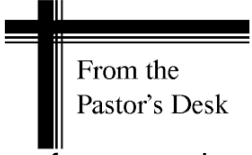


# The Crier

October 2021

St. Philip's United Church of Christ



From the  
Pastor's Desk

## Compassion Resilience during CoVid

A recent presentation, found by searching for timely coping advice, identified what a lot of us are going through during the pandemic and listed strategies for staying strong and responsible in this difficult time.

[https://www.youtube.com/watch?v=8DPA\\_MLZr3g](https://www.youtube.com/watch?v=8DPA_MLZr3g)

Sue Dicks and Emily Jonesburg, certified counselors at Rogers Behavioral Health in Madison, Wisconsin name 3 stages many have experienced: 1: overstretching, 2: irritability and 3: withdrawal. These stages seem to happen to people if we don't address the Compassion Fatigue of responding to the pandemic with some helpful ideas. The problem is, when we humans try to go it alone - we often don't cope as well as we could.

An important first step is to recognize that this withdrawal is a normal human reaction - to having these feelings and thoughts. Then, an excellent strategy is to exercise Self-compassion.

The counselors recommend that we notice what we are feeling and ask ourselves: Am I being self judgmental? Or am I being kind to myself? It can be helpful to acknowledge feeling overstretched and self judgemental as normal reactions but that we can also let go and be kind toward ourselves at the same time.

When Jesus walked the earth and became overwhelmed by the enormity of human difficulty - he sought quiet, solitude and prayer (Mark 6:31-32). Sometimes that was interrupted by more human need. In those times Jesus met the need (Mark 6:37) and then renewed his search for inner peace. (Mark 6:46).

Counselors Dicks and Jonesburg advise that each of us ask ourselves:

**“Do I let overwhelming feelings take me down - or do I see them as a wake up call to move to a better response?”**

The response they recommend is the practice of self compassion. Acknowledging that we feel overstretched and that such feelings are understandable and appropriate - can help us turn the kindness we often reserve for others - back onto ourselves. This may seem selfish - but is the opposite, allowing us to engage in spiritual renewal first - thus gaining the emotional strength to return to helping others.

Research shows that when helpers practice self care, we give better care to others. It worked for Jesus and the disciples, it could help us too.

Pastor Mike Krewson



# St. Philip's Mission Statement

*St. Philip's United Church of Christ is a loving  
Christian community believing in  
Jesus Christ and empowered by the Holy Spirit*



## St. Philip's Vision Statement

**Our  
Vision  
Statement**

We are called to the body of Jesus Christ, with:  
Minds to study God's word,  
Mouths to proclaim the Gospel,  
Eyes to see the needs of others,  
Arms to welcome all,  
Hearts big enough to share God's love with all God's children.

## **October Birthdays**



Happy Birthday to our members who will be celebrating a birthday in October.

The following words will be heard on the 1st Sunday of each month...

*"Happy Birthday to You!,  
Happy Birthday to You!,  
Happy Birthday Everybody!,  
and God Bless you!"*

Chuck Knoll	6	Sharon Jackman	20
Gwendolyn Brooks	9	Linda Boucher	22
Linda Kammerer	9	Bruce Eason	25
Richelle Fischer	9	Jamie Kotthoff	26
Harry Jennings	12	Patrick Moran	29
Claire Vogt	12	Pam Kelly	29
Samuel Vogt	12		
Doug Stevenson	17		
Betty Moore	17		
Andrea Tukin	19		

Contact the Pastor



Feel free to call Pastor Mike anytime:

Cell (618) 789-2203

Office (314) 843-5100

or email

[pastormike@stphilipsucc.com](mailto:pastormike@stphilipsucc.com)



Judy Hickman

Russ Hickman

Deb Hudson

Harry Jennings

Pam Kelly

Brian Malin

Marilyn Milne

Jered Nagle

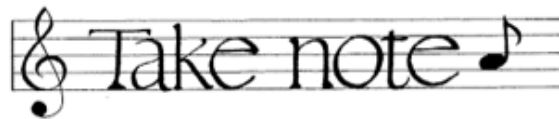
Janet Remmers

Wendy Remmers

Paul Shrout

Dottie Vinyard

Paula Williams



## Choir Rehearsals

### We will notify you when Rehearsals resume

The Choir rehearses the Anthem and Hymns for the upcoming Sunday worship service, however, are not meeting in person at this time. New members are always welcome. There is no audition - anyone with a love for music and a desire to sing is invited to join. Rehearsal lasts usually about an hour and we always have fun! Contact Mike Orzel, our Music Director, for more information.

## LITURGISTS (in-person worship)

The Liturgist reads the scriptures during worship. We will provide the reader with the scriptures via email or USPS mail several days prior to the service allowing you time to become comfortable in reading to the congregation.



If you are interested in serving as a liturgist, see the RED signup sheet on the bulletin board, or let Tammy, the Office, or Pastor know and indicate the method of receiving the readings.

