

# smallgroups 2023

FALL



FIRST CONGREGATIONAL  
UNITED CHURCH OF CHRIST • BOULDER

## WHY SMALL GROUPS ARE IMPORTANT - Fall 2023

In a congregation our size, small groups are the primary way for people to connect with others while pursuing spiritual transformation in their lives. Small groups are a way of building an interconnected community, one in which we foster opportunities to sojourn together. When we nurture intentional relationships with one another, we embody a relational God – a God made known in the life and ministry of Jesus, who reminds us that wherever we gather in small numbers, the Christ Presence is with us.

All of our small groups embody four important values: Inviting, Growing, Connecting and Serving. Some groups may emphasize one value over another, but each group seeks to incorporate all four values. For example, while a book study group may be primarily about growing spiritually and intellectually through a book, it is also intentional about inviting others to join the group, connecting with one another to build community, and serving others through outreach.

Our small groups are also guided by the six covenants woven through the life of First Congregational Church. These covenants help us to strive to live God's vision of living in this world. The six covenants are Just Peace, Inclusive Language, Open and Affirming (LGBTQIA+ Welcoming), Creation Justice, WISE (Welcome, Include, Support and Engage in mental health ministries), and Accessible to All. To read more about these covenants visit...

<https://firstcong.net/mission-vision-2>

We have three categories of small groups: New this Fall (Groups being introduced for the first time, book discussions, and Sunday Morning Forums); Ongoing Small Groups & Ministries (Bible studies, fellowship groups, discussion and support groups); and Mission & Christian Social Action Groups (ongoing groups focused on service, social justice and inclusion).

We hope the small group offerings at First Congregational Church will help you to discover and enrich your faith, to discern and use your gifts, and to build community within our congregation. Look through the many offerings, find something of interest to you, and get involved. Email the facilitator listed. If you have further questions or can't contact the facilitator you may contact our Small Groups Coordinator, Susan Wilkinson, at 303-772-3531 or suemacnutson@gmail.com.

If you have an idea for a future small group, or are interested in leading a group, contact our Small Groups Coordinator, Susan Wilkinson, at 303-772-3531 or suemacnutson@gmail.com. You may also contact Linda Kowatch, Associate Pastor at 303-442-1787 x102 or linda@firstcong.net.

"Where two or three are gathered together in my name,  
there am I in the midst of them."  
-- Jesus (Matthew 18:20)

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## NEW THIS FALL

### DINNERS FOR 7

Dinners for 7 is a fellowship program intended to build relationships and connections among adults in the congregation through sharing a meal (one of our favorite things!). Participants will be organized into groups of seven, who will meet once a month for three months, thereby providing opportunities to get to know people well. Groups can meet on a potluck basis at homes, rotating hosting duties, with the host providing an entrée and others providing salad or dessert. Or they can meet for breakfast or lunch, or at a restaurant. Group assignments will be made by October 8, and a group leader will work with participants on specific details of their gatherings. To register, click on this link: [Dinners for 7 Registration Form](#)

Date and Time: Determined by each group of 7.  
Place: Determined by each group.  
Contact: Karen Cumbo, (970) 222-0176, [kjcumbo@gmail.com](mailto:kjcumbo@gmail.com)

### BOOK DISCUSSION GROUP: SACRED NATURE

With our autumn harvests, it will be a wonderful time of year to read and discuss the new book by Karen Armstrong titled Sacred Nature. In this short but deeply powerful book, the best-selling historian of religion Karen Armstrong re-sacralizes nature for modern times. Drawing on her vast knowledge of the world's religious traditions, she vividly describes nature's central place in spirituality across the centuries. In bringing this age-old wisdom to life, Armstrong shows modern readers how to rediscover nature's potency and form a connection to something greater than ourselves.

Date and Time: Sundays, September 24th - December 3rd, starting at 12:30 p.m.  
Place: Hybrid, in our church Conference Room and via Zoom.  
Contact: Kevin Pettit, [kevin@Faith4All.org](mailto:kevin@Faith4All.org), 303-882-1871

### GENEALOGY INTEREST GROUP

Whether you've been doing genealogical research for years or are just starting, you are invited to join the Genealogy Interest Group. Members with expertise in research based on family and public records and DNA will share their knowledge and experience as they are able. Face-to-face meetings will be scheduled monthly and as needed for those interested in a particular topic. Email and text communication will be used more often to keep members of this group informed about topics of mutual interest and in touch with each other.

