

FCCH Congregational Chronicle August 2024



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Note from Mark

Dear Friends,

I'm always looking for motivation to help me live with greater intentionality. A friend recently gave me this poem; I really like it, and I hope you will also.

“Why Not You? (by Steve Maraboli)

Today, many will awaken with a fresh sense of inspiration.

Why not you?

Today, many will open their eyes to the beauty that surrounds them.

Why not you?

Today, many will break through the barriers of the past by looking at the blessings of the present.

Why not you?

Today, for many the burden of self doubt and insecurity will be lifted by the security and confidence of empowerment.

Why not you?

Today, many will rise above their believed limitations and make contact with their powerful innate strength.

Why not you?

Today, many will choose to free themselves from the personal imprisonment of their bad habits.

Why not you?

Today, many will find abundance in simplicity.

Why not you?

Today, many will decide to no longer sit back with a victim mentality, but to take charge of their lives and make positive changes.

Why not you??

Today, many will take the action necessary to make a difference.

Why not you?

Today, many will make the commitment to be a better mother, father, son, daughter, student, teacher, worker, boss, brother, sister, and so much more.

Why not you?

Today is a new day!

Many will seize this day.

Why not you?

I hope that you have a great month!

With Love,

Mark

Pilgrimage Hike Oklawaha 07.14.24



Picture courtesy of Mark Acker
mark@fcchendersonville.org

Mother Earth caregivers, family agency partner on 'Growing Young Sprouts'



left to right:
Isabel Ward
Sam Zaldana
Amy Dohan
Elle Travis
Julie Spalla

-Picture by Paula
Roberts
-Supplied by
Sheila Clendenning

Veteran's Healing Farm



Cultivating Life Through Community

Mission: To enhance the mental, emotional, and physical well-being of our nation's Veterans and their families.

DIRECT SERVICES

The Farm provides direct services to our Veteran community through a variety of sources. Planting, growing, harvesting, beekeeping, tomatoes, and medicinal plants provides an opportunity for agritherapy, known to improve physical and mental wellness. Our workshops are either therapies or therapeutic. These include equine therapy, canine therapy, biofeedback therapy, music therapy, art therapy, and others. We offer a variety of therapeutic workshops including vegetable canning, floral arranging, art, jam making, mushroom growing, medicinal herbs, clay, and others provide valuable support in an engaging social environment.

The Veterans Healing Farm stands at the forefront of non-pharmaceutical, innovative, therapeutic interventions for veterans grappling with the complex and profound challenges of post-service life. We have witnessed remarkable outcomes: reduced rates of PTSD symptomatology, decreased reliance on pharmaceutical interventions, and a significant uptick in veterans' overall quality of life. Our approach engages veterans in meaningful, structured activities that enhance their mental, emotional and physical well-being. Today we find ourselves at a critical crossroad. We must quickly raise funds to move and rebuild in a very short period or the Veterans Healing Farm will cease to exist. We need angels. We need you! We ask that you please make a thoughtful gift to the Veterans Healing Farm. Thank you for your generosity and support. May God bless you, our Veterans, and our Country.

Alan J. Yeck
Executive Director

Flyer courtesy of Liz Hill
lizhillwriter@gmail.com



Our Pilgrimage Journey continues with Reverend Brian Combs

The Summer Pilgrimage Program continues at First Congregational Church with Reverend Brian Combs as guest speaker for Forum and for the service on July 14th, during which he spoke on "The Prodigal Son"

Reverend Combs helped found the Haywood Street Mission in Asheville's homeless corridor which focuses on the most displaced among us...those struggling with homelessness, mental illness, and substance abuse.



Fresco in Brian's church



July 14th:
Reverend
Combs
speaks at
Forum



Reverend Brian Combs



FCC Pilgrimage Summer

While Karla is on her sabbatical of Pilgrimage, First Congregational has been having its own Pilgrimage journey. Check out the Summer Pilgrimage bulletin board in the hallway just before entering the Fellowship Hall. Over 80 people have participated in at least one of the events! There are still more to come, so watch for announcements in your emails and the Chronicle, as well as your weekly Sunday bulletin.

Article and pictures courtesy of Dawn Kucera
dawnkucera@mac.com

Sweet Sunday School Scenes



Aurelia and Aryella explore the creek in Laurel Park.



