

THE NUGGET

First Congregational Church of Murphys, United Church of Christ



We are in the Season
after Pentecost and
the color is **Green**.



FOR SUCH
ATIME
AS THIS

A Bible Study
for Stewardship
in Challenging
Times

by
Rochelle A. Stackhouse

ESTHER 4: 12-16

UNITED CHURCH
OF CHRIST



November 8 – Stewardship Sunday

Our Stewardship Program this fall invites us to look at an exciting story in the Hebrew Scriptures. We will reading ESTHER 4: 12-16. It is a powerful story about the vision and willingness of two people to make a difference for a whole nation.

Carrie Shinn will be leading discussion on this intriguing piece of history! We invite you to join us in two zoom sessions to uncover the treasures about sharing our lives. We will use our FCCM Zoom community chats at 11 a.m. on October 28 and November 4 to revel in the ways God uses us! Put the dates on your calendars now and you will receive an invite by email. See you there!

Love becomes trite when we quote it but don't work for its realization in our lives. But in the United Church of Christ we give ourselves to answering God's call to love. The annual stewardship campaign, which begins on Sunday November 8th, provides the resources our congregation and the wider United Church of Christ need to answer God's call to love. Over the next month, we will talk about the ways God calls us to love children, our neighbor, and creation. Generosity to the annual campaign assures that our congregation can faithfully answer God's call to love.



PASTOR'S ARTICLE

Learning to Dance in the Rain....

If you know me at all, you know I love to dance in the rain! Here in California, I have to wait a long time every year to do my rain dance, but back east I could do it quite often. Even though this is a physical ritual for me, it is also a ritual of life.

Fred and Shirley Soderer gave me a book in 2013, my first year as your pastor. Shirley brought it to me with a note that said, "We know you love to dance in the rain and thought this was perfect for you. The title of the book is Learning to Dance in the Rain: The Power of Gratitude, by Mac Anderson and B.J. Gallagher. It's a book of magnificent photos and sayings.

One of the sayings (anonymous) is: Life is not about waiting for the storms to pass, it's about learning to dance in the rain. Three things ground me during this COVID time. My faith, gratitude & giving, and being loved.

Friends, we are in the storm and so dancing keeps me sane. Dancing in my faith is a continual practice of turning to God, praying a couple of times every day, (more actually now) and being grateful are the tools that keep me dancing amid the storm. This does not come without some work on my part. It means I have to get up earlier to have my quiet time before heading to the church, so I can breathe in God's good spirit and be reminded to carry Her with me all day.

It's hard to stay grumpy when you are saying thank you and giving to others. The blessings begin to fall on us when we share our time, talents and treasures. As I send in my pledge to the church, I do so with love and gratitude for all the blessings in this parish. I invite you to take time to pray and count your joys as you sign your pledge card.

Dancing with my partner is one of the great joys in my life. Oh, we may not be on the dance floor, but we hold on to each other through this rocky climate. If you live alone, find someone with whom you can stay connected and celebrate the little surprises of the days. Our parish care has been providing excellent care to those who are feeling isolated.

So, hang in there, and dance with God! Longing for rain, Pastor Bonnie



Are you getting a monthly guide to thoughtful conversation? Join a small group and take part!



**November 7th
from 10am-12pm**

The council will vision on **"Building our Faith Community During the Pandemic."**

The council will vision ways to continue to worship, nurture one another and minister to those in need at this retreat. The meeting is open to everyone. Send an email to Pastor Bonnie if you plan to attend this virtual retreat.



May I be one of the first to wish you Happy Thanksgiving. Yes, it is that time again already. It is hard to believe we have been apart for so long and the year is almost over. As I write this in mid-October (publishing deadlines require earlier submission), we are waiting to learn so much. We have yet to greet our new Christian Education Director, Emilie, and Peter, our new church secretary, grieves that he cannot greet each one of you in person.

MODERATOR'S MUSE

By the time you read this, we would have had a special meeting of the congregation and learned our fate with regard to the possible purchase of the property adjoining our sanctuary, but alas I can't recount any of those now. I am confident, however, that whatever the outcome, it will be God's will.