Contact: Keith Lance, [keithlance@comcast.net](mailto:keithlance@comcast.net), 720-232-5866,  
or after Sunday 10:30 a.m. worship service.

## SUNDAY MORNING FORUMS

Gather with others on select Sunday mornings immediately before or after our worship service for learning opportunities which may include guest speakers and small group conversations on pertinent topics for living the Christian faith in our congregation and the community.

Date and Time: As scheduled on Sundays at 9:15am-10:15am or 11:45am-12:30pm  
Place: Sunday mornings in the Standish Room  
Contact: See the Friday Weekly e-newsletter or the Sunday Morning Bulletin for schedule and details. To be added to the Weekly e-newsletter go to [www.firstcong.net](http://www.firstcong.net)

## ONGOING SMALL GROUPS & MINISTRIES

### BIBLE STUDY: FINISHING MATTHEW, THEN PROVERBS

Join us for Bible study. It is a come and go event, so join us whenever you are available to attend. We read the passages together so there is no preparation needed. If you sign up, you will receive a reminder on the Monday of that week identifying the passages and providing the Zoom link where we gather.. We try to find practical understanding for today's life.

Date and Time: 1st, 3rd, and 5th (when applicable) Wednesdays beginning September 6th, 5:30-6:45 PM  
Place: Via Zoom  
Contact: John Bisceglia, [johnbisceglia80305@msn.com](mailto:johnbisceglia80305@msn.com)

### FELLOWSHIP OF THE GRAPE (FOG)

Fellowship of the Grape (FOG) is an ongoing monthly gathering of aged over-21 church members or visitors to share wine (or non-alcoholic beverages) and get to know each other informally. People volunteer to host at their homes on a monthly basis, and can set a theme, such as wines from New Zealand, California white wines, or anything they choose. Couples bring a bottle of wine and a hearty appetizer to share. Single people may choose to bring either wine or an appetizer. Hosts provide space, plates and napkins, and a non-alcoholic beverage alternative. The church provides wine glasses for the event. Sign up to receive email notices, and/ or to be a volunteer host. Notices also appear in the Friday Weekly Update. All are welcome!

Date and Time: 4th Friday of each month, 6-8 pm.  
Place: Rotating location, volunteer hosts each month  
Contact: Marj Fowler, [marjfowler@gmail.com](mailto:marjfowler@gmail.com)

## KNITTING MINISTRY

If you are interested in learning to knit, or knitting with others, you are invited to join this group. The knitting is simple, and the camaraderie is great. We knit prayer shawls for those in our church community in need of comfort and support in difficult times; baby blankets for new additions to our congregation, and blankets for graduating high school seniors. Shawls have been made for centuries; they are universal and embracing. They enfold, comfort, cover, wrap, nurture, hug, shelter and beautify, and are symbolic of God's inclusive and unconditional love. Over the last 16 years, we have provided over 300 shawls and blankets to others. We knit on our own but come together once a month to share the fellowship of knitting together.

Date and Time: First Tuesday of the Month, 1:30-3 pm  
Place: Heritage Room  
Contact: Alma Alber, 303-449-5663, [almaalber3@gmail.com](mailto:almaalber3@gmail.com)  
Jane Strohm, 303-717-5432, [jestrohm@comcast.net](mailto:jestrohm@comcast.net)

## LGBTQIA+ AND ALLIES GROUP

Because First Congregational Church UCC Boulder is an Opening and Affirming Church, this group provides an intentional invitation to all in the LGBTQIA+ Community and those who want to celebrate being an ally. We gather once a month on a Sunday following the worship service, but in the Fall of 2023 we will be creative in planning our gatherings as our group has been expanding. ALL are welcome in this group, so contact Linda to receive monthly emails with gathering locations and times. JOIN US!