Aurelia admires a pollinator on a flower.



Aryella, Aurelia, and Roddie discover a leech in Wash Creek

Pictures courtesy of Ginger Zemp
zempvirginia@gmail.com



Roddy finishes up a new bulletin board on pollinators.

Circle of Friends July 23rd, 2024



We had our monthly meeting today at the Mills River Restaurant.

I adore this pic! We welcomed Jim Jolly back to our "family" and were thrilled to see him.

As a group, we decided to make a donation of backpacks to our Service and Giving Team's "back pack drive". We will be purchasing 24 backpacks and will be presenting them to a member of the Service & Giving Team on behalf of "Our Family Circle".

Pictures & article courtesy of Bruce Mills
bmills514@yahoo.com

"Summer sunrise at the Dairi-O"



Picture courtesy of Julie Spalla
julie.spalla@gmail.com

All of the fawns have not survived from our backyard this year except this little guy we call "Radar." Each day, mama comes and hides him in a hole on our slope that is full of vines, roots etc outside of David's office. He sometimes has to be there for 10-12 hours before she comes back to get him. David has watched him hide there through some fairly treacherous rain storms. Radar pops up his head when he hears my voice when I come home. It is so sweet. Most of the time you can just see his ears sticking out as they listen for sounds. He was incredibly tiny and underweight for a few weeks as Isabella is a first time mom. Every time he would try to nurse, she would kick him. Finally, we think her milk came in a little better and he seems to be getting some nourishment, but she is quite underweight herself.

De-Escalation Training July 9th, 2024



Presenter Emma Nguyen
Photo courtesy of Steve Matthews, steve.e.matthews@gmail.com

De-escalation training was held on July 9th at 6 pm in our Fellowship Hall.

De-escalation training has the goal of teaching how to reduce violent or disruptive behavior through communication and negotiation, thereby reducing the risk of confrontations turning violent.

In excess of 40 people attended this training, so we were well represented in knowing how to handle this scenario should it occur.

Training co-sponsored by Progressive Alliance www.pahc.us and Hendersonville Pride www.hendersonvillepride.org



Attendees at the training
Photo courtesy of Sheila Clendenning, bsheila.nc@gmail.com

First Congregational Takes A Walk - Pearson Falls, Saluda



Group Walk: Pearson's Falls

2748 Pearson Falls Road, Saluda NC 28773

Sunday, August 11, 2024 at 3:00

The 35-minute drive is PART OF THE PILGRIMAGE EXPERIENCE. We will travel down the winding, tree-lined Saluda grade to a 300-acre botanical preserve which offers an abundance of plant life, rich history and a 90-foot waterfall. There is ample parking, bathroom facilities, a covered pavilion and numerous picnic tables and benches. A lovely place to "get away from the world." We encourage you to visit Pearson's website to learn more about the preserve. (pearsonsfalls.org).

Please note 3:00 not 4:00!

Meeting Place: If you want to carpool, meet at the church at **2:00** or you can meet the group at the Pearson Falls parking lot at **3:00**.

Inclement Weather: If you provided contact information, you will be notified of delays or cancellations by a group text/email. You may also call or text John at 828-674-3997 or Jan at 828-606-4384.

Dogs: Not Allowed (Only leashed service animals).

Recommendations: Water Bottle, Sunscreen, Bug Spray, Walking Stick

Article courtesy of Jan & John Caldemeyer
drjohncaldemeyer@yahoo.com

Upcoming August events of note at a glance

August 4th

9:00 am Forum - Dr. Carter Heyward discusses the movie "The Philadelphia Eleven"

10:30 am - Dr. Carter Heyward, sermon

August 11th

9:00 am Forum - Dr. Carter Heyward discusses how to take care of ourselves and others in times of stress and worry.

10:30 am - Dr. Carter Heyward, sermon

August 18th

9:00 am Forum - Bill Shaffer discusses "Behind the Scenes at the Board of Elections"

10:30 am - Mark Acker, sermon

August 25th

9:00 am Forum - Service & Giving hosts a local non-profit speaker

10:30 am - Rev. Dr. Joan Saniuk, sermon

Friendship Supper

Thursday, Aug 20th
Doors open at 5 pm
Dinner at 5:30 pm

Bring a main dish, vegetable, salad, or dessert to share.

