

smallgroups 2024

SPRING



FIRST CONGREGATIONAL
UNITED CHURCH OF CHRIST • BOULDER



WHY SMALL GROUPS ARE IMPORTANT - Spring 2024

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 [click here](#).

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 303-775-4642 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 303-775-4642 or suemacnutson@gmail.com. You may also contact Linda Kowatch, Interim 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 SPRING

BOOK DISCUSSION GROUP: "Walking with Francis of Assisi: From Privilege to Activism"

Winter (Lent) Book Group: "Walking with Francis of Assisi: From Privilege to Activism" written by Bruce G. Epperly.

From a pilgrimage through the streets of Assisi to contemplative walks on the beaches near his home, Bruce Epperly has pondered the questions of privilege, prayer, and social justice while walking with the teachings of Francis of Assisi. From his roots in Reformation traditions, he has a deep understanding of the call Francis received to rebuild the church and the need for constant reformation not only in our personal lives but also in our society and in our religious institutions. He knows that change comes from within, from listening to the spirit of God as we engage in contemplative listening.

Date and Times: Monday 2/19, 2/26, 3/4, 3/11, & 3/18 from 6:00 pm - 7:30 pm during Lent
Place: via Zoom
Contact: Kevin Pettit, (303) 882-1871

BOOK DISCUSSION GROUP: "Braiding Sweetgrass"

Spring Book Group: "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants" by Robin Wall Kimmerer.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on "a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert).

Date and Times: Monday 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27 from 6:00 - 7:30 pm
Place: via Zoom
Contact: Kevin Pettit, kevin@Faith4All.org, 303-882-1871

BRIDGE GROUP

Have some fun and join the dementia prevention club. We meet monthly on Saturday mornings to play social bridge. We have good fellowship, good snacks, and even sometimes some good cards. Come and join us in the fun. You don't need to be an expert.

Date and Times: Saturdays 10:00 a.m.
Place: TBD
Contact: John Edlin, 972-529-7410 or Martha Jones, 720-836-8337

RUNNING GROUP

All runners are welcome! As a group we run mostly trails (Mt. Sanitas, Betasso, Mesa, Doudy, etc.) and usually on the weekends, but if you're looking for road miles on the weekday, we do that as well. And if you just want to join the on-line group to track your runs for extra motivation, that works too. Register (free) at strava.com/clubs/fccb. Contact Victor Austin with any questions.

Date and Times: Varies
Place: TBD
Contact: Victor Austin 303-885-0990, jvaustin@yahoo.com

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-12:45pm
Place: Standish Room
Contact: See the Friday Weekly e-newsletter or the Sunday Morning Bulletin for schedule and details

ONGOING SMALL GROUPS & MINISTRIES

BIBLE STUDY: Gospel Accounts of Easter (The Passion Story)

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 January 2024, 5:30-6:45 PM
Place: Via Zoom
Contact: John Bisceglia, johnbisceglia80305@msn.com

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!). Fall participants are welcome to participate again (in a different group), and new folks, shy people, and everyone else is invited! Couples are welcome to participate together or separately. Participants will be organized into groups of seven and will meet once a month for three months, so group members get to know each other 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 any other format that works for that particular group of 7. Or they can meet for breakfast or lunch, or at a restaurant. Please register by February 26, and a group leader will be in touch to work on specific details of the group's logistics and dietary situations. To register, click on this link: [Dinners for 7 Registration Form](#)

Date and Time: Determined by each group of 7, expected to be three meetings.
Place: Determined by each group.
Contact: Karen Cumbo, (970) 222-0176, kjcumbo@gmail.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, marjfwolwer@gmail.com

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 occasionally 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, 720-232-5866, or after Sunday 10:30 a.m. worship service.

KNITTING MINISTRY

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 we come together each few months to touch base and connect with one another. If you are interested in learning to knit, call Alma Alber and we can set up some time to work on knitting.

Date and Time: Tuesday, March 5 and April 23, 1:30-3 pm
Place: Heritage Room
Contact: Alma Alber, 303-449-5663, almaalber3@gmail.com
Jane Strohm, 303-717-5432, 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 Spring of 2024, 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 Monthly
Location: TBD
Contact: Deb Berghuis, debberghuis@gmail.com, Linda Kowatch, 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

MEMOIR WRITING

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, 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: Standish Room and Zoom
Contact: Linda Kowatch 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

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 transitions and challenges that we all face near the end of life. Resources to help you with planning are available on the Church Website at:

<https://firstcong.net/ministry-last-things/>. MLT members organize relevant and interesting programs as part of Sunday morning adult forum offerings. 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 with their loved ones as they plan for serious illnesses and the end of their life. We welcome people who would like to join the Ministry or would like to arrange for a personal conversation or assistance.