Date and Time: TBD  
Location: TBD  
Contact: Deb Berghuis, [debberghuis@gmail.com](mailto:debberghuis@gmail.com),  
Linda Kowatch, [linda@firstcong.net](mailto:linda@firstcong.net)

## MARTIE MCMANE ARTS MINISTRY

The Arts Ministry's mission is to create, encourage and promote opportunities for people to experience and explore the dynamic flow between spirituality and the arts. The arts are understood to include visual arts, dance, music, drama, creative writing or any other art form the Arts Ministry wishes to include in furthering its mission. The Arts Ministry offers three major areas for involvement:

Exhibitions - Bring rotating art into the building for congregational and community viewing; plan and install exhibitions; host artist receptions.

Worship - Provide fabric art and other visual art for sacred spaces; plan visual installations in the sanctuary; encourage use of drama and liturgical dance in worship.

Workshops - Provide experiential opportunities for non artists and artists to learn and grow; sponsor an artist in residence program at the church to enrich the congregation; offer educational opportunities to highlight various art forms, practices and media.

This Ministry is open to anyone who has an interest in participating in any of these activities. You need not be an artist.

Date and Time: First Tuesday of the Month, 7:00 p.m.  
Place: Heritage Room or Via Zoom as announced  
Contact: Melody Fuller, [melodyfuller@comcast.net](mailto:melodyfuller@comcast.net)

## MEMOIR WRITING with Nancy Wade

Every one of us has lived a truly unique life! Have you ever wanted to write stories about the experiences of your own life? Process your thoughts by writing about them? Learn from other writers in a collaborative environment? We write in response to a weekly "prompt" and then share our writing by reading our pieces to the group. Our goal is to establish a regular writing practice. Writers in other genres – fiction, essays, non-fiction, journaling, or historical fiction – are welcome. We are looking for 2-3 new members who can commit to meeting weekly and to sharing their writing with others.

Date and Time: Every Wednesday, 1:15 to 3:00 p.m.  
Place: Upstairs conference room  
Contact: Nancy Wade, [nmwade1@gmail.com](mailto:nmwade1@gmail.com), 303-579-7746



## **MEN'S BREAKFAST**

Do you hunger for conversation that is more than just talk? Then join us for the much famed Men's Breakfast. This is an open community of men who have a heart for our church community and our world. Every week we have conversations that take a heart and head approach to inviting in personal and communal transformation.

Date and Time: Fridays, 7-8:30am  
Place: Hybrid in Standish Room and Zoom  
Contact: Peter Oakes [peteroakes44@gmail.com](mailto:peteroakes44@gmail.com),  
Linda Kowatch [linda@firstcong.net](mailto:linda@firstcong.net)

## **MENTAL HEALTH / A2A MINISTRY**

This group's mission is to help our church extend God's extravagant welcome to all persons, seeking to understand, include, and empower people with all differing abilities and disabilities, apparent or unapparent. We work to reduce the stigma around disability and mental illness by providing educational opportunities, resources, and spiritual support for those many people who live with a disability or a mental illness and for their families and friends. We meet monthly to develop programs, provide resources, and host conferences and conversations in our church on disabilities and mental illness.

Date and Time: Quarterly 3rd Tuesdays of the month at 7PM. Email for exact dates  
Place: Hybrid or Via Zoom as announced  
Contact: Anne Weiher, [anne.weiher@gmail.com](mailto:anne.weiher@gmail.com)

## **MINISTRY OF LAST THINGS**

The Ministry of Last Things of the First Congregational Church seeks to put God's love into action by supporting individuals and loved ones in articulating practical choices and embracing the mystery as we all consider the final stages of our lives. Resources to help you with planning are available on the Church Website at: <https://firstcong.net/ministry-last-things/>. We make intermittent presentations as part of the forum discussion offerings, and members of the Ministry are available to help members of the congregation to complete documents, answer questions and to consider how to share their wishes and values as they plan for serious illnesses and the end of their life. Contact Nancy Wade or Jean Abbott to arrange for a personal conversation or assistance.

