

First Congregational Church of Murphys
UNITED CHURCH OF CHRIST

The Nugget

Volume 19 Issue 8

August, 2021



Sunday, August 15, 2021, 10:00 am
Outdoor Worship & Church Picnic
White Pines Park, Arnold



What: Our Annual Church Picnic

When: Sunday, August 15th

Where: White Pines Lake Park

Time: Following our 10am “Worship in the Pines” service

Bring: If possible, bring a side dish, salad or dessert.

Also, your own plate, cup & utensils

Provided: Our celebrated team of chefs will be serving us delicious BBQ chicken.

Iced tea, lemonade and water, too.

Who: If you have family or friends visiting that weekend,

ALL are welcome--bring a guest.



RSVP: To help plan our chicken servings, **Please email or call Connie Cook** cecocook19@gmail.com 209/768-8353

Or leave a message at the Church.

We want to have enough chicken for everyone.

Let's celebrate being together again!!

Hope to see you there.



We are in the Season after Pentecost and the color is green



Good News in Bad Times

Recently it seems like a lot of us have had more than our fair share of bad news. Some have family members who have died, others with recent medical diagnosis that are grave, some are still sick with no diagnosis, some are living week to week financially wondering if they can make ends meet, some have stressful family situations and I could go on and on. For me, the question is not “why do bad things happen to good people” but how do I respond when situations are difficult.

Daryl and I always strived to trust God in our lives but we are learning through these hard times to trust God one day at a time and find good news wherever we can. Each morning Daryl begins the day by counting his blessings and I join him. Let me share just a few with you. A new baby was born in our midst. I am finished with chemo. I am back at work full time. The parish is thriving in its ministry. People are supporting each other daily. Some people are being healed. Good medical care is available. Church committees and teams are continuing their work. We are learning to live with COVID restrictions and care for the vulnerable. God is present in all things. So I invite you today, to name your blessings and maybe even share them with someone else! When God gives you joy, bless others with it! *living by faith, Pastor Bonnie*

For God satisfies the thirsty and fills the hungry with good things.

 *Psalm 107:9*

We seem to have turned the corner on the Pandemic and numerous Farmer’s Markets have opened. These markets are a great way to support local farmers and artisans, buy sustainably grown products, visit with your neighbors, and leave less of a footprint on the environment. Local farmers and growers tend to support sustainable farming practices. They understand the effects that farming practices have on the ecosystem. Products grown and raised locally, generally are not mass-produced, are grown during their normal growing seasons, and are harvested at their peak of freshness. Many local farmers opt to not use toxic pesticides, herbicides, and fertilizers. Locally grown produce is not shipped long distances cutting down on fossil fuel use and emissions. You can find a local Farmers Market open almost every day. Some, such as the Murphys Market and the San Andreas Market limit their market to hosting vendors. Others such as the Angels Camp Market, Sonora’s Peaceful Valley Market, and the Sonora Farmer’s Market, include local bands and Food Trucks to make the markets more of an event. Below is a list

- Tuolumne City Farmer’s Market – Wednesday 5:00 p.m. to dusk.
- Oakdale Farmer’s Market – Wednesday 5:00 p.m. to 8:00 p.m.
- San Andreas Farmers Market - Thursday 4:00 p.m. to 6:00 p.m.
- Twain Harte Mountain Air Market – Thursday 4:00 p.m. to 7:00 p.m.
- Amador Farmer’s Market, Plymouth - Thursday 4:00 p.m. to 7:00 p.m.
- Angels Camp Farmer’s Market – Friday 5:00 p.m. to dusk
- Peaceful Valley Sonora Farmer’s Market – Friday 4:00 p.m. to 8:00 p.m.
- Sonora Farmer’s Market – Saturday 7:30 a.m. to 11:00 a.m.
- Amador Farmer’s Market, Sutter Creek – Saturday 9:00 a.m. to 12:00 noon.
- Murphys Farmer’s Market – Sunday 9:00 a.m. to 1:00 p.m.
- Copperopolis Market at the Square – Sunday 10:00 a.m. to 2:00 p.m.

