

THE NUGGET

First Congregational Church of Murphys, United Church of Christ



**AFTER AIR, WATER IS
THE SECOND MOST
ESSENTIAL ELEMENT
FOR LIFE...**



**The water tank has been
installed**

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

WE OFFER A CUP OF WATER IN JESUS' NAME

There is no running water at the Uganda orphanage. During the rainy season, a 3000 liter tank (about 700 gallons) is filled from a roof top collection system. Our church helped provide this tank around the time Celine visited to replace an original damaged one. Since during the dry season, water must be hauled from a well 2 km away, Moses and volunteers began construction of a do-it-yourself underground cistern to save more of the rainfall. The cistern was lined with homemade bricks and plaster, lacking only collection piping before he became seriously ill.

Unfortunately, collecting clean water during the dry season has become more difficult. The motorbike used to carry water from the well was confiscated by the police when Josephine used it to take two children to a medical clinic during the ongoing lockdown. Furthermore, the well water is not safe for drinking, and the underground cistern has a collapsed wall. An engineer advised Josephine that buying a 25,000 liter tank would be more cost effective than repairing the cistern.

Water trucks will deliver water to large tanks for a fee. The estimate is \$150 per fill, which should last a month. The tank itself costs about \$1600.

The good news is that there were sufficient funds in the Uganda general account to send \$1000 towards the purchase of the tank, and an individual donor added the balance.(article continued on page 2.)



PASTOR'S ARTICLE

This week my heart was filled with joy when I knew our parish could send money to Uganda to pay for a new water tank for the children to have clean drinking water. It's hard to imagine a life without water isn't it? We drink it, cook with it, clean with it, flush it, grow flowers and vegetables with it, bathe in it and play in it. Have you ever tried going one day without water? Me neither!

When I was in India, water was scarce in the town where I lived. We cleaned our dishes, did laundry, and drank water from the same old watering hole.

The family who took me in as their guest, heated water for me once a week and put it in a big black tub so I could bathe. After the second week, I told them I did not need that, I would bathe with a wet cloth like they did. I learned about the lack of water. I am rejoicing that now our Ugandan children have water!

Like us, this is their season of no rainfall. They must purchase it and the tank they were using was too small.



YOU make a difference. Your continual and faithful giving to our Uganda General Fund and the guidelines set up for its use, allowed us to meet this urgent need! You know what even makes me happier – you are faithful without even being asked. We did not need to send out a notice or hold a big fundraiser.

We did not need to do a phon-a-thon. NO, instead we just looked at the money you gave, and we had enough. It is your ongoing, faithful stewardship that makes me giddy with hope. It's not just in the Uganda Fund either. Our Sierra Hope Transition House kitchen shower was overflowing with supplies and I know it will be the same when we assist with another room there.

The Resource Connection sent us a letter thanking us because we recognize that they need money to pay their mortgage on the Food Bank in these dire days. I'm eager to see how the Habitat Fundraiser went because I know many of you participated. Oh, the joy! I repeat the words of the disciple Philemon:

Your love has given me great joy and encouragement, because you, brothers and sisters, have refreshed the hearts of God's people. Relishing in the waters of community,

Pastor Bonnie

Fire wood. They cook with fire and were out of firewood. They were eating all their food raw for a while!



"Thank you for your appreciation and prayers. But I had to pray for you because you have a merciful hearts of helping those who are help less really we thank you so much. You're like Jesus Christ who died for us, you gave us a new life if not you, I can't even imagine what will happen next. Thank you very much." - Josephine



Earlier this month, the church sent \$300 when the financial situation was precarious. It will be this way until the next harvest (please pray for a good one), which is several months away. To be able to continue to help with the food and water basics of life, our Uganda general account needs replenishing. Our church members have been faithful and generous in caring for these children. May that continue!



A WORD FROM OUR MODERATOR

Have you heard the saying “the more things change, the more they stay the same”? Well, now with this COVID pandemic almost every day is the same, but things keep changing at what seems to be warp speed. We long for the old ways of gathering together in any number, hugging indiscriminately, and celebrating on every little occasion.

We especially want to come together to worship, to see our friends and share with one another. We want our church back. Brothers and Sisters, I tell you that we still have church, perhaps not the exact way we want, but we can come together. We can see each other's faces or at least hear voices and talk to one another by participating in the Zoom chats and meetings via computer or telephone.