Date and Time: 1st Mondays 3:30 pm  
Place: To Be Announced  
Contact: Jean Abbott, [jabbott49@gmail.com](mailto:jabbott49@gmail.com), or Nancy Wade, [nmwade1@gmail.com](mailto:nmwade1@gmail.com)

## MONDAY BREAKFAST GROUP

We are a small, social group which meets at Doug's Diner, 2574 Baseline Road in Boulder (BaseMar Shopping Center), for breakfast on Mondays at 8:30. It is fun, informative, and food is very good. For questions contact Louisa Young, 303-444-6428.

Contact: Louisa Young 303-444-6428

## MOVIE GROUP

Do you enjoy thought-provoking movies of all sorts? Popular releases and “artier” films? Films from the U.S. as well as other nations? Films that address relationship issues, current affairs, and historical events? If so, join us for the First Cong Movie Group. Similar to a book club, we watch a film on our own on DVD, On-Demand, or streamed online. Then we meet on a Friday or Saturday evening to discuss it. We begin gathering at 6:45pm, for a few minutes of social time, then the conversation begins at 7:00pm. During the first part of the conversation, we recall more concrete aspects of the movie: the characters, settings, events, and dialog. Then we deal with more abstract issues: motivations, intentions, meanings, and takeaways. We adjourn at 8:30pm.

Recommendations of films are welcome as are volunteers to moderate the discussions of them. Email Keith Lance to be added to the Movie Group email list. You will be notified via that list about meeting dates and movie selections.

Date and Time: TBD  
Place: TBD by volunteer moderators  
Contact: Keith Lance, 720-232-5866, [keithlance@comcast.net](mailto:keithlance@comcast.net)

## MUSIC GROUPS

### Chancel Choir

The Chancel Choir welcomes anyone interested in singing together, regardless of previous experience and ability to read music. We rehearse on Thursday evenings at 7:00 pm. Please email Patrick if you are interested in participating.

Date and Time: Thursdays, 7:00-9:00 p.m.  
Place: Choir Room  
Contact: Patrick Mason, [patrickmason@gmail.net](mailto:patrickmason@gmail.net)

### Congregational Bells

The Congregational Bells meet on Tuesdays at 5:30 – 6:45 pm, and welcome anyone, regardless of previous ringing experience. Please email Jessica if you are interested in participating.

Date and Time: Tuesdays, 5:30-6:45 p.m.  
Place: Sanctuary  
Contact: Jessica Kressin, [jessicarosenilles@gmail.com](mailto:jessicarosenilles@gmail.com)

### Joyful Noise

Joyful Noise is for children in K-5th grades. We meet either virtually or in-person, depending on the COVID situation. This is a great opportunity for our youngest children to learn more about the different aspects of music in a fun and playful way. Contact Julia Wirth for more information.

Date and Time: Sundays, 9:30-10:15am.  
Place: Choir Room  
Contact: Julia Wirth, Director of Children's Music, [juliaewirth95@gmail.com](mailto:juliaewirth95@gmail.com)

### Faith Singers

Faith Singers, 6th-12th grade, will meet in-person. We sing a great variety of music, from classic to contemporary Christian. No previous music skills are needed, only your interest in singing together with friends and having a lot of fun. Come and check us out!

Date and Time: Sundays, 11:45-12:30pm  
Place: Choir Room  
Contact: Julia Wirth, Director of Children's Music, [juliaewirth95@gmail.com](mailto:juliaewirth95@gmail.com)

### Small Ensembles

Various groups meet and make music together for our services, based on the need of specific services. Let Patrick know if you are interested in participating, and she will add you to the group.

Contact: Patrick Mason, [patrickmason@gmail.net](mailto:patrickmason@gmail.net)

## ONLINE POETRY GROUP

Join this lively, friendly group once a month to share and discuss poetry, literature, art and current events, both personal and in the news. We share poems and other literature connected with an agreed-upon theme. We've been meeting since April 2020 and still find our time together, sharing beautiful poems and thinking beautiful thoughts, very enlivening.

