA store, here for \$18:

<https://www.pcusastore.com/Products/0664503136/glory-to-god-purple-pew-edition-presbyterian.aspx>

or you can borrow one from UPC. To check one out through the church office contact Nikki at [upclaramie@gmail.com](mailto:upclaramie@gmail.com) to arrange the details.



## **COFFEE HOUR**

We are having a Zoom Coffee Hour Fellowship every Sunday 10:00 am - 11:00 am. Come and go at anytime, just like a regular Sunday morning.

[Click here for Zoom link](#)



## **FOC & STEWARDSHIP**

How UPC stands financially at the end of May 2020:

Total Income \$132,451.85; 53.69% of 2020 operating budget

Total Expenses \$103,168.47; 42.22% of 2020 operating budget

FOC would like to thank our regular and new Online Giving donors and encourage everyone else to explore this means of contributing to UPC. It's very easy and new Categories have been created to direct your donation to the correct place. We have the following categories now:

**Contributions, Per Capita, C4, LOGOS, Special Offerings and Youth Activities.** When you make your donation, you'll select from one of these categories. There is a "Notes" box at the end of the form which will allow you to be more specific if you so desire. For example: If you select Special Offerings and you'd like your donation to be directed to Pentecost or One Great Hour of Sharing or another offering, please indicate that in the "Notes" section. We'll make sure that your donation is properly designated. Youth Activities will be used for our mission trips, vacation Bible school and any other youth related activities.

While the church building is closed, the ministry of UPC continues and relies on your generosity. Please consider sending your tithes and offerings through the online giving on the UPC website or the US postal service. Mail at the church is being checked on a regular basis.

UPC is pleased to offer online giving. Please [Click here.](#)

## **WOMEN'S CIRCLES & MEN'S GROUP**

**Mary Martha Circle** will not meet in summer due to the pandemic. We will make a decision sometime in the future as to how to finish our study of the Ten Commandments. We pray all are safe and healthy.

**Evening Circle** will meet again starting this fall!

**Rebecca Circle** will finish our study book on zoom this summer or if things are better outside in a backyard or driveway. July 16 is at 10:00 am. We will be on lesson 8 and finish August 20 with lesson 9. We do need a leader for each lesson! Please let me know if you can. Rita 760-9536. Happy summer!

Calling **UPC Men!** Please join us via Zoom every Friday morning at 7:00 for great conversation! All are welcome. [Click here for Zoom link](#)



## **REPORTS AND SESSION MINUTES**

Session and committees continue to meet via Zoom. The UPC Session Minutes and reports can be read at our website at [upclaramie.org/minutes/](http://upclaramie.org/minutes/)

## **CALENDAR OF EVENTS AT UPC**

For a full calendar of events click on the calendar link. If you or your group wants to add something to the UPC calendar please bring it or send to the church office for it to go for approval at the following Wednesday staff meeting. [CLICK HERE](#) for calendar.



## CHRISTIAN EDUCATION

Parents, please watch your emails for exciting and fun opportunities for you and your children.

The Christian Education committee has purchased an at home Vacation Bible School curriculum for our families. Michelle Harris will be sending the links out soon so you can have a VBS that fits into your schedule.

The Rogers Family has offered to host all Mid and Sr. high youth and their parents at their home at 3320 Mesquite Lane for dinner and games on July 15 at 6:00. We will be outside playing games and having a hotdog roast with social distancing guidelines kept in mind. Keep an eye out for the invitation and please be sure to RSVP!

## FAMILY PROMISE

### **Updates:**

Coletan Nutter has been hired as the Executive Director! We are very excited to welcome him to Family Promise of Albany County team. Please check out our Facebook page to read the introduction. Crystal De Boer is returning to her position as the Family Advocate. Our bulk diaper order is anticipated to arrive Monday, June 29.

### **Current Shelter:**

We are currently sheltering 10 people (1 individual, 1 pregnant couple, 1 mom and child, 1 mom without her kids, and 1 mom with 3 kids) in 5 hotel rooms. We are continuing to provide case management for 3 PATH families.

### **Hosting Schedule**

While we are sheltering in hotels, we ask that host sites continue to provide meals and food to our guests. If possible, please drop off donations to the Day Center the Thursday before the scheduled hosting week.