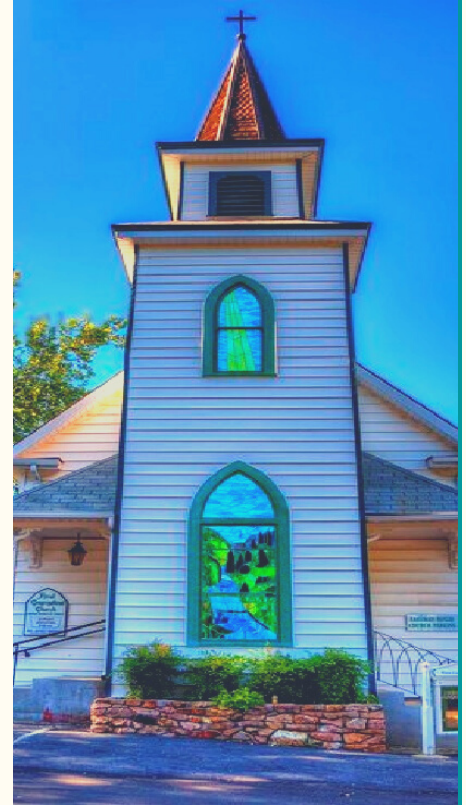
Pastor Bonnie, Dr. Daryl and others spend countless hours preparing worship services available in many ways at any time and links to Daily Devotionals are emailed as soon as they are available on-line. We are still “the church.” More and more groups and teams are meeting virtually.

Parishioners are reaching out with phone calls and notes to each other. A chance meeting at the post office or grocery store is a joy that brightens our day. Some have asked why we are not having outside worship as other churches in the area. Your leadership has pondered this and will not risk one soul. Documented infections have been traced to church gatherings even in our county.

Our Christian duty is to care for others, not expose them to danger unnecessarily. Because of the size of our facilities and the vulnerability of our congregation, the risk is just too great. We have received pages of restrictions and actions required by the County, State and/or CDC for church gatherings. Checking temperatures, limiting group size, prohibiting use of the bathrooms without strict attention to clean after each use, sanitizing surfaces before and after worship, wearing masks, sitting six feet apart and not singing are only a few. More than these restrictions, our decision is based on the heartache any one of us would feel, should someone get sick or possibly die because we were selfish and did not choose to be responsible.

If you are lonely, reach out. Call or write someone. Try to stay positive and look for some good in everything. If you open your eyes, there is always someone less fortunate who needs what you can offer. We all care. The Church is open; choose to take part and stay connected. Our mission of serving the community and others is continuing and needed more than ever.

God Bless You All,
Mandy



"Brothers and Sisters, I tell you that we still have church, perhaps not the exact way we want, but we can come together..."



Gary and Sanders are ready for recycling on Thursday August 27th 9am-10am



YOUR FREE FCN THOUGHTS

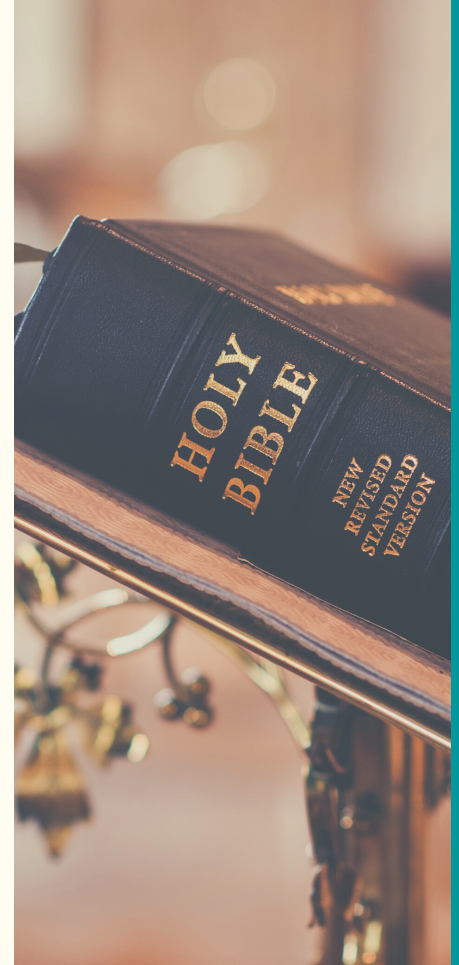
Change and Resilience

I remember taking a course where we were told to line up based on how we felt about change: “Like change” on the right, “don’t like change” on the left. Three of us went right. How do you feel about change? If you do not like change 2020 is probably especially hard on you. Even what may be “good” change may be difficult, particularly when change is forced on you. Did you know there are ways to teach yourself to bounce back from changes? Psychologists call it “resilience”—the ability to deal with changes and difficulties even becoming stronger in the process. Resilience can have a genetic component, but people who begin practices to develop resilience find it protects them from anxiety and depression, as well as improve their future coping skills. First, watch this video “A Very Happy Brain” to learn more about how our brains work: <https://youtu.be/GZZozpUQhBQ> Mayo Clinic recommends several steps to building resiliency:

