

O C T O B E R 2 0 1 7

The Open Door



Peace Cranes

Faith United Church of Christ
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Oktoberfest - October 22nd!

Our annual celebration of Oktoberfest will be held on Sunday, October 22nd, following worship! Stick around and enjoy grilled brats, potato salad, sauerkraut, chips, beans, cookies, root beer and real Oktoberfest beer! We will be treated to the strolling accordion music of Barbara St. Denis again as well. Let's celebrate our lives together!

2017 Leadership

Ivan Liss
Moderator

Beth Ann vom Eigen
Congregational Life Leader

LizBeth Cone
Visioning & Planning Leader

Ron Hughes
Financial Development Leader

Rev. Mike MacMillan
Pastor

Wendy Brand
Clerk

Fran Mitchell
Financial Secretary

Greetings Faith Friends,

They are not real cranes - the lanky, tall-legged birds that often glide ever so gracefully in the blue-sky overhead. These cranes are Origami rather, folded paper cranes, but they have travelled farther than many of their real life counterparts ever will. You see these cranes, hundreds of them, were folded by a congregation in Wisconsin in 2011 in honor of the ten-year anniversary of 9-11. The cranes were folded to symbolize peace, to keep a little hope for peace alive in our world in times of pain and darkness. In 2012, the church became aware of a shooting at a school in Ohio, and so they set the cranes free, and sent them to a local UCC church close to the shooting. They remained there, until the horrific shooting at Sandy Hook Elementary School, and then were sent to a congregation there, in the midst of that horror. And then the Boston bombing happened, and the cranes again took flight and were sent to Old South Church in Boston. They stayed there until August 2014, until a young man named Michael Brown was shot in Ferguson, MO. The cranes took flight again. The cranes have travelled to Washington State, Santa Barbara, CA, Charleston in wake of the killing of 9 people at Mother Emanuel AME Church and finally ended up in Orlando, after the largest mass shooting in the United States to that time at Pulse Nightclub, that killed 49 people in 2016. That, of course, was until this past Sunday night, when a gunman opened fire in Las Vegas and killed 59 people and wounded over 500. The peace cranes will surely soon be taking flight yet again to bear witness to the grief of so many and bring a reminder of peace and love and hope to yet another community torn apart by mass gun violence.

My friends, these cranes were created to give hope and bring peace, but they were also created to rest and find a permanent home. And until the violence ceases, the cranes will continue to fly. Let us hope, with all our hearts that soon the cranes can find a place of permanent rest. And let us act, with all our courage, to speak out and demand the commonsense gun legislation that can curb this kind of violence and help them rest. The voice of faith is vital in this debate and greatly needed in this time. *Peace, Pastor Mike*

PFLAG Dunedin Picnic @ Faith UCC!

The Dunedin Chapter of PFLAG (*Parents, Family/Friends, of Lesbian and Gays*) began meeting here @ Faith UCC a few years ago after it formed. Some of you were even instrumental in its formation! And though they are not affiliated with our church, they utilize the space for their meetings as a support hub for LGBT people, allies, family and friends to work for inclusion and equality in our community. They are a wonderful organization! This Saturday, October 7th, they are hosting a picnic here @ Faith UCC, and all are invited to come have a good time. Stop by and say hello and enjoy some picnic food!



Hands On Service @ HEP – We Are Serving Twice a Month Now!

On the 3rd Tuesday for lunch and the 4th Friday for dinner of each month, members of Faith UCC have an opportunity to serve food at HEP - Homeless Emergency Project Inc. located in Clearwater. If you have not had a chance to serve yet, the time commitment is small – just over one hour plus your travel time. The meals are already cooked and the tenants do all of the clean up. We just serve and offer a smile and conversation. We need no more than 6 people each time we serve. Please talk to Kathy Glenn if you are interested in this outreach experience. It truly is a rewarding experience!