### **Fundraisers:**

WyoGives day is July 15. This is the first year for the state of Wyoming's Day of Giving. Please check out their website beforehand and see all the wonderful organizations around Wyoming. The website is open for donations on July 15.

## PRESBYTERIAN FOUNDATION WEBINAR SERIES

### **WHEN:**

All webinars will be at 10:00 am PDT  
Instructions to join will be sent out three days prior.

**July 7th** Fall Campaign- during social distancing  
*Practical and creative ways to communicate and build the budget*

**July 11th** Messaging (Stewardship)  
*Different this year...how do we do it and what do we say*

**August 4th** Offering 2.0  
*Where is the offering plate going?*

**August 11th** Livestreaming worship  
*It is not going away. How to make it good and sustainable*

**Teams NW** Two teams - Team Northwest 1 and 2  
will meet at sperate times to discuss ideas after each of the webinars.  
Limit 7-10. Times TBA. At the time of registering indicate joining a team

### **TO REGISTER:**

Rob Hagan  
509.521.5400  
[rob.hagan@presbyterianfoundation.org](mailto:rob.hagan@presbyterianfoundation.org)



C4 is sewing masks! The masks will be available in adult and kid sizes with either elastic (\$8) or fabric ties (\$10). All proceeds will go towards C4's future mission work. Contact [connect4ministry@gmail.com](mailto:connect4ministry@gmail.com) for questions and to order. Mask with Elastic \$8. Mask with Fabric Ties \$10. Watch your email for the flier. Also, check out our new logo!

## MISSION MINUTES

- Mission hopes that everyone has seen the material on Wind River contained in the June 26<sup>th</sup> Reminder. Nancy Weidel has been working hard establishing and maintaining a solid relationship with the individuals involved in this gardening initiative. Since March, UPC has sent \$1000 as part of the Wyoming Interfaith Network's response to the food insecurity situation at the Reservation. This month, \$4000 has been sent to support the Grow Our Own Project. The difference between the two donations is that the first one addressed a crisis situation and the second sustains an on-going project. Members of the Mission Committee attend a weekly meeting via Zoom with the project's leadership and we have found them to be very professional and filled with passion for their important work. Mission has been sitting on a fund that is not part of our annual budget while we attempted to identify a sustainable project at Wind River. If anyone has any surplus gardening supplies, please let us know. Many thanks to Diana Denison and Nancy Fillion with technical help from Pastor Michelle and Nikki Rogers for pulling together Mission's first virtual workshop on the 22th. Mike Vercauteren, Director of Interfaith/Good Samaritan, provided us with a picture of a community that has risen to meet the challenges resulting from Covid-19. This Pandemic, however, has also aggravated service gaps that existed before March such as homelessness for individuals without families and emergency mental health services. Mission will be presenting additional virtual workshops.
- Based on needs identified by the Food Pantry staff, UPC provided over \$800 of supplies (\$500 from the Mission Budget and the rest from a donation) that were geared to allow folks to make meals out of the basic ingredients, such as beans, hamburger, and tuna, that the Pantry has on hand; consequently, cases of Hamburger and Tuna Helpers, mayonnaise, chili and meatloaf spice packets, chopped green chilies, etc. were provided in June. Mission staff checks monthly with the Food Pantry to determine their current needs.
- The Pentecost Offering raised \$415 of which \$249 is being sent off to PCUSA and \$166 is being donated to SAFE.
- UPC again is providing the Soup Kitchen with supplies for their take-out meals. Their current needs are for 10 oz soup containers with lids and clam shells so 1000 containers, 1000 lids, and 800 clam shells have been ordered from Eco Products during their June sale.

At our June meeting (Zoom), the Mission Committee reworked our 2020 Action Plan. Our plan was suspended in March in order to respond to local needs created by COVID-19. This has meant that several projects, such as UPC's collaboration with the Wyoming Presbytery on Syria/Lebanon, our work with PCUSA's Co-workers (missionaries), donations to certain local non-profits, etc. were suspended. The revised plan provides us with plenty of wiggle room in order to respond to demands and conditions caused by the Pandemic; however, certain decisions, such as the Serrv/soup mix/pecan sale in December and the University of Wyoming International Student Giveaway in late August remain big question marks. Anyone interested in reviewing the revised 2020 Plan can obtain a copy by contacting Nancy Lick at [sadielady2@charter.net](mailto:sadielady2@charter.net)