



4600 Hamilton Boulevard • Sioux City, Iowa 51104 • 712.239.3385
www.1stcongregationalucc.org • office@firstcongregational.net

Reflection for the Week

On Sunday we spoke about the importance of relationship and connection. The early church was not focused on Jesus' death – the members of the early church were focused on Jesus' life. What was important was how they came to know God through sharing bread and wine and fish with Jesus. This year, during this Holy Week, we are so overwhelmed with information. What we need is each other, because it is through each other that we meet God. It is through each other that we are called to be our best selves.

Considering that, I was reminded of the poem, "Loaves and Fishes," by David Whyte. Years ago, I met David when we were both presenters at a conference on "Soul & Silicon Valley." Now, as then, I find his poetry insightful.

Loaves and Fishes

This is not
the age of information.

This is *not*
the age of information.

Forget the news,
and the radio,
and the blurred screen.

This is the time of loaves
and fishes.

People are hungry,
and one good word is bread
for a thousand.

- David Whyte
From *The House of Belonging*

What "one good word" gave you hope today?
Remember to write that down in your Gratitude Journal.

Prayer Concerns

Marly Van Berkum's sister
Bob and Leone Eidsmoe
Mike and Deb Timblin
John Dilenschneider
Tia Iddings
Greg Johnson

Larry Shaver
Katherine Trautman
Chris Schwerin
Mark Schmedinghoff
Greg Gregerson's Dad
All "Essential Workers"

Keep the Connection -- Join us on "Zoom"

Todd Siefker will be sending out an invitation link right before each event.

6:30 pm Thursday – Maundy Thursday Service

6:30 pm Friday – Good Friday Reflection and Evening Prayer

(Pastor Elaine of Mayflower will be leading a service through their Facebook page at 7:00 pm)

9:30 am Sunday – The Admiration Series

This week: Chapter 5 of *The Heart of Prayer*

10:30 am Sunday – Easter Sermon, Discussion & Prayer

And for fun: Create an "Easter Bonnet" to share on Sunday from items in your home!

ZOOM Meetings

Here is a bit of information you may find useful when signing on to church meetings and services.

1. Use your laptop or tablet. Either PCs, Macs, or iPad's will work to access a ZOOM meeting.
2. You do not need to get the ZOOM app, you will be able to access a meeting using the link in an email message that you will receive prior to the meeting.
3. The Host of the ZOOM meeting will send an email prior to when the meeting is being planned. That email could come just prior to the meeting or a day or two prior to the meeting. The email is an invite to participate in a ZOOM meeting with information on date and time of meeting. Open the email and check the details carefully.
4. In the email invite will be a "link." When clicking on that link, it will automatically take you to the meeting. About 5 minutes prior to when the meeting is to begin, click on the link and access the meeting.
5. The initial screen confirms you are at the specified meeting. Look carefully at the screen as there is a question, asking "allow video?" Make sure that question is active or click your approval to allow video. This is what is necessary for you to enter the meeting, being able to see the other meeting participants and they will also see you.
6. If the meeting has already started before you have an opportunity to access the meeting, go ahead and click the link when you are available. Individuals can come into the meeting or leave the meeting while it is in progress.

This is important because on Sundays, we will start a meeting at 9:30 that will be scheduled to last until 11:30. Todd Seifker will initiate the Admiration Series and discussion at that time. At 10:30, Todd will relinquish the meeting to the Worship Service led by Pastor Anne. For those who wish to stay involved through the worship service, you will just stay in the meeting. Others who wish to join

at the beginning of worship time may access at the 10:30 time frame and become a part of the meeting.

EASTER LILIES

The worship committee has ordered Easter Lilies for the Easter Season. We are offering these lilies to those who would like to have them in their home. The cost is \$20.00 each and we will see they are delivered to you. You can either send a check to the church office or pay with the Tithe.ly app that is linked to STTP.

Remember to Support FCUCC Financially During this Time!