Thank you for your consideration,

Tammy Knoll



## FALL CONGREGATIONAL MEETING

The 2021 fall congregational meeting is scheduled for October 24<sup>th</sup> immediately after church. As you know, the purpose of this meeting is to act upon the recommendations of the Finance Ministry relating to the general fund budget for the coming year. These recommendations, along with the agenda, will be available on the credenza at church two weeks prior to the meeting. If you are unable to come to church, you may call or email Carol in the church office and arrange to receive a copy.

You are encouraged to attend the meeting in person but, if you prefer, you may attend on-line. Either way you will hear the presentations of Carl Philips and Mike Shelton. Those viewing on-line will need to use the comment section on your screen to ask questions and/or to vote.

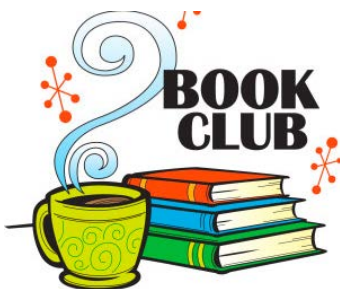
As always, you are encouraged to listen, ask questions, state your opinions, respect the opinions of others, vote your conscience and then support whatever the majority of those attending approve. Be a part of the decision-making process as we perform this important work of the church.

## OUTREACH MINISTRY NEWS

October 3 is Neighbors in Need Sunday. Contributions fund many worthwhile projects that benefit immigrants, native Americans and people who are homeless. You can include contributions in your October 3 envelope and write Neighbors in Need on the subject line of your check or send a check to Kathy Shelton. Fall is also the season for Festival of Sharing, and ecumenical program that provides a variety of items to those in need in Missouri.

In the past we have collected food items, dental hygiene items and paper products. Because of covid, this year we are asking for monetary donations during the month of October, and specify that funds be used "Where needed most".

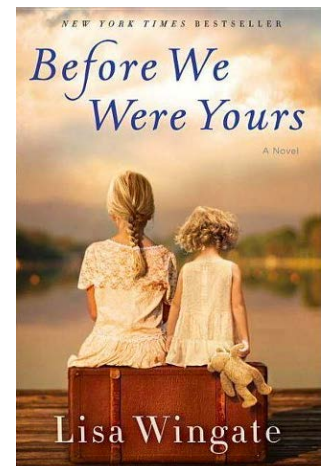
Contributions can be made by including a separate check in your offering envelope or mailing a check to Kathy Shelton. Please write Sharefest on the subject line.



**Sunday**  
**October 17**  
**10:15am**

We will meet on October 17 after Church to discuss Before We Were Yours. Scheduled next is The Alice Network, by Kate Quin, a thriller about women spies during World War II. This is one of the best books I have read in the recent past.

Even if you haven't read with us before, consider joining us to read this book! We share a potluck lunch and generally have a really good time. Copies will be available on October 17.



## HABITAT FOR HUMANITY

In 2020, all in-person volunteering was paused due to the pandemic. Fortunately, that in-person volunteering on building sites was able to resume recently with new safety protocols in place (smaller groups of volunteers, masks required, etc.). The first work day was recently held at 3429 Park Ave., 63104, when eight volunteers from St. Paul's, Parkway, Kirkwood, and Samuel UCC churches worked all day to put up the walls. St. Philip's has a strong history of supporting Habitat financially -- our support makes a difference and strengthens our community!



## WORLD WIDE COMMUNION SUNDAY

World Wide Communion Sunday is October 3, 2021. We will not be able to prepare a variety of ethnic breads and share them on this Sunday, but we are encouraging everyone who attends church in person, to bring a special bread (bagel – Poland, croissant – France, banana bread – South Africa, etc.) for you to personally enjoy during communion. This will be a nice break from the communion wafers currently being used.

If you choose not to bring a bread from home, or you forget to bring a bread, no worries. The little wine/wafer cups will still be available for you to use. Pick one up for the wine if you are bringing a bread.

Folks worshipping at home virtually – we encourage you to also choose an ethnic bread of your choice for communion on this Sunday.



**Sunday, October 10, 2021**

Bring your pets to worship with you on Sunday, October 10. Our regular 9:30am Worship will be held outside that day and will include a blessing for each pet in attendance.

Please have your dog(s) on a leash. You may invite neighbors or friends who might also wish to bring their pets.

## MEMORIAL SUNDAY NOVEMBER 21, 2021

- Memorial Sunday, November 21, 2021, is a day for us to remember all of our loved ones, family and friends, who have passed on during the year. Names and prayers will be lifted up and candles will be lit for each loved one who has died the past year.
- Please give the name of your loved ones to Carol, our church secretary, so that they may be honored and remembered on Memorial Sunday. Call church and leave a message or email her at [admin@stphilipsucc.com](mailto:admin@stphilipsucc.com).

