

September 2010  
*The Tie That Binds*  
First Congregational United Church of Christ  
Cadillac, Michigan

PASTOR REYNOLDS' RAP

<sup>19</sup>Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert. <sup>20</sup>The beast of the field will honor Me, The jackals and the ostriches, Because I give waters in the wilderness And rivers in the desert, To give drink to My people, My chosen. <sup>21</sup>This people I have formed for Myself; They shall declare My praise. (Isaiah 43:19-21, New King James Version)

Dear Friends,

If you're like me, you still feel a sense of back-to-school anticipation when in late August the crickets' chorus amplifies, nature's sweet aromas subtly shift, and it's no longer possible to avoid the fact that evening's darkness is descending a whole lot earlier than it did in June. The endless days of summer are swiftly drawing to a close, and something new awaits, right around the corner.

It is perhaps a little ironic that, as nature winds down and prepares to rest, school and church years gear up, bringing with them marked increases in energy, activity, and structure. Yet we can and we should strive to hold onto some of the spaciousness that is summer's gift to us. Our lives as individuals and as a faith community are enriched when we make time not only for gatherings and activities that feed our minds and our souls, but also for quiet listening, which is at the heart of prayer and of discernment.

We may think of discernment as reserved for special occasions when big decisions must be made, but, at its best, discernment is a way of life in which we regularly set aside the day-to-day chatter and check in at a deeper level to hear divine and inner truths. Questions we might regularly ask are, "Where is God currently working in **my** life?" and "Where do I sense God seeking to engage **me**?" As Christians we know that God has called each one of us into relationship and into ministry in a priesthood of all believers (a term that originated with Martin Luther). Therefore these questions have relevance for every one of us, wherever we are on life's journey.

As we grow together as a congregation, discernment practices can also guide our community life, cultivating vision, purpose, and intentionality. Additional questions we might ask of ourselves collectively include, "What are the strengths with which God has gifted this church?", "Who are our neighbors, and what are their needs and gifts?", and finally, "After listening to God's voice, how shall we respond?" Deep listening will likely reveal that the world's needs and our gifts collide with some regularity.

Like so much in life, discernment is a process that unfolds over time. It takes practice and commitment. In the dialogue that ensues, it won't always be easy to separate out our own needs and desires from God's voice. But, like a trail of breadcrumbs pointing the way home, God will guide us slowly and surely with signs we ultimately cannot miss. It becomes fun to watch and wait for them.

And so, as we embark upon this new church year, let us anticipate together the new things that await us, right around the corner. And let us do so with joy, with courage, and with good faith.

Grace and Peace to each one of you, God's beloved,  
Pastor Carol

## SCRIPTURE READINGS FOR SEPTEMBER 2010

September 5	Psalms 139:1-6, 13-18	A New Identity
September 12	1 Timothy 1:12-17	Growing in God's Love
September 19	1 Timothy 2:1-7	Prayerful Living
September 26	1 Timothy 6:6-19	Surprising Investment

## WORSHIP

**\*\*Reminder:** We will be celebrating **Rally Day** on **September 19** to welcome our members and friends back from summer vacations and to celebrate the kick-off of our church programming year--the return of the choir to worship and the children to Sunday school.

**Please remember to collect a little water or a small stone from home or a place you have visited over the summer and bring it to worship that day for use as part of a ritual of summer remembrance and autumn reconnection.**

After worship, we will continue the reunion and celebration at a **potluck church picnic** [edit] will provide Sloppy Joes. Please bring a dish to share and a beverage.

## CHRISTIAN EDUCATION

Summer is coming to a close, and fall is fast approaching! Time is here to begin planning for Sunday School, which begins on Rally Day, September 19.

This year we will be using a few of the books we didn't get to use from last year, as well as lessons from a book [edit] called Object Talks That Teach the Gospels by Zach Hapeman. They are stories based on the Gospels, but, more importantly, they are based upon the life of love—the words and actions of Jesus Christ. Each has a scripture theme, supply list, and point of the story. If possible, we will match our lessons with the lectionary

Christian Ed will also be working with Pastor Carol on confirmation. More information to follow soon.

Would you be interested in helping with Sunday school or being a mentor for a confirmand? Contact Melissa [edit] or Pastor Carol..

Sunday School will also continue to usher/greet each 1<sup>st</sup> Sunday beginning in October. The Noisy Collection will move to the last Sunday of the month and be held during Children's Time.

## A Note to the Kids From Bridget

Dear Nursery Kids,  
I have had so much fun with every one of you, and I will miss you very, very much! Always Keep Jesus in your hearts!  
Love always,  
Bridget

# CHURCH COMMUNICATIONS UPDATE

We continue to work with Charter Communications to try to improve the church voicemail system's friendliness and user friendliness. We hope to have this resolved very soon. In the meantime, if you wish to speak to Pastor Carol outside of her office hours or to leave her a private message, you may also contact her via her new local **cell phone number** [ edit]

## BOARD OF TRUSTEES

### **Synopsis of Latest Meeting**

The Board of Trustees met on August 11. At this meeting, the Board discussed the upcoming Semi-Annual Meeting and talked about the logistics of that meeting. The Board also is working in conjunction with the Pastoral Relations Committee (PRC) to help Pastor Carol further define her job description and strategize about goals for the future of our church.