Date and Time: Fourth Fridays, noon  
Place: Via Zoom:  
<https://us02web.zoom.us/j/81965770542?pwd=b20wY0JlRkhhVDQ2RkZ3eXpxdz09>  
Meeting ID: 819 6577 0542  
Passcode: 231348  
Contact: Diana Shellenberger, [diana.shellenberger@gmail.com](mailto:diana.shellenberger@gmail.com)

## SPIRITUAL SUPPORT GROUP FOR CAREGIVERS

The Spiritual Support Group for Caregivers meets on a monthly basis serving those who provide care for loved ones. The group is facilitated by volunteers and offers a safe and confidential setting where one can receive support for the sometimes challenging caregiver journey. The meetings are structured along respectful guidelines that foster sharing, reflection, and an invitational spirit.

Date and Time: 2nd Sundays, 2:30 -4:00 pm  
Place: Via Zoom  
Contact: Bill Forbes [wmforbes1@gmail.com](mailto:wmforbes1@gmail.com)

## SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS

A Spiritual Support Group for Mental Health and Wellness meets for persons who are affected with mental health challenges, as well as for family and friends. This confidential group provides a place to share, learn, and grow in a supportive environment. We welcome all faith traditions or none.

Date and Time: 2nd & 4th Mondays, 6:30-8:00 pm  
Place: Via Zoom  
Contact: Anne Weiher, [anne.weiher@gmail.com](mailto:anne.weiher@gmail.com)

## SPIRITUAL SUPPORT GROUP FOR THOSE IN GRIEF

The Spiritual Support Group for those in grief meets on a monthly basis serving those who are at differing stages of grief for a variety of reasons. The group is facilitated by volunteers and offers a safe and confidential setting where one can receive support for the sometimes challenging journey. The meetings are structured along respectful guidelines that foster sharing, reflection, and an invitational spirit.

Date and Time: 2nd Sundays, 12:30 - 2:00 pm  
Place: Conference room-top floor of faith center  
Contact: Bill Forbes [wmforbes1@gmail.com](mailto:wmforbes1@gmail.com)

## TAI CHI

Looking for a way to meditate and, at the same time, improve your muscle strength, flexibility, and balance? Tai Chi is a gentle, non-strenuous way to build a stronger body-mind-spirit connection. Be advised to dress in loose clothing and light footwear for maximum comfort. Designed for everyone from beginners up--this class is a wonderful way to start the week. We meet in Admiral Arleigh A. Burke Park (across the street from the Frasier retirement community) when weather permits and on Zoom otherwise. Also, you can join us via Zoom when we meet in the park, if that's more convenient—just let us know in advance so there is a laptop with us in the park. You can start the Tai Chi class at any time. Email Keith Lance to be added to the Tai Chi email list and you will be notified about specific dates when classes will not be held. Otherwise, this class is ongoing year round. The instructor is Virginia Schultz and the cost per class is \$10.00

Date and Time: Mondays, 9:00-10:00 a.m. (depending on weather)  
Place: Admiral Arleigh A. Burke Park  
(across from Frasier Retirement Community) or via Zoom  
Contact: Keith Lance [keithlance@comcast.net](mailto:keithlance@comcast.net), 720-232-5866

## TUESDAY GROUP

We are an older women's conversation and support group with participants from both United Church of Christ congregations in Boulder (First Congregational and Community United Church in Table Mesa). We meet twice a month in member homes, presently Tuesdays from 1:30 to 3:30 pm. Carpooling can be arranged.

For more information contact Judy Thompson, [jeileenthompson@gmail.com](mailto:jeileenthompson@gmail.com) or 608-469-6883 (please leave a message)

Date and Time: Tuesdays, 1:30-3:30 p.m. twice a month  
Place: Various members homes  
Contact: Judy Thompson, [jeileenthompson@gmail.com](mailto:jeileenthompson@gmail.com) or 608-469-6883 (please leave a message)

## WOMEN'S SPIRITUALITY GROUP

Women's Spirituality Group welcomes all women interested in deepening their faith and sharing in a safe environment. We often discuss books and podcasts, or watch a short film and video series together. Our group welcomes guest presenters, and sometimes we visit local museums or enjoy programs nearby. We are a weekly drop-in group currently meeting on Zoom. Contact Susan Pfretzschner for the link.