There are also local farmers who sell their produce directly from their farms. Among them are:
Continued on page 3



Peter & Vanessa Welcome

Baby Benjamin!

Meet Benjamin Peter. He was born on July 10, 2021 at 8:20 p.m. Congratulations! Peter, our secretary and Christian Ed director, is now on paternity leave. We wish them many blessings as new parents!

We were able to give Peter and Vanessa a gift from our congregation. They were so delighted with the jogging stroller/car seat and we were also able to give them a sizable gift certificate to Amazon to buy more things for their baby. Thank you all for your generous donations



Continued from page 2—Farmer's Markets...

Fast Eddie's Garden, Vallecito – Saturday 9:00 a.m. – noon.

Covers Apple Ranch, Tuolumne City – Tuesday through Saturday 8:00 a.m. to 4:00 p.m.

Darby's Red Apple Ranch, Hathaway Pines – Thursday through Monday 9:00 a.m. to 6:00 p.m.

Outer Aisle, Murphys – Subscription boxes – outeraislefoods.com

Calaveras Cowgirl Beef – Website – www.calaverascowgirlbeef.com

Buying local food is a win, win, win. Support your community, your neighbors, the environment, and your health and make locally farmed products part of your diet. Prayers to all of you to be healthy, happy, joyous, safe, and connected. *Chair of Outreach and Social Justice, Lynne Bird*



Taizé is back!

Wednesday, September 1st at 7:00 PM

**Come for an evening of quiet meditation,
prayers and song in our *air-conditioned* sanctuary.**

We Worship Together

It was such a blessing to have an in-person Worship together after more than fifteen months. We are the Church! August 8 is our next worship in the sanctuary!



Treasurer's Report

Dear Friends,

Rejoice with me in the abundance of our small congregation. We had our first in-person service, and the joy was uplifting. Many felt the familiarity of being with each other in our own sanctuary *and it* felt like we had last seen each other only a week or so before. There was no distance or awkwardness for adults or children even while wearing masks and having been separated for more than 15 months. Our family felt re-united.



We have weathered some difficult times and are phasing forward to unity and renewed purpose. Your generous contributions and support have allowed us to remain open and supportive to our community. Many of our members are helping each other and neighbors with grocery shopping, rides to appointments, cards and other messages of compassion and encouragement as well as donations to the church general and Pastor's Discretionary funds. We are "the Church" and blessed with a foundation of generous members and sustainability from our endowment funds. Expenditures have been controlled and appear to be offsetting any reductions in anticipated income. We have not yet needed to dip into endowment growth and are using the government assistance wisely. God is good and we are blessed.

Praising God for You, I am

Mandy De Smidt'

Your Treasurer



Choirs are Back!

After a long wait, we are finally able to offer our musical gifts together as the choirs at FCCM. **Our first rehearsal will be September 15.**

Adult Choir – meets from 6:00 – 7:15 on Wednesday evenings in the sanctuary. We are off the first Wednesday of the month due to our Taizé Service. This choir is open to anyone who loves to sing. Reading music is not a requirement. We have lots of fun and I choose music that is enjoyable and meaningful for worship. Please join us!

Bell Choir – meets from 5:00 - 6:00 every Wednesday evening in the sanctuary. Please let me know if you are interested in ringing with us this year. You do not need to have any experience ringing handbells to join us, just a bit of knowledge about reading music. I teach you all you need to know about ringing handbells.

These are important ministries in worship at FCCM. Please consider offering your talents with us. It will be a rewarding and rich experience.

Dr. Daryl Hollinger, Director of Music

People Are Beginning to Gather in Small Groups



Laura Leonard has resumed exercise classes at the Senior Center after months of outdoor classes at the park

Faye Morrison, Laura Leonard and Bobbi Breen at the small group gathering.