### **Semi-Annual Congregational Meeting**

The Semi-Annual Congregational Meeting will take place in Fellowship Hall just **after worship** on **September 26**. Generous coffee hour fare will be served. An agenda for the meeting will be mailed to all active members two weeks prior to the meeting.

In the meantime, you may submit questions that you are interested in discussing at the meeting. A box will be available for submissions at the back of the sanctuary. Questions will be vetted by the pastor and the Board of Trustees and addressed as relates to the meeting agenda. A form follows at the back of this newsletter. The deadline for submissions is Sunday, **September 12**.

### **New Tenant**

We are pleased to welcome a new tenant into our church home. Beginning Tuesday, September 14, Cadillac native Penney McRae will offer a 5-week Success Principles Workshop. If interest is sufficient, she will continue to offer workshops in the church on an ongoing basis. The class will meet in Fellowship Hall for all but the 3<sup>rd</sup> Tuesday of the month, at which time they will move to the classroom in the balcony to make room for Audubon's monthly meeting in Fellowship Hall. Details follow below. Church members and friends are welcome.

## **SUCCESS PRINCIPLES WORKSHOP**

If you can relate to any of the following, you will benefit greatly from this five-week course!!

- |                            |                   |   |                   |
|----------------------------|-------------------|---|-------------------|
| *frustrated                | *overwhelmed      | *sad/depressed                                | *angry or jealous |
| *lack confidence           | *doubt yourself   | *afraid                                       | *worry            |
| *stuck                     | *react vs respond | *directly affected by other peoples' opinions |                   |
| *poor communication skills |                   |   |                   |

When you LEARN and APPLY the principles, your life will never be the same! KNOWING and DOING are worlds apart! It is transformation.

If you are ready for change, let it begin with this workshop! For, if NOTHING CHANGES, NOTHING CHANGES. Simple, but true!

When: Every Tuesday, starting Sept 14-Oct 12, 5:30 p.m. - 7:30 p.m.

Cost: \$97 for workshop; \$20 for book

To register, contact Penney McRae @ 231-876-0643

## MISSIONS

### **Our Mission Target for September: Feeding America**

**Penny Phelps**

Don't let the new name confuse you – the Food Bank has gone by several different labels in the past few years, but the need has not diminished, in fact it keeps growing at an alarming rate. More and more people are unable to find work and putting food on the table is harder and harder. Our local agency is getting requests from more groups trying to meet the needs of families in distress. Food – shelter – gas to get to possible job opportunities: these are the requests that all the service agencies (Salvation Army, Love, INC., etc.) are getting, and more folks are stopping by the church seeking help. Every dollar we give to the Food Bank can be stretched far beyond what we can buy at the grocery store, so please do what you can to help the needy in our own community.

### **Re-Member**

The 10/1-7 Re-Member mission trip to Pine Ridge Reservation is quickly approaching! Please join us in worship on Sunday, September 26 as we formally commission and bless our church's 5 participants: [edit]. Interestingly enough, September 26 also just so happens to be American Indian Ministry Sunday.

### **Cadillac Community Clinic**

We recently received the following thank-you note from the Free Clinic in response to our monthly mission donation.

Dear Pastor Reynolds & Congregation!

Thank you for supporting the clinic. Your dollars will help provide tests, dental visits, medications & more. Thank you because of people like you we do what we do best—care for those without insurance or with limited insurance. Thanks Cindy, Director

## UNITED NORTHERN ASSOCIATION

Our UNA **sister church** for September is First Congregational, UCC, **Onkama**. Please lift up the congregation and its pastor, **Rev. Frank Haines**, in prayer during the coming month.

## WELCOME

### **New Members/Inquirers Class**

A 3-session class for inquirers and those interested in becoming members of First Congregational Church is currently in the planning stages. It is tentatively scheduled for October on Sunday mornings before worship. If you are interested in participating, please contact Pastor Carol. If you are interested but the proposed meeting time is problematic, alternate accommodations may be possible.

COMMUNITY

# In Celebration of National Recovery Month

September 2010

Manistee United Methodist Church  
Is Pleased to Feature

## **The Psalms 40 Project** **The Road to recovery** **Music**

Created and Presented by

**Pastor Ed Gilbert**

A Musical Presentation in Pastor Ed's Unique Style

**This celebration will happen on Thursday Sept. 9<sup>th</sup> 7:00 pm in  
the facilities of the  
United Methodist Church  
387 First Street  
Manistee**

**Come Join us and celebrate recovery from life's' wounds, hurts,  
disappointment and addictions.**

**Refreshments will be served after Pastor  
Ed's Presentation.**

# ASIST

## Applied Suicide Intervention Skills Training

A two-day workshop for anyone interested in learning the skills to **competently and confidently** intervene with a person at risk of suicide.