Date and Time: Tuesdays, 12-1:30pm  
Place: Hybrid in the Heritage Room and via Zoom  
Contact: Susan Pfretzschner, 303-440-6346, [susanpf2@comcast.net](mailto:susanpf2@comcast.net)

## WONDER WOMEN

Wonder Women is an ongoing "drop in" group of women who meet twice monthly to share thoughts and experiences on "aging gracefully" after age 60 in our ever changing world. The group chooses a book to read or a video to watch and then we come together twice a month to share thoughts, experiences and questions from our reading. We meet in the Heritage Room on the first and third Thursday of each month. We are also offering the choice to join on Zoom if you want to do that. We invite you to join us as we journey on our exploration of what it means to "age gracefully". Call or email Alma Alber with any questions, to be connected and to find out what we are presently reading or discussing.

Date and Time: 1st & 3rd Thursdays, 1:30-3pm  
Place: Heritage Room, Zoom Link provided for each meeting  
Contact: Alma Alber, 303-449-5663, [almaalber3@gmail.com](mailto:almaalber3@gmail.com)

## X-WOMEN

X-Women are members of Gen X who identify as women. This group gathers socially to build peer relationships within the First Congregational community. Our name refers to our generation, at least one of our chromosomes, and our general superhero-like natures.

Date and Time: The Third Friday of the month, 6:00pm  
Place: Rotating locations, contact organizers to be put on the email list.  
Contact: Laura Riihimaki, [lauradian@hotmail.com](mailto:lauradian@hotmail.com),  
Nicole Speer, [nicole.speer@gmail.com](mailto:nicole.speer@gmail.com)  
Jessica Austin, [jessgaustin@yahoo.com](mailto:jessgaustin@yahoo.com)

## MISSION & CHRISTIAN SOCIAL ACTION

### BOULDER CHAPTER NAACP

This group, organized with the encouragement and participation of FCC members and staff, meets on the 1st Monday of the month. The NAACP does its work through Committees, including: Education, Religious Affairs, Climate Action, Political Action, Criminal Justice, Freedom Fund/Economic Opportunity, and Communications. The mission of this group is to work to ensure justice and equality and inclusion for people of all colors. Joining the NAACP is of great value, even if one cannot participate in committees or attend regularly. The website is <https://naacpbouldercounty.org/> or follow us on Facebook, Meetup, Twitter, and Instagram.

Date and Time: First Mondays, 6:30-8:30pm  
Place: Via Zoom  
Contact: Louisa Matthias [louisa@matthias.org](mailto:louisa@matthias.org)

### CLIMATE ACTION TEAM

Are you concerned about climate change? Are you interested in joining a group of similarly-concerned church members? The FCC Climate Action Group works on education, political action, worship and coordination with other churches. We would love to have you join us.

Date and Time: Fourth Tuesdays, 7:00-8:30 pm  
Place: Hybrid in Conference Room and Via Zoom as announced  
Contact: Caitlin Smith, [csmitty12@gmail.com](mailto:csmitty12@gmail.com)

### FCC-PIN (First Congregational Church Palestine Israel Network)

FCC-PIN is a study and advocacy group allied with the national UCC-PIN, open to all, with the twin goals of 1) becoming better informed about human rights for our siblings in apartheid Israel and occupied Palestine, and 2) working for peace with justice in Palestine and Israel. We are part of a coalition of over a dozen local groups in Colorado working to raise awareness and effect change.

Date and Time: TBD  
Place: Via Zoom and in person  
Contact: Jane Thomas, [jane.thomas@colorado.edu](mailto:jane.thomas@colorado.edu)

## **GUN VIOLENCE PREVENTION MINISTRY**

The Gun Violence Prevention Ministry of FCC works in multiple ways to lessen the impact of gun violence in our community. Our efforts include public awareness and education for our congregation and the local community on issues of gun violence (mass shootings, suicide by gun, random gun violence, mental health concerns, etc.). We advocate for gun safety measures in the state legislature and local governing bodies through our FCC Rapid Response Network. We organize and promote events around issues of gun safety. We are members of the state-wide Colorado Faith Communities United Against Gun Violence and have joined with other local interfaith congregations in Boulder County to further our educational and advocacy efforts. Please join us as we work this year on a memorial for the victims of the King Soopers shooting, and a forum in the spring on suicide by gun.