Parish Care Team members, Miriam Thorsen, Pat LaMont and Carol Dougherty are finally able to meet in person



Hilary Oldenkamp, Joyce Swanson, Carol Osterlund, Miriam Thorsen and Meg Self gathered at Marilyn Baisel's patio.



Update on Teri's Habitat Home: They are on the final weeks of the construction activities at the house. Over the next few weeks, they may need volunteers so they can close in early August. **The home dedication ceremony is planned for Saturday, August 14th.** Further details will be shared closer to the date. Please plan to attend!



Guidelines for Our Church Regarding COVID

Recently members of our Phasing Forward Team and Pastor Bonnie attended a seminar given by Church West, our insurance carrier. The session was led by a lawyer, a human resource executive, an insurance person and a moderator. Over 500 people attended the webinar.

According to the guidelines from the CDC and the state, our church is encouraged to ask all employees if they have been vaccinated. At the present time, if employees have not been vaccinated, they must wear a mask whenever they are on the church campus or at church events.

It is also recommended that all volunteers follow the same guidelines and the Phasing Forward team has approved this. So if you are a volunteer at the church (which most of you are) ***you may be asked if you are vaccinated.*** We are not asking for proof as your word is good enough. We wanted to alert you to this so that if the chair of your team or Pastor Bonnie asks you this question, you will know the purpose. We are striving for the continued safety of everyone as we move to being together in person. We will continue to wear masks in worship until further notice. The Phasing Forward team meets monthly and reviews the guidelines by the CDC and the state before recommending any changes.

How good and pleasant it is when God's people live together in unity! Psalm 133:1



FCN Thoughts

Back to the Future: Returning to Life after COVID Restrictions



We are all still trying to figure out life after a year of changes similar to a wild ride in a DeLorean without knowing exactly where and how we will land. Many of us are thrilled to get back to where life was before. Others aren't so sure. Still others feel a mix of excitement, anxiety, reluctance and hope. Wherever our thoughts may fall on this continuum it is likely to be somewhat fluid and everchanging. How can we maintain our resilience as we adjust to our new reality (See FCN Thoughts June 2021). What are some tips to smooth the ride?

1. **Take time to examine how your life has changed during the pandemic.** Taking stock of who you are now. Reality is we have all been changed by these unusual circumstances. Recognizing these changes in yourself, your aspirations and your desires will help you plan your future. Anxiety decreases as you focus on what you can control moving forward and strategize toward these new goals.

2. **Accept whatever feelings you may be experiencing.** Reduce the pressure on yourself. There is no "right" or "wrong" here. Our feelings may change frequently. This is completely normal. It is important to let yourself feel and acknowledge what you are feeling, rather than stuff it away. Be compassionate with yourself.

3. **Make a bucket list of things you look forward to doing again.** This may help you shift away from anxious thoughts to focus optimistically on the future, creating a sense of hope. This is also a perfect time to re-evaluate your life and determine what you may want to change—a "do-over", as it were. Review your pre-pandemic life (try not to idealize) and your values today, then determine what to keep and what is in your control to change.

4. **Set realistic expectations as you rebuild your life.** Rebuilding social and work relationships may have a few bumps, as so much has changed in everyone's lives. Many people have conflicting thoughts on how best to move forward, personal risk factors and actions to take—think masking. If you don't feel secure in letting down your guard just continue safe practices you have been using. Be gentle with yourself and follow your instincts. Choose settings and situations and take small steps as you slowly reintegrate into the world. Continue to pay attention to your self-care. Take time for what you personally need to feel whole and well.

5. **Remember it is a process.** As we have learned throughout this pandemic, the whole picture may change quickly. Stay as flexible and resilient as possible to help yourself "go with the flow". If you find you are having trouble managing the anxiety you are experiencing; if it is affecting your life or relationships or you are suffering physical symptoms, it may be time to speak with a mental health professional to help you smooth the road ahead.

"...In all these things we are more than conquerors through God who loved us. For I am convinced that neither death nor life...neither the present nor the future, nor any powers...nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord..." Romans 8: 37-38 Berean

It's Time to Bring Those Green Bags to Church!