Friendship Suppers are a great way to meet new people and to enjoy the company of other FCCH friends.



Upcoming August events of note at a glance



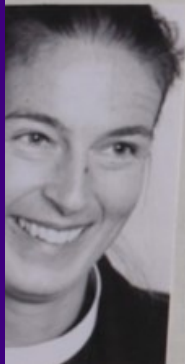
Let's help our friends at **Upward Elementary School** have a **SUPER** school year!

The FCC Service/Giving team invites you to donate **Kid-sized backpacks (for ages 6-10)**

July 21 through August 11

in time for us to deliver before the August 14 school opening day.
(Checks made payable to "FCC-Upward Backpacks" also welcome.
OR - consider teaming up with friends to make an online bulk backpack purchase.)

Stay tuned for a Sept/Oct notice about other ways we can support Upward Elementary pupils!



Movie Screening of "The Philadelphia Eleven" Friday, August 2nd, at 10:00 a.m.

In 1974, in an act of civil disobedience, eleven women, including Carter Heyward, challenged the patriarchy of the Church and were ordained as priests.

Don't miss this powerful movie!

Upcoming August events of note at a glance

INFORMATIONAL MEETING

If you would like more information about FCCH, or what it means to join, please attend an informational meeting after church on August 11th in the parlor (adjacent to the sanctuary).



Church Membership

Ready to Join First Congregational Church?

Our next New Member Sunday is August 18th. If you're ready to join, please email Jo at office@fcchendersonville.org.

2024 NATIONAL GATHERING OF THE OPEN AND AFFIRMING COALITION OF THE UNITED CHURCH OF CHRIST

Dates: September 18-22, 2024
Location: Cincinnati, Ohio
Register: www.OpenandAffirming.org

This event includes dynamic speakers, workshops, worship, reflection, and social activities. Learn about and celebrate the open and affirming movement in the United Church of Christ.

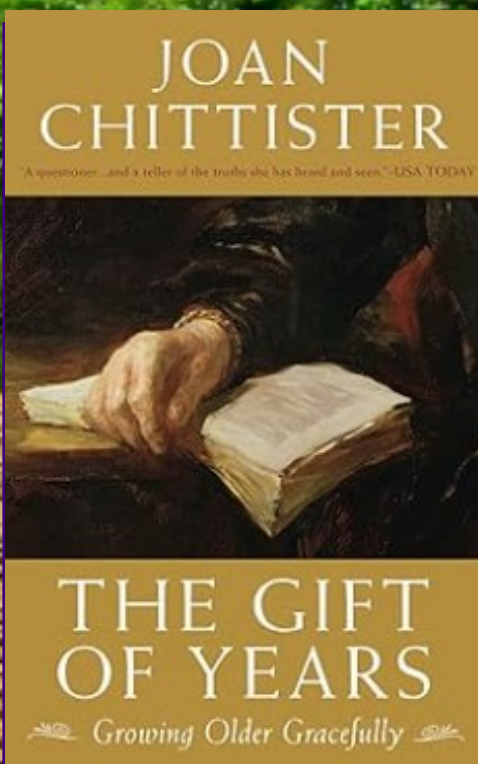
Upcoming August events of note at a glance



FCCH Choir Begins a new year

if you've been thinking about joining our choir, now is a great time! We're beginning a new year and will soon be preparing our Christmas music. If you have a little music reading ability, are able to match pitch, and are ready to commit to our weekly rehearsals (Wednesdays at 3:30 pm), then you will find a wonderful family eager to welcome you.

For more information, contact Mark at mark@fcchendersonville.org



The Pilgrimage of Aging Book Group Book: "The Gift of Years" by Joan Chittister

Mondays, 10:00 a.m. - 11:00 a.m.
&
11:15 a.m. - 12:15 a.m.
August 5th, 12th, & 19th

Wednesdays, 5:00 p.m. - 6:00 p.m.
August 7th, 14th, & 21st

To reserve a spot, contact Jo at
office@fcchendersonville.org

Upcoming August events of note at a glance

COME JOIN US! COMMUNITY PARTNERS DAY

August 23, 9:00 a.m. - 11:00 a.m.