- ♥ Get connected – build the relationships you have and seek opportunities for connection: FCCM Zoom meetings, phone calls, notes. We began a family Zoom night once a month to connect with the family throughout the state.
- ♥ Make every day meaningful – Set up small goals for yourself or steps toward larger goals. Set yourself up to feel accomplished and have a sense of purpose: Taking an online course, cleaning a closet, organizing photos. I found a weekly paper calendar to write what I hope to accomplish that week helps to give me some structure to these sheltering-in-place days.
- ♥ Remain hopeful – Accepting change that has occurred and being forward looking helps, but avoid catastrophizing, i.e. “This is the end of the world” vs “We can help to make a better world”. Avoid worry—in Matthew 6, Jesus has much to tell us about worry. Seek an attitude of gratitude.
- ♥ Developing a habit of writing 3 Good Things daily has been shown in studies to increase resilience, even if only done 2 weeks a year. Find a program to help you start this at www.bit.ly/3gt and www.bit.ly/start3gt.
- ♥ Take care of yourself – Keep up with hobbies and activities, be physically active and eat well, find ways to reduce stress and relax: Prayer, mindfulness, yoga, Tai Chi, music, art, coloring.
- ♥ Be proactive – Define problems as they arise and identify short-term and long-term solutions.

And, as always, please let me know if I can help you in this journey.

dhosmermsn@gmail.com



*"Get connected...
make every day
meaningful!
Remain hopeful!"*



TREASURER'S REPORT JULY, 2020-AUGUST 2020

Overall we continue to do very well considering the circumstances. While we have not been able to hold in-person services since Sunday March 8th, pledge and non-pledge contributions remain strong.

This is of course, essential since we do not have income from plate offerings, church use or fundraisers. I look forward to the day as I am sure you do when we can get back together again!

In the interim, thanks for all the contributions that provide opportunities to support our community.

Regarding our Payroll Protection Program loan, I am continuing to work with our lender, Umpqua bank to complete our application for loan forgiveness.

This is likely to take a few more months and I will keep you posted on progress. Please stay healthy and remain connected to our beautiful church family.

Your Treasurer,

Sally

**Tami Chestnut
is ready for
work**

**Nancy
Burton in
the middle**



We, the congregation of FCCM, want our health care workers to know how much we appreciate their efforts on our behalf. Tami Chesnut, Elsbeth Mann, Melissa Horcasitas, April Friend, Pete Ryan, Anna Abando, Diane Hosmer—perhaps others unknown to us: we reach out to you in humble thanks.

This pandemic reaches into our community and sickens us, frightens us; these members are on the front lines, risking their own health to protect us. Their profession and calling contribute to our safety even as it puts their own at risk. Along with those who serve the public in other ways—working in the stores, helping others with food or transportation, teaching our children—the health workers are the heroes of our time and place.

A heartfelt prayer for your continuing safety.



NORTHERN CALIFORNIA
NEVADA CONFERENCE
UNITED CHURCH OF CHRIST

The Northern California Nevada Conference is holding its annually meeting virtually on October 24th. More details will be provided in the future.

If you would like to attend, please contact Pastor Bonnie.

A Clarifying Note

Perhaps you did not know that we have several funds supporting our Partners in Ministry. Our partners in Ministry are: The Uganda Orphanage, Sierra Hope, Habitat for Humanity and The Resource Connection.

*There are two ways to give to Uganda: The Uganda General Fund and the Uganda Scholarship Fund. If you do NOT designate, it goes to the Uganda General fund.

There are two ways to give to The Resource Connection also. The General Fund and the Food Bank. During COVID, The Resource Connection has requested that we send money instead of giving our usual green bags full of food. They are able to purchase food for much less than we have to pay for it. The other account came about because some members discovered that the Food Bank has a large mortgage and they cannot use funds for that unless it is designated to their general fund.