ASIST is for anyone concerned about the threat of suicide. You need not be a mental health professional to learn and to use these skills. Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations for help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide. The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help.

### TWO TRAINING DATES & SITES – COST \$50\*

<p><b>HILLMAN</b> <b>September 9 &amp; 10</b> Thursday &amp; Friday - 8:30 a.m. to 4:30 p.m.</p> <p>Brush Creek Mill 121 N State St Hillman, MI 49746</p>	<p><b>TAWAS CITY</b> <b>September 20 &amp; 21</b> Monday &amp; Tuesday - 8:30 a.m. to 4:30 p.m.</p> <p>Tawas United Methodist Church Corner of M-55 &amp; 5<sup>th</sup> Ave Tawas City, MI 48763</p>
---	---

*\*Includes materials, lunch and refreshments. Normal cost of ASIST is \$250 - \$300  
Reduction of cost made possible by a grant from the Michigan Department of Community Health (MDCH)*

Space is limited – register today. Registration deadline is one week before the training date.

#### By the end of the workshop, you will be able to:

- Deal effectively with personal and societal attitudes about suicide
- Identify an at-risk person and make a plan to help (called a SafePlan)
- Discuss suicide with an at-risk person in a direct and helpful manner
- Demonstrate the use of intervention skills for helping an at-risk person
- Identify resources available to help a person at-risk for suicide
- Understand issues such as life promotion and care of yourself as a caregiver

**ASIST is brought to you through collaboration by**  
Northeast Michigan Community Partnership, Inc. and St. Joseph Health System  
Presenters: Pamela Lloyd-Gorski and Mary Schalk, Certified ASIST Trainers

### Workshop Schedule

**Day One:**

8:30 a.m. Registration activity  
8:45 a.m. Training begins  
4:30 p.m. End of Day One

**Day Two:**

8:30 a.m. Training begins  
4:30 p.m. Completion Certificates Awarded

*Breaks, snacks and lunch provided each day.*

### Education Credits Available

You must sign in and attend the entire training to get credit. Education certificates will be mailed after completion of training and payment of \$10 fee. Indicate on your registration form which credits you need and include payment. Social workers must bring their social work license number.

- 12.5 Social Work CEs – approved by the Michigan Social Work Continuing Education Collaborative
- 12.5 CAC Credits – pending from Michigan Credentialing Board for Addiction Professionals

Please Note: Your fee includes a certificate of completion. Only those who want social work or addictions counselor continuing education credit have to pay an additional fee.

### What makes ASIST different?

**Connecting:**

Connecting gives caregivers an opportunity to clarify and examine their own attitudes toward people exhibiting suicidal behavior. Through connecting, caregivers can overcome attitudinal barriers that may hinder their learning and their helpfulness.

**Understanding:**

Viewing a suicidal situation through the eyes of an at-risk person helps caregivers understand how to take care of that person's concerns. Caregivers practice how to apply their understanding in simulated scenarios involving suicide risk.

**Assisting:**

Caregivers learn the Suicide Intervention Model as a framework for understanding the process of suicide intervention. Caregivers apply suicide first aid in intensive practice situations.

---

### ADVANCE REGISTRATION only by mail or FAX is required one week before training date

Please complete the form below and mail with check (payable to Northeast Michigan Community Partnership) or credit card info to: Northeast Mich. Community Partnership, 3022 US-23-S Suite C, Alpena MI 49707 or FAX with credit info to 989-354-6939

Name \_\_\_\_\_ Organization \_\_\_\_\_

Position \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_

Education Credits Desired?  Social Work CE (additional \$10 fee)  CAC/CAAC (additional \$10 fee)

Please list needed dietary or physical accommodations \_\_\_\_\_

Name you prefer to use on name tag \_\_\_\_\_

Training Location  Brush Creek Mill, Hillman (September 9-10)  United Methodist Church, Tawas City (September 20-21)

Amount due \$ \_\_\_\_\_ (full fee \$50, education credits \$10 Social Work and/or \$10 for CAC credits through MCBAP)

A check is enclosed -or- Charge it:  MasterCard  VISA Card Number \_\_\_\_\_

Name as it appears on credit card \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_  
Card Exp. \_\_\_\_\_ MM/YY

Contact Ruth at 989-356-2880 or 1-800-354-2880 for questions or to address grievances.  
**Refund policy:** No refunds 1 week prior to training date but substitutions are allowed; please call.

**FIRST CONGREGATIONAL CHURCH, UCC, CADILLAC  
SEMI-ANNUAL MEETING  
SEPTEMBER 26, 2010**

**Proposed Question(s) for Discussion**

---

---

---

---

---

---

---

**Name**\_\_\_\_\_

**Date**\_\_\_\_\_

**\*\*DEADLINE FOR SUBMISSIONS IS SUNDAY, SEPTEMBER 12\*\***