On Sunday, August 8 we will resume worship in our sanctuary and we ask that you bring your green bags filled with groceries to the church. We stopped collecting food during Covid but we are ready to resume. More than ever, families are facing tough financial challenges and we can help by providing healthy food. Please do not put out of date items in the bags.

We will continue to collect the bags for The Resource Connection every other month! Thank you for your loving support of our families in Calaveras County!~

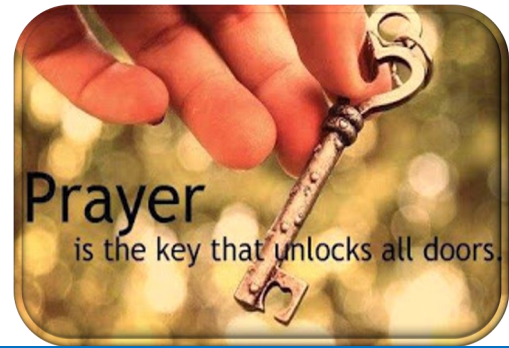


Tommy and Hutton Pratt on the bench dedicated to Barbara Hurlbut, in Big Trees State Park.



AUGUST BIRTHDAYS

<i>Gary Carson-Hull</i>	2
<i>Tami Chesnut</i>	2
<i>Liz Graham</i>	7
<i>Patti Hennessee</i>	7
<i>Teddie Jackson</i>	7
<i>Teri Olivas</i>	13
<i>Maria Restivo</i>	14
<i>Bob Henning</i>	19
<i>Jerry Patterson</i>	19
<i>Erin Borean</i>	20
<i>David Kelly</i>	28
<i>Barbara Peterson</i>	31



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
 Pastor Bonnie & Dr. Daryl
 Susan Giannini Chadwick
 Jara & Max Clark

Erin Medeiros

Kim Plowman

Deborah Jones

Zack Luchetti

Hilary Oldenkamp

Cathy Kuhn

Caity Johnson

Joanie Singleton

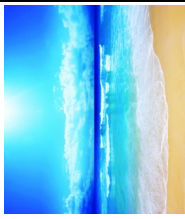

Soderer Family

Gail Withuhn

Grassmyer Family

Josephine Zimbe & Family

All the children at the orphanage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 2021						
1 11:00 am, Worship Zoom	2 Noon—Phasing Forward team via Zoom	3 7pm LGBTQ meeting	4 10 a.m. Executive Meeting Noon—AA—Eastman 6:30p.m.-AI-Anon	5	6 Noon—Sisters in Sobriety	7
8 10:00 am, Worship in the sanctuary	9 10 a.m. - Outreach and Social Justice 1 p.m. Finance and Facility	10	11 Noon—AA -Eastman 6:30 p.m.—AI Anon	12 WIC—9-4 4pm Christian Enrichment	13 Noon—Sisters in Sobriety	14 Teri Olivas House Dedication
15 10:00 am, Worship White Pines Lake	16	17 7pm LGBTQ meeting	18 Noon—AA -Eastman 6:30 p.m.—AI Anon	19	20 Noon—Sisters in Sobriety	21
22 10:00 am, Worship	23	24	25 Noon—AA -Eastman 6:30 p.m.—AI Anon	26	27 Noon—Sisters in Sobriety	28
29 10:00 am, Worship	30	31				

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AUGUST 2021

DATED MATERIAL— DO NOT DELAY

RETURN SERVICE REQUESTED

Murphys, CA 95247

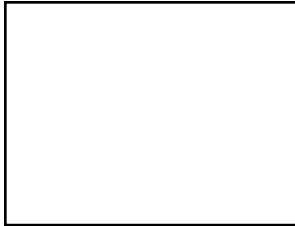
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UNITED CHURCH OF CHRIST

First Congregational Church of Murphys

THE NUGGET



First Congregational United Church of Christ, Murphys



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Patty Haskell
Mandy DeSmidt
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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.