Most charities are not able to get grants for the day to day expenses of operating. Several donors in our parish designated their gifts to go to the general fund, because they knew of this need. If you do NOT designate, the money goes to the Food Bank to buy food.

*Now we have included that option on your giving page on the website. You can also mark you checks to designate, just as you do with the Uganda offerings.



blessed

thankful

grateful



Virtual 24th Annual Walk for HOPE

**Walk with us virtually on
September 26, 2020!**

About the Walk:

We received word that Big Trees State Park is cancelling all events until further notice due to COVID 19.

But that doesn't mean we're not having ANY event – it just means that now it will be mostly online and geographically distributed.

Your participation is more important than ever!

First Congregational Church has a team and we are called: FCCM4hope. When you register, please join our team! Go to www.sierrahope.org to register.

Teams can walk anywhere... whether it is Big Trees, in their local park, or even just in their own neighborhood. We do not have to walk together. We will ask participants to take pictures and send them to us so we can post them on our new Sierra Walk for Hope Instagram Page to show who and where people walked in support of our programs. Find us at: <https://www.instagram.com/sierrawalkforhope/>.

If you prefer not to do this online, you can call the Sierra Hope office at 209-736-6792 and get more info on how to obtain pledges in paper form. .

You can turn your completed form into Jeri Carson-Hull or Jamie Olivier-Leigh. Or mail them to Sierra Hope at PO Box 159, Angels Camp, CA 95222.

The money you raise will be used locally for Sierra HOPE services.

Sierra Hope's mission is to promote individual dignity and support the health and well-being for at risk members of our community through compassionate services and resources.



Tanya and Stella Sundberg at the chocolate festival

The Family Program is Looking for Volunteers!

In September we plan to return to our Family Program but of course with an entirely different format.

We will be meeting virtually through Zoom. We are asking parents to contact Pastor Bonnie to let her know if Tuesdays at 4:30 are still a good time to meet or if they prefer another day and time.

We have much flexibility now that we meet via technology.

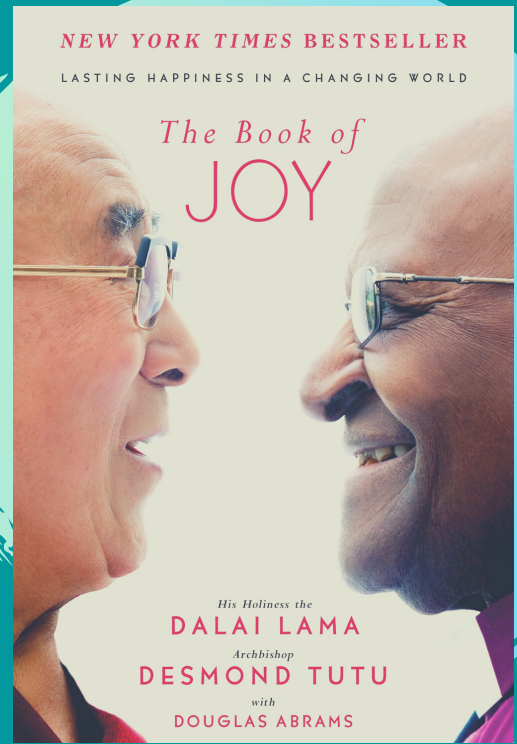
We will have a class for parents and a class for the children. We want to provide interactive sessions for the children. If you can demonstrate and teach one class, please email Pastor Bonnie.

Here are some suggestions, do a baking or cooking demonstration. (we would send the info to the parents ahead of time so they could have supplies or pick the supplies up at the church). We could have a science or art project, sewing, a visit to a farm or forest. The possibilities are endless when we can use technology, so email your ideas to Pastor Bonnie today. Remember that our children are in the age range of 1- 12 years. (We might have to divide up the classes according to age and meet at different times!)

Parents, look for the email so we can set a date for this exciting program to resume!



Helen Yost and J.T. Glessman



Book Club will Resume in September!

You have probably all been reading lots of books this summer, but get ready for an exciting dialogue about our next book club. The book is: The Book of Joy with the Dali Lama and Desmond Tutu.

If we ever needed a book of this power, it is now! The book club will be done with Zoom and we will email you the invitations when the date is set after we complete our Class on Racism series. For now, start reading and get ready for your life to be enriched!