Here are the dates for the rest of the year:

3rd Tuesday Lunch Dates - 11:45pm to 1:00pm:
October 17th, November 21st & December 19th.

4th Friday Dinner Dates – 4:45pm to 5:45pm
October 27th, November 24th & December 22nd

Sign up on the table in the Gathering Space!

Theology on Tap

Theology on Tap (TOT) resumes this week on Thursday, October 5th, at DeBine Brewery in Palm Harbor! TOT is a way to bring folks together for conversations on theology, spirituality and religion in a casual and fun setting. We begin our gatherings at 6:30pm and end by 8:00pm, though you can surely come early and stay later. DeBine Brewery is located at 993 Florida Ave. in Palm Harbor – right by Nebraska and Alt 19. Keep in mind they do not serve food here, but there will be pizza available for us to enjoy. A free will offering will be accepted. You can also bring snacks of your own!



LizBeth Cone - Peter L. Cheney Award

Let us take a moment to congratulate Faith UCC member LizBeth Cone on being awarded the 2017 Peter L. Cheney Award! This award, given annually to a layperson of a local church in the FL Conference, recognizes that person’s integration of their personal, spiritual and professional life to help advance the causes of their local church, the FL Conference UCC and the General Synod National Church overall. Through her passionate and dedicated work in leading us to become one of only seven WISE (Welcoming, Inclusive, Supportive & Engaged) congregations in the nation, and her work in placing mental health as a key issues for churches to focus on, as well for other things she is involved in, the FL Committee on Church and Ministry chose LizBeth to receive this award. She will be honored at the Fall Gathering in Ft. Lauderdale next week. Congratulations LizBeth!

Jaci Salisbury – Marine Art Exhibition!

Faith UCC member and artist Jaci Salisbury will be featured in an upcoming Exhibition of Marine Art Show called ‘Making Waves.’ The opening show is on Saturday, November 4th, from 4:00pm to 7:00pm at the General Assembly At the ArtsXhcnage in St. Pete. The show will run through December 9th. This is a real honor for Jaci and recognition of the appreciation of her arts! Contact Jaci at jacisalisbury@outlook.com to RSVP is you would like to attend the opening of this exhibition. Congratulations Jaci!

Faith UCC New Member Series

The New Member Series will kick on Thursday, October 19th, at 6:30pm with an inquirers dinner. ***Please note, due to a conflict, this date is a change from the original date of October 12th.*** Following this fun dinner evening, there will be one other meeting on a Sunday following worship for those joining to learn about the leadership of the church, meet Leadership Team members, and also meet leaders of various core teams and hear about the ministries/groups they are involved in. If you are interested in becoming a member of the church, please talk to Pastor Mike and join us this fall!



2017 Bread for the World 'Offering of Letters'

Each year on the third Sunday in October, Bread for the World has set aside as 'Hunger Sunday.' On October 15th, we will join thousands of churches all over the United States to incorporate into our worship service a chance to do an act of justice and advocacy for the poorest among us - hungry children. We will take part in Bread for the World's 2017 Offering of Letters.

Bread for the World is a collective Christian voice of thousands of individual members of churches and denominations urging decision makers to end hunger at home and abroad. The offering of letters campaign is an essential part of Bread for the World's long-term plan to end hunger by 2030.

Sunday, October 15th, we will write letters urging Congress to renew our federal government's child nutrition program that is coming up for a vote this year. Every five years, Congress must re-authorize the law that funds these programs, which has helped so many children. This includes school meals, summer feeding programs, SNAP and the WIC (Women, Infants and Children) program for pregnant and new mothers and their young children.

Communities across the country sponsor food pantries and host community meals. But these and other private charities provide only 1 out of 20 bags of groceries that feed the hungry. The Federal Government provides the rest. We are serving God when we raise issues of hunger with our government.

Please plan to be at worship on this important date and join in the endeavor to end hunger!