During this time, our bills continue to come in. You can help us by mailing in your check or setting up an automatic payment from your bank. **You can also contribute through a simple app called Tithe.ly.**

Tithe.ly is our online, app and web-based giving system. Tithe.ly is convenient because it:

- Accepts debit, credit or bank account info
- Can be set up for a one-time payment, or automatic regular payments
- Can be changed at any time (there are no contracts or commitments)

Go to <http://get.tithe.ly> to sign up online, or download the app on any iPhone/Apple or Android device.

COVID-19 (Coronavirus) Update as of April 5, 2020

1. This virus is very contagious, and even people without symptoms (asymptomatic persons) may have it and spread it. Just because you feel healthy, doesn't mean you aren't carrying COVID-19. It is affecting people of ALL ages. So, we need to protect each other.
2. This is a very small virus that can be spread on our breath (not just by coughs) and it can stay in the air where we have been for up to 3 hours.
3. It seems to stay alive for 24 hours on cardboard, and 3 days on plastic and metal surfaces.
4. **If we do keep social distance it is hoped that only 100,000-240,000 Americans will die;** if we don't care for each other this way, up to 2.2 million Americans may die.
5. **Have a family plan** in case someone contracts COVID-19 (see the CDC website)
6. Have a list of emergency contacts – this should be on your refrigerator, along with a DNR (Do Not Resuscitate) Order, if you have one; that is where EMTs will look for it.
7. Make sure your will is up-to-date. If you become ill, you may not have time to make a will or change the one you have.
8. Insurance companies are covering the copays and coinsurance for anyone who needs medical care or mental health care until at least mid-June. Most non-emergency health care is being done by telehealth.
9. To stay healthy, PLEASE practice basic hygiene:
 - **Stay 6' from others. This is extremely important.**
 - Wash your hands for 20-seconds and wash often. That's a long time and it's as long as singing "Happy Birthday" 2 times through, or "Baby Shark" up through the Daddy Shark verse. Be sure to wash between your fingers, around your thumbs, and over the back of your hands. **According to the CDC, regular soap and water are preferred;** you do not need to use anti-bacterial soap – anti-bacterial soap is a second choice if soap is not available.
 - Sneeze or cough into your elbow or tissue (then throw the tissue away).

- Do not touch your face (eyes, nose, mouth).
- Clean and disinfect surfaces and frequently-touched objects – for example, remember to wipe your counters with soap and water.
- Clean your cell phone with a disinfectant wipe every day.
- Sanitize your doorknobs, faucet handles, and light switches at home every day.
- Have a supply of easy-to-cook foods and cleaning supplies.
- Keep a 30-day supply of any prescribed medications. Your pharmacy has instructions now on how to set this up.
- If you have to go out, wear a face-covering/mask to protect others from you.

Church Directory Update

Our leadership team would like to make sure we have the correct contact information about everyone so that you receive church communications, especially during this time of the pastoral search. And we would like to have an emergency contact as well (in the unlikely event that something happens to you while you are at church).

We would also appreciate knowing your favorite Scripture and hymns so we can be sure to use them in Sunday Worship

The form for the directory is attached to this week's email and on the church website at www.1stcongregationalucc.org. Please fill out the form and email it to Maddie, the church secretary, at office@firstcongregational.net.

New Moving-On Box Needs

Bath Towels/Hand Towels
Children's plastic drinking glasses
Potheolders
Toilet Bowl cleaner/brushes
Can Openers

Church Office Hours

Mon-Fri 1pm-5pm

Church Contact Information

712-239-3385

office@firstcongregational.net

www.1stcongregationalucc.org

Church Staff:

Rev. Dr. Anne Dilenschneider, Interim Pastor

605-906-5404 (cell)

leadwithsoul@mac.com

Maddie Schwerin, Church Administrator

office@firstcongregational.net

Todd Siefker, Intergenerational Coordinator

tsiefker@gmail.com

Rick Darrow, Organist

darrowpipe@aol.com

Nate Hettinger, Choir Director

hettingern@morningside.edu

The "Straight to the Point" Deadline is Monday at Noon!