First Congregational Church Parking Lot

Come meet and greet community partners who serve Henderson County with a broad array of services. Come learn about the organizations and perhaps find a cause to volunteer your time and talents

We will also have onsite:



Shred-it :

Secure Destruction of unwanted documents



Laurel Park Police Department
Unused Medication Disposal



Valley Hill Fire Department
Fire Safety Information

LAUREL PARK, NC



PISGAH
LEGAL SERVICES



Sponsored by Civic FCU and LGFCU



Hosted by the Town of Laurel Park

Upcoming August events of note at a glance

DRAMA CAMP

with Special Guest
Sarah Wingo!



For all ages 1st grade and up, adults encouraged. Attending all day is preferred but you are welcome to attend any days. Sarah Wingo, professional dancer and daughter of our music director, Burton Bumgarner, will be joining us from New York City. Don't worry – you won't have to dance. Sarah will facilitate theater games and improv. Snacks provided. To attend, call the office.

GRACE LUTHERAN CHURCH
1245 6TH AVENUE WEST
HENDERSONVILLE, NC 28739
828-693-4890

Practice: Aug. 5-9, 9 am-Noon
Performance: Aug. 9, Noon-1 pm

**NARCANS/NALOXONE
FREE WORKSHOP
SUN AUGUST 25TH 2PM
@ THE BUZZ
225 S GROVE ST**

THIS TRAINING WILL TEACH WORKSHOP PARTICIPANTS HOW TO RECOGNIZE AND RESPOND EFFECTIVELY TO A DRUG OVERDOSE. EACH PARTICIPANT WILL LEAVE WITH NARCANS AND THE SKILLS TO USE IT IF NEEDED.

RSVP

OR VISIT:
Bit.ly/HendoNarcans

WALK FOR HUNGER

This year's Hunger Walk will be held on Saturday, September 28 and begin at 8:00 AM at the Lennox Station (441

Whitted St) with a prayer followed by either a 5K or a shorter fun walk over to Fifth Ave. to downtown Hendersonville and back. T-shirts will be available to the first 300 participants.

FCC was happy to provide representatives from Fishes and Loves, Community Food Pantry and the Henderson County Hunger Coalition at our forum June 23. Those in attendance were able to learn how hunger is being addressed in Henderson County and get many of their questions answered.

Historically, FCC has provided 15 to 20% of the funds raised by the Henderson County Hunger Coalition. This year it would be great if we could include our newer members in this annual effort and be sure that all our friends and enemies have an opportunity to participate.

Thank you for your wonderful support.

Ken Whitney and the FCC S&G Mission

New Ramp in the Choir/Meeting Room

Thank you to Bruce Jayne for building a new ramp in the choir/meeting room. The ramp makes the entrance accessible and safe.

Thank you Bruce!

Picture & write up courtesy of Mark Acker
mark@fcchendersonville.org

Give a Backpack

In the words of Sheila Clendenning...“Wowie! Zowie!”

Giving a backpack to children at Upward Elementary seems to come second nature to our loving congregation!

If you still want to contribute, deadline is August 11th. If you already have, you have made some child's day.



Pictures courtesy of Sheila Clendenning
bsheila.nc@gmail.com

Service & Giving Volunteer of the Month - Dawn Kucera



After spending 38 years in Hawaii and 6 years in England, Dawn set her sights on the mainland. Dawn wanted to be geographically closer to assist her mother in Florida. Dawn set her criteria for a new home base. It must have four seasons, be temperate and green. Lucky for us, Dawn's old classmate sent her a photo of the mountains outside of Hendersonville. In Dawn's own words, she first noticed FCC in a newspaper ad, showing support for some causes she agreed with.

Dawn started to attend church and experienced FCC's commitment to compassionate caring and community. Dawn joined First Congregational in 2012. Dawn has held various positions and is a current active volunteer at FCC.

Here is a summary of a few of her volunteer assignments. Starting with the Ministry of Worship, Clerk of the Church Council, Reopening Task Force (dealing with COVID shutdown and post Covid plans), Transition Leadership Team during the period between settled pastors, Organ Renovation Team, choir member, copy writer and photographer.

These important leadership skill sets were developed over a 30-year career as an Air Force civilian employee, including writing, organizing, and project management.

Dawn has volunteered on many communication outlets for FCC, including past editor of the Chronicle, current website and Facebook.