2017 Neighbors in Need Offering

During the month of October we will participate in the United Church of Christ's **Neighbors in Need offering**, an annual offering that supports ministries of justice and compassion throughout the United States. One third of the Neighbors in Need offering funds support the Council for American Indian Ministries (CAIM), while the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts and direct service projects use two-thirds of the offering.

The Justice Witness Ministries office offers resources, news updates and action efforts on a broader spectrum of justice issues such as - the federal budget, voting rights, immigration, health care, hate crimes, civil liberties and environmental justice and so much more. Neighbors in need also supports our American Indian neighbors in the UCC.

The 2017 theme for Neighbors in Need is '*Protect the Sacred: In a Just World, Clean Water is Life,*' focusing on the interconnection between healthy communities, people and the environment.

Please give generously to Neighbors in Need this month and let's change the world!



News from the Green Team

Are you a locavore? Locavores are people who try to choose locally grown or produced food that is in season. They purchase food grown locally- starting within their own community, then moving out to their county, state, and country.



There are many benefits of eating local:

- It’s good for the environment. Local food doesn’t have to travel as far to arrive on your plate, reducing greenhouse gas emissions, which contribute to improving our carbon footprint. It also limits packaging that goes into our landfills.
- It encourages sustainable agriculture, and facilitates tracking the supply chain back to the point of origin to evaluate ecological practices.
- The United States typically has stricter regulations regarding additives, pesticides, and herbicides to ensure that the food is safe.
- Local food usually tastes better and has a higher nutrient value, because food that is grown and harvested locally is given more time to ripen.

The direct-to-consumer market is currently the most established sector of local food distribution. Farmers sell their products directly to consumers, rather than through third parties, such as grocery stores. Direct-to-consumer operations include: farmers markets; Community Supported Agriculture (CSAs), which are direct-to-consumer programs in which consumers buy a "share" of a local farm's projected harvest, pick-your-own farms; local farm stands and stores; and gleaning programs, in which consumers are invited to harvest crops that are left in fields, usually after harvest.

We have direct-to consumer market options in our area! Local farmers’ markets include:

- The Dunedin Downtown Market, located in Pioneer Park which is open November through May on Fridays and Saturdays and in June on Saturdays; and the Palm Harbor Market, located in Pop Stansell Park which is open on the 1st & 3rd Sundays, November through April. Shoppers can pick up fresh produce and a wide choice of local and organic produce and juices at these markets.
- Jerry Branch Berry Ranch, on Garrison Road in Dunedin, is a Commercial Hydroponic U-Pick Farm, which is open every Saturday from 8 to 5.
- Sweetwater Community Organic Farm, located in Tampa’s Town’n Country neighborhood, is an organic, sustainable farm and education center. They operate a [Community Supported Agriculture \(CSA\) Membership program](#). [Sweetwater also operates a Sunday Farmer’s Market and Music Series](#) is open to the public.

Also, there are many roadside farm stands in our surrounding communities. When shopping in traditional grocery stores, try to buy local, seasonal food, and you can avoid excessive packaging by shopping at bulk stores like Bulk Nation.

Happy eating and shopping! And watch for more helpful articles from the Green Team in the future.

Worship Leadership for October

Readers

Greeters

- October 1st – Robbie McIntosh
- October 8th – Ron Haddad
- October 15th – Don Salisbury
- October 22nd – Linda Royer
- October 29th – Ellery Albrecht-Subia

- October 1st – Gary Hart, Jim McIntosh, *Needed*
- October 8th – Kathy Doucette, Betsy Ganiere, *Needed*
- October 15th – John Zaun, Ginni Van Scoyoc, *Needed*
- October 22nd – Cherry & Rick Stevens, *Needed*
- October 29th – Ron & Linda Royer, *Needed*

Life Is Life

Internet Addiction (IA)

I spend time online searching for motivational quotes, pictures and memes to help lift up friends and family. I post on Facebook, Instagram and Twitter. Sounds like a wholesome venture doesn't it? As an addiction counselor I've begun to look at this behavior from a professional perspective. Let's look at the possibility of Internet Addiction (IA). IA is believed to be a behavioral addiction in which a person becomes dependent on the use of the Internet or devices, as a maladaptive way of coping with life's stresses.