Let's concentrate on November, the month of conscious thanksgiving when more people than usual exhibit an attitude of gratitude. At this time of COVID, it may not seem to many that there is much for which to be thankful. Well, as your indomitable optimist, I beg to differ. Yes, things are bad and worse for many, but there is still hope and joy in the care and concern of most people for each other. We as a church and individuals, are still doing so much for others in our community and globally, and we are striving to stay connected with one another. Love abounds in Murphys and our congregation for sure. So, as you say grace at your Thanksgiving table this year, remember to be grateful for your church and the loving family within. Until then, we can all try to be a little more patient, kind, and respectful toward all of God's children, even those with whom you disagree. The recipient will undoubtedly be thankful for that sorely needed good will.

Speaking of disagreement, no matter what your political views, please VOTE. It is not only your right, but your duty to do so. How can our leaders know what we genuinely want unless we tell them? In the words of one, El Woods from the movie Legally Blonde 2, "Speak Up America, speak up."

Blessings and Love to You All.

Mandy



Parents are Special!

On November 10 & the 24th, Pastor Bonnie will host zoom sessions just for parents!

On the 10th, we will check in with each other, pray, and hear encouraging words on parenting in these tough times. We will watch a video on dealing with the stress of COVID with children.

On the 24th we will have our parent small group meeting. We will use the curriculum provided by Marilyn Baisel and Faye Morrison for November.

What a joy it will be to gather and see each other!



FCN Thoughts—Powerful

Immunity

Holiday season is approaching fast. Along with all that 2020 has brought, cold and flu season is back. The good news? You can improve your immunity and fight off these spoilers of holiday cheer. Much of our immune system is based in our gut and the good guys that live within (our microbiome—watch <https://www.youtube.com/watch?v=5DTrENdWvM>). Cells, like our white blood cells (WBCs), attack germs and proteins affect inflammation. As we age, changes in activity, diet and absorption of micronutrients may impact our defenses.

Things that don't help:

- *Single vitamins or herbal supplements. While studies may show influence on one component of the immune or anti-inflammatory system, this doesn't mean it will affect the whole complex system. These are not regulated and have few validated studies. If you are concerned, seek a dietician to help you maximize what you eat and direct you re: supplements.*
- *Smoking (anything): Smoking damages protective lung cells and decreases immune properties in the blood.*
- *Eating too much sugar. Sugar feeds the bad bacteria/viruses and leads to inflammation. It may take the place of healthy foods. Sugar can affect your WBC's ability to fight bacteria for 5 hours after eating it.*
- *Eating too much salt. Packaged, processed and fast foods contain large doses of salt. People given 6 grams of salt/day for just one week had significantly weakened immune systems in studies.*

Things that do help:

- *Sleep at least 7 hours sleep. Lack of sleep can lower proteins that fight inflammation and infection. One study showed participants with less than 6 hours sleep had increased viral infections.*
- *Decrease stress. Stress decreases your WBCs and has been shown to increase risk of cold and flu by 20% to 60%. (See October Nugget FCN Notes.)*
- *Feed your gut. Whole plants and grains, yogurts with active cultures, and fermented food will help you create a healthy microbiome. Prebiotics and probiotics can also help feed the “good” guys and target the “bad” guys, decreasing inflammation. Healthy fats (fish oil, olive oil, chia seeds, etc.) reduce inflammation and fight bacteria and viruses.*
- *Get proven vaccinations. Effectiveness is never 100% but you likely will have a less severe illness if you are infected.*
- *Moderate exercise. Exercise increases circulation allowing immune system components to be more efficient throughout the body. Vaccines can be less effective in people over age 62, but single exercise session has shown to boost the effectiveness of vaccinations.*

We have control of many things that contribute to spread of infection in the winter. Countries in the Southern Hemisphere, who have been through their flu season this year already, have found a decrease in flu, likely due to use of masks, social distancing, and handwashing for COVID. It is in our hands!





Sunday School and Family program



Sunday School Starts on October 25th. These lessons will be pre-recorded by your wonderful teachers. You will be able to access them on our church website and the church link is underneath my signature on this page. I will send out an email when the lesson is ready.

Trunk or Treat – Halloween is still Happening! We are having a private party for your children in the church parking lot on Saturday, October 31 from 3-4 p.m. More details to come.

Zoom Family Program for kids – We are going to have our regular Family Programs, but they will be on Zoom, the first and third Tuesday of every month at 5 p.m. just like we used to do. We will have special sessions that last no longer than 30 minutes. We hope your children can all participate. You will receive invites the day of the event.