Did you know that Dawn had a regular column for years at the Times News? Yes, this holy roving reporter did some of my own investigative work. I encourage you to google (Dawn Kucera – Times News) there are some captivating columns presented by Dawn to our community at large.

Back to the story. Inspiration came early from Dawn's parents who set the stage as examples of good volunteers. Dawn states, "They never talked about volunteering; they just did it. I'd encourage everyone to volunteer in some way; it's the best way to meet people and feel connected."

Article courtesy of Julie Spalla
julie.spalla@gmail.com

John Pavlovitz in Forum July 28th, 2024



Article courtesy of Lin Stogner
alfandellie@gmail.com

Our Wonderful Groups

Facilitator	Group	Day	Contact
Barbara Rathbun	Bible Study: 1 Verse at a Time	2nd & 4th Thursdays, 4:00	bm Rathbun@bellsouth.net
Karla Miller	Carolina Village	1st Mon, 1:30 pm	karla@fcchendersonville.org
Mark Acker	Choir Rehearsal	Every Wed 3:15 pm	Mark@fcchendersonville.org
Bob McLendon	Church Council	2nd Tues 3:30	captainbob.bm@gmail.com
Krista Kaufman	Circle of Friends - ongoing small groups	Each circle schedules	kristakaufman41@gmail.com
Fe Avis	Elder Resources / PEAK (Parents of Estranged Adult Kids)	Saturday, beginning April 20th, 8:30 am - 9:45 a.m	fe@asecondday.com
Mark Fagerlin	Ministry of Finance	2nd Tues of each month b4 Council 11:00	mfagerlin@gmail.com
Karla Miller	Sunday Forum	Sunday, 9:00 am	karla@fcchendersonville.org
Joyce Tierney & John Fuller	Meditation Group	Every Tuesday, 4:00 pm	joycie47@gmail.com fullerjohn@me.com
Stephanie Lowder	Service & Giving	2nd Thurs, 10 am	slowder@rarebirdcreative.com
Mindy Myers	Ministry of Physical Resources	3rd Wed, 10:00 am	mindy7myers@gmail.com
Linda Laderach	Ministry of Worship (acolytes, ushers, etc.)	Contact to volunteer	lladerac@mtholyoke.edu
Barbara Rathbun	Prayer Shawls	1st Tues, 10:00 am	bm Rathbun@bellsouth.net
Patti Clay	Racial Justice Task Force	3rd Tues, 12:00 am	pclay51@gmail.com
Sukey Pratt	Stitchaway	Fridays at 10:00 am	sukeys@yahoo.com
Patti Clay	Virtual Circle of Friends	Last Tues of the Month, 2:00 pm	pclay51@gmail.com

Please note: some groups may be on summer hiatus. Please check with the facilitator listed.