## TRUNK OR TREAT

SATURDAY, OCTOBER 23 6:00-7:30pm

Please consider hosting a 'Trunk'. For more information on this event, contact Jacqueline Fechter in the ECC. Thank you.



**ST. PHILIPS ECC PRESENTS**



**TRUNK  
or  
TREAT**

**OCTOBER 23RD**  
**6:00 - 7:30 PM**

EMAIL MISS JACQUELINE W/ ANY QUESTIONS  
AT [JFECHTER@STPHILIPSUCC.COM](mailto:JFECHTER@STPHILIPSUCC.COM)

If you are a parent decorating your car, please arrive  
by 5:30 pm. Bubble Bus starts at 6:30 pm.

10708 LAVINIA DRIVE, ST LOUIS MO, 63123

Made with PosterMyWall.com

Dear St. Philips UCC family,  
Thank you so much for your generous donations!!!! Your donations will continue to support the vital work that St. Louis Alliance for period supplies provides for the women that need assistance in our area. They are trying to raise awareness for the thousands of women living in poverty in and around our area.

Support in the development and expansion of a regional period supply initiative to provide a reliable supply of products and develop a distribution network through advocacy partners to make.

Best wishes,  
Chloe Armistead



# LUNCH BUNCH WEDNESDAY OCTOBER 13

Some things' brewing and it will be ghoulishly fun,  
A wicked good time for everyone!

Fly on over for the Lunch Bunch Halloween Bash,  
Watch your broom steering so you won't crash.

Park your broomstick on St. Philip's lot  
Be there **Wednesday, October 13th at noon** to get a good spot.

Bring a dish, sign up at church, or call someone listed below,  
A hauntingly awesome time of food, drink, and a game for all who go.

COVID rules will apply,  
Or back home you must fly.

RVSP by October 10th to "boo"tiful Leona G  
Or bewitching Mary D.

(See the orange signup sheet on the bulletin board)

## CONFERENCE CALL

### BIBLE STUDY - MONDAYS in October 10:00am

Each week on Monday at 10:00am you are invited to Bible Study and conversation. You may join online (Zoom) or by phone. Call any of the numbers below ahead of time for help in joining.

We will study scriptures for the next Sunday, and check in with each other. You don't have to read ahead.

Pastor Mike Krewson  
618-789-2203  
or 314-843-5100

Pam Henson  
314-520-3663

Please consider joining us to keep in touch with other members.



## August 2021 General Fund Summary

### Receipts

Weekly Offering	11,201.83	
Grocery Cards	64.19	
Early Childhood Center	9,500.00	
Rental Income	<u>25.00</u>	
Total		20,791.02

### Expenses

Financial Ministry	2,381.63	
Church Property Ministry	6,496.21	
Personnel	<u>11,602.04</u>	
Total		<u>20,479.88</u>

August Surplus	311.14
Previous Balance	<u>5,099.64</u>
August 31 Balance	5,410.78
	=====

## August Building Fund Summary

Beginning Balance	4,764.21
Building Fund Offering	827.75
Capital Improvement Fund	<u>(417.00)</u>
August Ending Balance	5,174.96
	=====

## August Improvements Offering Summary

Beginning Balance	2,032.00
August Offering	<u>376.00</u>
August Ending Balance	2,408.00
	=====

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OCTOBER 2021</b>						
<b>3 Worldwide Communion</b> 9:30 Sunday Worship In-person & Facebook <b>Neighbors in Need Special Offering</b> 9:45 Sunday School In-person	4 <b>10:00</b> Discussion Bible Study Conference Call/Zoom Mtg <b>7:00</b> Church Council Zoom Mtg	5	6 <b>5:30</b> LOGOS	7	8	9
10 <b>9:30 Pet Blessing</b> Outdoors Sunday Worship In-person & Facebook <b>9:45</b> Sunday School In-person	11 <b>10:00</b> Discussion Bible Study Conference Call/Zoom Mtg	12	13 <b>noon</b> Lunch Bunch- Gathering Space <b>No</b> LOGOS	14	15	16
17 <b>9:30</b> Sunday Worship In-person & Facebook <b>9:45</b> Sunday School In-person <b>10:15</b> Book Club Meeting	18 <b>10:00</b> Discussion Bible Study Conference Call/Zoom Mtg	19	20 <b>5:30</b> LOGOS	21 November CRIER Articles Due	22 <b>4:30</b> Spiritual Life Meeting	23 <b>6:00-7:30</b> Trunk 'R' Treat
24 <b>9:30</b> Sunday Worship In-person & Facebook <b>9:45</b> Sunday School In-person <b>10:30</b> Fall Congregational Meeting	25 <b>10:00</b> Discussion Bible Study Conference Call/Zoom Mtg	26	27 <b>No</b> LOGOS	28	29	30
31 <b>9:30</b> Sunday Worship In-person & Facebook <b>9:45</b> Sunday School In-person	