Pastor Bonnie will be having Family Program sessions with the adults on the second and fourth Tuesday of every month and you will receive invites from her.



LGBTQ



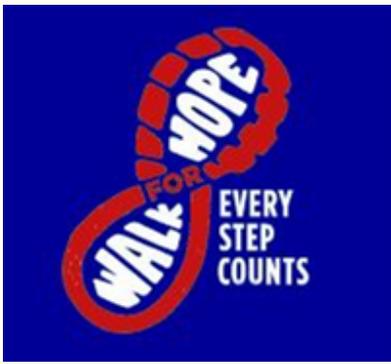
*LGBTQ
Youth and supportive friends
are
invited to join us for
dialogue,
education, friendship, and
support!*

*~Currently meeting online
via Zoom~*

*When: The 1st and 3rd
Tuesday of every
month at 7pm*

*RSVP with your email
address at
CalaverasGSRM@gmail.com
or call
(209)352-1828*





Walk for Hope was a huge success!

Our church members were very generous in their donations. Jamie Leigh and her team raised \$1500. Jeri Carson-Hull and her team raised \$1050 ! The total amount raised for this event was \$13,285. Thank you to all for your help!



*Recycling on 11.04.
From 8.30am-10am*

The progress of the Habitat House in Copperopolis! It is very exciting that one of our members is going to live in a Habitat House soon!



We gather on this day to be thankful for what we have, for the family we love, the friends we cherish, and for the blessings that will come. Happy Thanksgiving Everyone!



Family Drive-thru Dinner



We really hope you enjoyed our little treat in this difficult times. Thank you for coming and thank you for all our volunteers to help out!



The stone planter in front of the Church and under our beautiful stained glass window needed attention. It was currently planted with Heavenly Bamboo (Nandina) that Connie Cook had to eliminate because it was sending runners under the siding and is over crowded. She is going to replant with plants appropriate for the hot sun location and not as invasive.



Uganda Orphanage Update

Those of you who contribute to the scholarship fund for the secondary school students will be pleased to know that Josephine has been able to find tuition reductions, which she calls bursaries, for several of the students due to their academic prowess and others for their status as orphans. What this means is that seven of the ten older students are able to attend boarding school.

The oldest four students attend Bulenga Light and Vocational school which is a 45 min drive away.

Three students attend London College about a 30 min drive from the orphanage, and the younger three in their final year of primary school (year seven) are day students at West Hertz Primary in the neighboring town 5 km away. Due to the danger of kidnapping during these stressful times, Josephine has arranged a van to transport these primary students rather than having them walk the hour plus each way. The rest of the primary students will return to school in January.

THANK YOU



We would like to say a huge thank you for all the shoe donations!





**NORTHERN CALIFORNIA
NEVADA CONFERENCE**
UNITED CHURCH OF CHRIST

There are some very important resolutions at the NCNC 2020 Annual Gathering. They are listed below. Please go on to the NCNC website to read the full proposals.

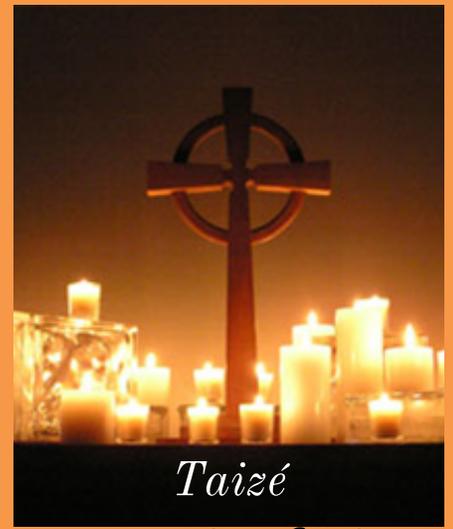
- *NCNC Amends Resolution**
- *NCNC Antiracist Camp Resolution**
- *NCNC Ministry Requirement Resolution AMENDED**
- *NCNC Resolution Congregational Formation**
- *Gender Safety Resolution from Central Pacific Conference (up/down vote to endorse only)*

The motion below will likely impact us significantly. Here is a little part of it. Please read the whole resolution. Mandy DeSmidt, Marilyn Baisel and Pastor Bonnie will attend the virtual event this Saturday.