Date and Time: To Be Announced

Place: Heritage Room

Contact: Carol Young, [ccyoung2010@gmail.com](mailto:ccyoung2010@gmail.com)

## **MINDFUL WORKS MINISTRY**

Mindful Works Ministry supports FCC's mission partner Mindful Works (MW) in a range of activities. Mindful Works is an innovative, mission-driven social enterprise that works with people in mental illness recovery. We collaborated with them during the pandemic on the making and distributing of face masks. We are currently working with their staff to explore ways in which we might increase their sales. We look forward to more collaboration in the coming year as we engage with Mindful Works in helping their business grow and prosper as well as exploring opportunities to grow our partnership.

Date and Time: 2nd Tuesday, 3:00 p.m.

Place: Via Zoom

Contact: Karon Johnson, [karon.johnson@colorado.edu](mailto:karon.johnson@colorado.edu)  
Linda Kowatch, [linda@firstcong.net](mailto:linda@firstcong.net)

## **RACIAL JUSTICE MINISTRY**

The racial justice ministry partners with organizations, such as the NAACP, doing anti-racist work. We plan educational opportunities and experiential activities, for self-exploration, growth, and service. This group supports racial justice themed services and shares other opportunities for learning and action for justice. We hope you join us in leading our congregation in this important work. We are especially looking for folks who are willing and able to help with communications.

Date and Time: Fourth Mondays, 7:00-8:30 p.m.

Place: Via Zoom

Contact: Matt Hess [hess.matt.j@gmail.com](mailto:hess.matt.j@gmail.com)  
Jessica Austin [jessgaustin@yahoo.com](mailto:jessgaustin@yahoo.com)



## SOUP KITCHEN

What's better than Food and Fellowship? Offering it to those in need! Give yourself the gift of service by volunteering for the 4th Sunday of your birthday month, or choose any month that is convenient for you. We encourage families to volunteer. We need eight volunteers to work each shift and we will train you on the spot. There is no need to be nervous! The first shift is 9:00-11:30am and you will help prepare food and serve it. The second shift is 11:30a-2:00pm and you will serve food and clean up. Sign up here as an individual, family or small group. Please wear a hat of any kind so we comply with Health Codes. Click on Quick Links to sign up.

Date and Time: 4th Sundays  
Place: Plymouth Hall  
Contact: Soo Rhee, [soo.rhee@colorado.edu](mailto:soo.rhee@colorado.edu)  
Linda Kowatch, [linda@firstcong.net](mailto:linda@firstcong.net)

## TRAINS OF THE CARING MINISTRIES

Looking for ways to be helpful in the First Congregational UCC family? The Board of Community Life operates two caring ministries called:

THE MEAL TRAIN - providing meals to members in times of need on an occasional basis

THE CARE TRAIN - sending cards or making phone calls to members in times of need

You will receive email notification and specific information as needs arise among church members. If you are able, you can respond and make a difference. There is no minimum commitment.

Date and Time: As needed  
Place: As needed  
Contact: Meal Train - Julie Graf Frye, [Julie.graf.frye@gmail.com](mailto:Julie.graf.frye@gmail.com)  
Care Train - Joanne O'Keefe, [jnnokeefe@yahoo.com](mailto:jnnokeefe@yahoo.com)  
Linda Kowatch, [linda@firstcong.net](mailto:linda@firstcong.net)

## VISITATION MINISTRY

The purpose of this ministry is to intentionally serve as the hands and feet of Christ to one another. Offering the ministry of Presence for those who are sick, shut in, or otherwise unable to come to weekly worship services or participate in church activities. Our gatherings are designed as a mini-retreat for reflection, spiritual deepening, and encouragement of the visitors.

Date and Time: First Thursday of the month, 4:00 p.m. - 5:00 p.m.  
Place: Heritage Room or Via Zoom - tbd monthly  
Contact: Carol Green, [carolgreen802@gmail.com](mailto:carolgreen802@gmail.com)  
Monika Rutkowski, [mrutkowski\\_1@hotmail.com](mailto:mrutkowski_1@hotmail.com)  
Linda Kowatch, [linda@firstcong.net](mailto:linda@firstcong.net)