Things to Know About Internet Addiction

IA is not an officially recognized mental disorder. Researchers have formulated diagnostic criteria for IA, but it is not included in the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. However, Internet gaming disorder is included as a *condition for further study*, and IA is developing as a specialist area. Conceptually, the diagnosis is a compulsive-impulsive spectrum disorder that involves online or offline usage and consists of at least three subtypes: excessive gaming, sexual preoccupation, and e-mail/text messaging. High rates of psychiatric disorders present in clients prompted authors to voice skepticism that IA is an "independent disease."

Symptoms of Internet Addiction

Excessive Use of the Internet

While guidelines suggest no more than two hours of screen time per day, this is unrealistic for people who use computers for work or study. Some authors add the caveat "for non-essential use," but for an Internet addict, all computer use can feel essential. Here are some questions from an Internet addiction assessment instrument that will help you to evaluate how much is too much. ***How often do you:***

- stay online longer than you intended?
- hear other people in your life complain about how much time you spend online?
- say or think, "Just a few more minutes" when online?
- try and fail to cut down on how much time you spend online?
- hide how long you've been online?

Withdrawal

Withdrawal was originally understood to be the basis of physical dependence for alcohol or drugs. It is now being recognized in behavioral addictions, including IA. Common withdrawal symptoms include anger, tension, and depression when access is not available. Other symptoms may be boredom, moodiness, nervousness, or irritability.

Tolerance

Tolerance is a hallmark of alcohol and drug addiction and seems to apply to IA as well. This can be understood as wanting—and from the user's point of view, needing—more computer-related stimulation. It can take several forms. Your increased use could gradually take over everything you do. You might want more technology—bigger, better, best! The quest for more is a predominant theme in your thought processes and planning.

Negative Repercussions

When excessive use becomes addictive, somethings start to suffer. Personal relationships may be neglected or suffer arguments over your Internet use. Online affairs can develop quickly and easily. Finances can also suffer, particularly if your weakness is for online gambling, online shopping or cybersex.

Next Steps to Consider

If you recognize the symptoms of IA in yourself or a loved one, speak with your health professional. He or she can provide referrals to IA clinics, psychologists, and/or other therapy options. Or, check in with our WISE team. IA can overlap with other behavioral addictions. Don't be afraid or embarrassed! Help is available for you.

Ongoing Events @ Faith UCC

Worship @ Faith

Sundays – 10:30am (*Communion is on the first Sunday of each month*)

Centering & Communion Service

Tuesday – 9:30am

'Life is Life' Group

2nd & 4th Tuesday's – 7:00pm

'Faithfully Aging' Group

4th Wednesday's – Noon

Books & Meditation Group

Wednesday's – 5:00pm

Choir Rehearsal

Wednesdays – 6:30pm

Faith Stitches (*At Peg LeFebvre's Studio*)

1st & 3rd Thursday's - 10:30am

Theology on Tap

1st Thursday's – 6:30pm (*Offsite*)

Spiritual Study

Thursdays – 10:30am

PFLAG

4th Thursday's – 7:00pm

12 Steps For Everyone

Fridays – 10:00am

HEP Food Service

3rd Tuesday's – 11:45am @ HEP

4th Friday's – 4:15pm - @ HEP

Faith United Church of Christ Mission Statement

The Mission of Faith United Church of Christ is to be a progressive spiritual voice rooted in the mystery of God. Through intentionally inclusive fellowship, challenging spiritual education and lively advocacy around issues of justice, we seek to inspire spiritual journeys as we follow the Jesus way of love and peace in the world.

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