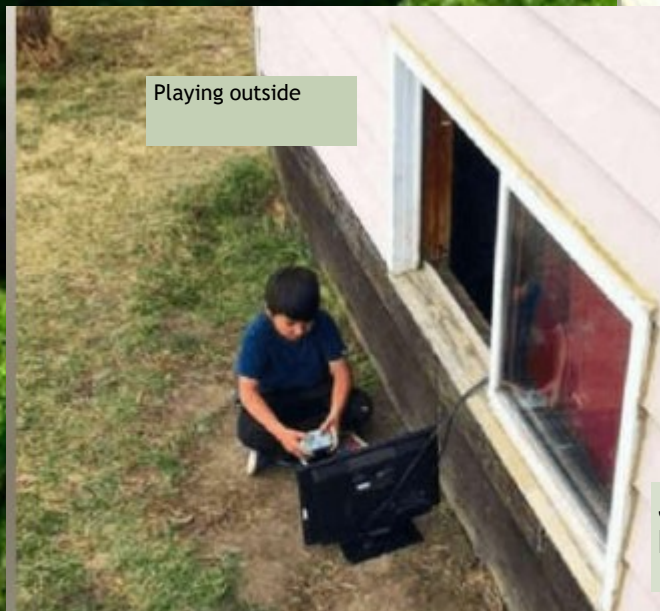
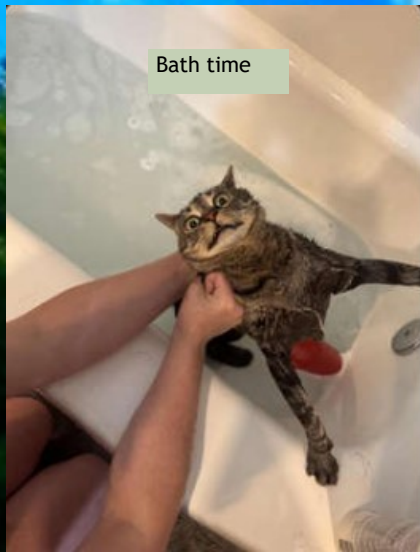
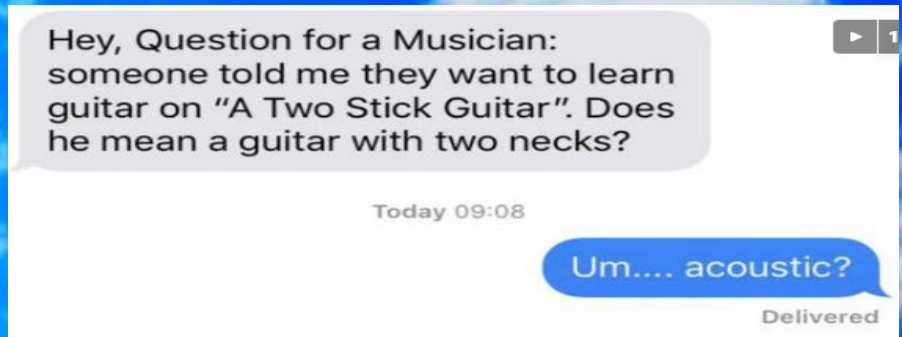
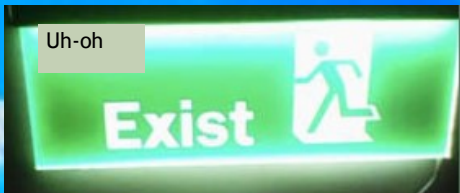
July Attendance

July	Total	Sermon
7	139	Combs
14	128	Mark
21	106	Saniuk
28	173	Pavlovitz

August Birthdays

Cathern Lynch	Aug 1st	Kevin Tierney	Aug 16th
Michelle Malito	Aug 3rd	Pete Heuberger	Aug 18th
Joanne Helppie	Aug 4th	Heddy Miller	Aug 18th
Peter Johnson	Aug 4th	Amy Smith	Aug 18th
Nancy Kaczor	Aug 5th	Ruth Howe	Aug 20th
Dianne Harrison	Aug 9th	Sharon Stepp	Aug 23rd
Joe Streer	Aug 11th	Milton Stewart	Aug 27th
Lester Vier	Aug 12th	Fern Carter	Aug 27th
Sheri Wilson	Aug 13th	Carol Woeppel	Aug 29th
Joyce Tierney	Aug 14th	Wyatt Henderly	Aug 31st

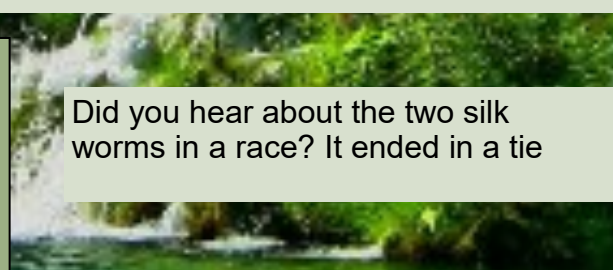
To make you smile / Quote / Staff Resources



The difference between a stumbling block and a
stepping stone is how high you raise your foot.

Benny Lewis

Just burned 2,000 calories. That's the last time I
leave brownies in the oven while I nap.



Did you hear about the two silk
worms in a race? It ended in a tie

First Congregational Church
1735 Fifth Avenue West
Hendersonville, NC 28739
Phone: (828)692-8630
Email: office@fchhendersonville.org

Staff:

- ◆ Pastor: Reverend Karla Miller
(karla@fchhendersonville.org)
- ◆ Minister of Music / Pastoral Associate: Mark Acker
(mark@fchhendersonville.org)
- ◆ Administrator: Jo Freeman
(office@fchhendersonville.org)
- ◆ Custodian: Dora Littleton