Date and Time: 2nd Mondays 3:30 pm
Place: To Be Announced
Contact: Nancy Wade, nmwade1@gmail.com or Jean Abbott, jabbott49@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 the food is very good. For questions, contact Louisa Young, 303-444-6428.

Date and Time: Mondays at 8:30 am
Place: Doug's Diner
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 6:45 pm, for a few minutes of social time, then the conversation begins at 7:00 pm. 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: Dean Fowler, deanfowler@gmail.com

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 Kajsa if you are interested in participating.

Date and Time: Thursdays, 7:00-9:00 pm
Place: Choir Room
Contact: Kajsa Teitelbaum, Director of Music, kajsa@firstcong.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 Kajsa if you are interested in participating.

Date and Time: Tuesdays, 5:30-6:45 pm
Place: Sanctuary
Contact: Kajsa Teitelbaum, Director of Music, kajsa@firstcong.net

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 Kajsa Teitelbaum for more information.

Date and Time: Sundays, 9:30-10:15 am
Place: Choir Room
Contact: Kajsa Teitelbaum, Director of Music, kajsa@firstcong.net

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, 11:45-12:30 pm
Place: Choir Room
Contact: Kajsa Teitelbaum, Director of Music, kajsa@firstcong.net

Small Ensembles

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

Contact: Kajsa Teitelbaum, Director of Music, kajsa@firstcong.net

ONLINE POETRY GROUP

Join this lively, friendly group once a month to share and discuss poetry, the language of the spirit, as well as literature, art and current events, both personal and in the news. We share poems and other literature connected with an agreed-upon theme. Writing poetry is not a prerequisite. This group is a safe place to share writing and thoughts.

Date and Time: Fourth Fridays, noon
Place: Via Zoom:
<https://us02web.zoom.us/j/81965770542?pwd=b20wY0JUdStlRkhvVDQ2RkZ3eXpxdz09>
Meeting ID: 819 6577 0542
Passcode: 231348
Contact: Diana Shellenberger, 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

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

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 and Jean Manifesto jam@jeanmanifesto.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 am
Place: Admiral Arleigh A. Burke Park (across from Frasier Retirement Community) or via Zoom
Contact: Keith Lance 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.

Date and Time: 2nd and 4th Tuesdays, 1:30-3:30 p.m.
Place: Various members homes
Contact: Judy Thompson, 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 in person and on Zoom. Contact Susan Pfretzschner for the link.

Date and Time: Tuesdays, 12-1:30pm
Place: Heritage Room and via Zoom
Contact: Susan Pfretzschner, 303-440-6346, susanpf2@comcast.net or Linda Kowatch, linda@firstcong.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".

We will be starting a new book in February. The book is [AWE-The New Science of Everyday Wonder and How It Can Transform Your Life](#) by Dacher Keltner. It has just come out in paperback.

Date and Time: 1st & 3rd Thursdays, 1:30-3pm
Place: Heritage Room and/or a Zoom Link is provided for each meeting Alma Alber,
Contact: 303-449-5663, 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, Nicole Speer, nicole.speer@gmail.com,
Jessica Austin, 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

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

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 - Watch for Announcements and Emails
Place: Via Zoom and in person (location will be announced)
Contact: Jane Thomas, 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 to End Gun Violence and have joined with other local interfaith congregations in Boulder County to further our educational and advocacy efforts. We plan to begin 2024 by focusing our efforts on firearm safety affecting families, children and youth.

Date and Time: TBA Quarterly on 1st Monday of the Month, 5:30 pm
Place: Heritage Room
Contact: Carol Young, ccyoung2010@gmail.com
Lauren Goldsmith, lrgoldsmith1@yahoo.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: 3rd Tuesday, 3:00 p.m.
Place: Via Zoom
Contact: Karon Johnson, karon.johnson@colorado.edu or Linda Kowatch, 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: 4th Mondays, 7:00-8:30 p.m.
Place: Via Zoom
Contact: Matt Hess hess.matt.j@gmail.com and/or Jessica Austin 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 am - 11:30 am** and you will help prepare food and serve it. The **second shift is 11:30 am - 2:00 pm** 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 and/or Linda Kowatch, 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 three 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
Care Train - Joanne O'Keefe, jnnokeefe@yahoo.com
Linda Kowatch, 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, Monika Rutkowski, mrutkowski_1@hotmail.com
Linda Kowatch, linda@firstcong.net



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