“An open heart is an open mind.”
– Dalai Lama

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.” - Desmond Tutu

Online giving and Engage

Some of you already know about our online giving system Engage. It is working beautifully for when you want to donate online. It is coupled to our church data management system so your gift is recorded right when you give it and directed to the funds you indicate.

However, the Engage system is so much more and we are hoping everyone will use it. It is NOT just for online giving. If you all participate, then we will have a fast and easy way to create our photo directory, update emails and addresses and stay connected.

For example, you create an Engage account (it's not just for giving money!!) and you will be able to track your giving, upload your photo, and update your information.

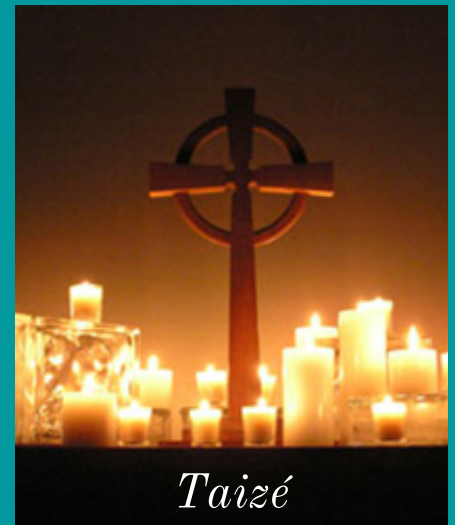
All of this is private and can only be changed by you or the church administrator. The only information able to be viewed by others is your address, phone number, photo, and email address.

An added feature that we want to use, is the ability to add people in groups. It works like this, if you serve on a team, the administrator can add all the members to that team. Then you will be able to communicate to the whole team without having to reenter their email addresses. Maybe you don't know who is on a team and through this system, you will be able to check. You can even watch a tutorial about how to do it! So, we invite you to go online on our web site and click on the link to get connected!

https://engage.suran.com/fccmurph/create_account



engage



Taizé

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

Come join us

Wednesday,

September 2nd, at 7

PM

*~ A time to refresh
mind and spirit ~*

Live streaming on

Facebook





Happy

BIRTHDAY



Stella Sundberg	1
Fred Soderer	4
Maxine Harper	5
Meg Self	5
Syl Walton	5
Ian Olivas	8
Alice Williams	11
Diane Hosmer	11
Cathy Kuhn	14
Carol Woods	24
Jim Walton	25
Mary Dahl	26
Rose Mulvany	26
Mickey Williamson	26
Tanya Sundberg	26
Matt Graham	30



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*
- Pete Lyon (Friend of Miriam)*
- all of the children at the orphanage*

SUN

MON

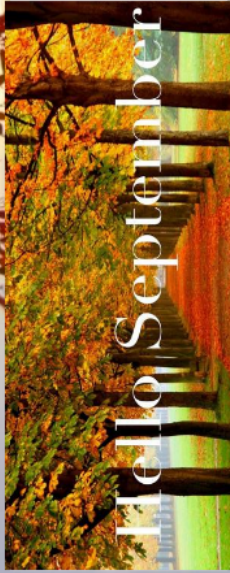
TUE

WED

THU

FRI

SAT



5

4

3

2

1

11am Community Chat
 2pm Class on Racism
 7pm Taize (Facebook livestream)

7pm LGBTQ meeting

6

11am Worship

7

13

11am Worship

14

10am Outreach & Social
 Justice
 meeting

20

11am Worship

21

9am Pastor relations meeting

27

11am Worship

28

12

8

11am Community Chat

15

7pm LGBTQ meeting

16

11am Community Chat

22

11am Community Chat

23

29

11am Community Chat

10

11

17

18

24

25

26



September

God's love echoes through us to all creation.

Webpage: www.fccmurph.org

Email: nugget@fccmurph.org

Phone: 209.728.3141

SEPTEMBER 2020

DATED MATERIAL—DO NOT DELAY

RETURN SERVICE REQUESTED

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UNITED CHURCH OF CHRIST

First Congregational Church of Murphys

THE NUGGET

Staff

Pastor Rev. Dr. Bonnie Hollinger

Pastor Emeritus Rev. Dr. John Randlett

Music Director Dr. Daryl Hollinger

Administrative Assistant Peter Marai-Muro

Custodian Peter Marai-Muro

Officers

Moderator Mandy DeSmidt

Vice Moderator Patty Haskell

Treasurer Sally Elliott

Financial Secretary Shad Sundberg

Clerk Joe Silva



www.ucc.org

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.