MOTION Therefore we the delegates of the 2020 Annual Gathering of the Northern California Nevada Conference of the United Church of Christ call upon the Conference to participate in 40 days of prayer, listening, (un)learning, and action leading up to the 400th anniversary of the day of first encounter between European colonizers (later known as Pilgrims) and the First Peoples of this land.

Be it resolved that we call on the churches, organizations, and outdoor ministries of the Conference to engage in prayerful discernment and to take action toward changing the names of buildings, groups, and churches that celebrate our colonizing past (e.g. Pilgrim, Plymouth, Pioneer, Mayflower, etc.), recognizing that, while these names seek to honor important parts of our proud history, they significantly impact our ability to be in right-relationship with our Indigenous neighbors for whom these names represent mass genocide.

Be it further resolved that we call on NCNC-UCC member congregations to learn whose unceded territory your community occupies and include land acknowledgements (a formal statement that recognizes and respects Indigenous Peoples as traditional stewards of this land and the enduring relationship that exists between Indigenous Peoples and their traditional territories) in worship, annual meetings, and other church gatherings.



Taizé

**~ A service of quiet
prayers, meditation and
songs ~**

Come join us

**Wednesday, November
4th, at 7 PM**

**~ A time to refresh mind
and spirit ~**

**Live streaming on
Facebook**

Join Us!





Happy

BIRTHDAY



Prayers answered

The scriptures tell us: "Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God.

Philippians 4:6

We continue to witness the stories of how God answers our prayers!

God hears our cries and answers them.

Let us pray daily for the following members and friends of our community:

All those who are ill

Bobby & Celine Breen & Family

Susan Giannini Chadwick

Jara & Max Clark

Tracey & Kelly Ellefritz

Tara Glessman

Alan & Dodi Horvath

Hilary Oldenkamp

Angela Patterson

John Randlett & Family

Family of Faith Roberts

Joanie Singleton & Family

Family of Allan Thode

Gail Withuhn

Josephine Zimbe & Family

Kim Plowman

Anna Abando & Family

all of the children at the orphanage

Margaret White 1

Olivia Friend 2

William Rosenhart 8

Sanders Lamont 9

George Glessman 11

Vienna Watkins-Colodzin 12

Hiro Phillips 14

Sharon Grassmyer 17

Evelyn Betts 21

Joe Silva 23

Shannon Ryan 30

November 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Worship (11am) 	2 	3 Family program for kids (5pm) LGBTQ meeting (7pm)	4 Recycling 8:30am-10am Community chat (11am) Taize service (7pm)	5	6	7 Council Retreat (10-12am)
8 Worship (11am) Celebration of pledge	9 Outreach & Social Justice Meeting (10am) 	10 Family program for adults (7pm)	11 Community chat (11am)	12	13	14
15 Worship (11am) Council meeting 12.30 	16	17 Family program for kids (5pm) LGBTQ meeting (7pm)	18 Executive meeting (11am) Community chat (11am)	19	20	21
22 Worship (11am) 	23	24 Family program for adults (7pm)	25 Community chat (11am)	26  Happy Thanksgiving Office Closed	27 Office Closed	28
29 Worship (11am) 	30					

God's love echoes through us to all creation.

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November 2020

DATED MATERIAL— DO NOT DELAY

RETURN SERVICE REQUESTED

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UNITED CHURCH OF CHRIST

First Congregational Church of Murphys

THE NUGGET

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Pastor Emeritus Rev. Dr. John Randlett

Music Director Dr. Daryl Hollinger

Christian Education Director Emilie Willis

Secretary Peter Marai-Muro

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Moderator Mandy DeSmidt

Vice Moderator Patty Haskell

Treasurer Sally Elliott

Financial Secretary Shad Sundberg

Clerk Joe Silva

FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST, MURPHYS MISSION

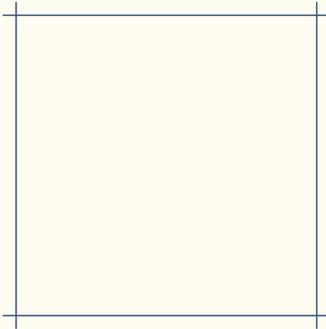
STATEMENT

We believe that all people are beloved by God and we strive to serve as a welcoming and nurturing church community to discern the Bible with insight for today and to live out

Christ's teachings.

The Nugget Committee invites you to submit articles of interest and wishes to stress that the deadline is always the 3rd Monday of each month.

The Committee reserves the right to edit submissions for length and content.



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