



FEDERATED CHURCH

United Church of Christ

An Open and Affirming Congregation

May 31

Welcome!

Upcoming Activities and Opportunities at Federated

Worship Services Online

- **EXTENDED** -

Due to the COVID-19 pandemic, all in-person worship services are canceled through and including September 6.

View an online stream of worship at:
[YouTube.com/TheFederatedChurch](https://www.youtube.com/TheFederatedChurch)

The building will be locked up .
All events and meetings are canceled.

Latest updates can be found at
fedchurch.org/covid.

Ahead At The Fed

Sunday, June 7

10 am Led by UCC conference ministers & staff
Online Worship

June 7 - Scriptures

Genesis 1:1-2:4a

Psalm 8

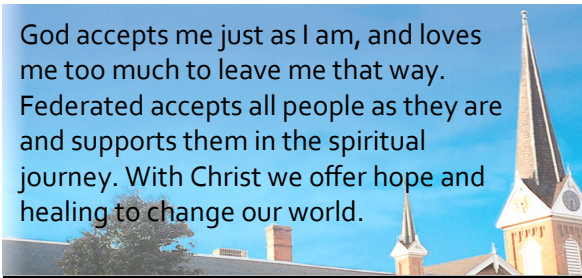
II Corinthians 13:11-13

Matthew 28:16-20

Sunday, June 14

10 am Rev. Hamilton Throckmorton preaches
Online Worship

God accepts me just as I am, and loves me too much to leave me that way. Federated accepts all people as they are and supports them in the spiritual journey. With Christ we offer hope and healing to change our world.



We welcome you to The Federated Church, a place to belong and a place to become. We are people just like you, who hope and love and hurt, and we have found that Jesus Christ makes a transforming difference in our daily lives. Your presence matters to us. We open our hearts to you.

Father's Day Photos

For our Father's Day worship service (June 21) we'd love to have you send us a picture of your father that we will show during worship that day. Please let us know his name, but not on the photo itself, in order to honor his privacy (since the video of the service will be available for anyone to see).

Please send your picture to Marty Culbertson at mculbert@fedchurch.org by Thursday, June 18.



Gentle Slow Flow Yoga

When: 7:00 PM on Thursdays in June

Online - from the comfort of your own home.

This online class is a Gentle Slow Flow which links the breath, movement, and poses together. All levels of Yoga practitioners can find their personal challenges, as they slowly and mindfully move through the class. Modifications will be suggested as needed. This class is open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted.

For all the information and to register, email Dawn Dole at newdayyoga.dawn@gmail.com.

Chair Yoga Class

We are exploring now to see if there is an interest in an online Chair Yoga offering. Chair Yoga is a gentle form of yoga that can be done while sitting. This is a safe, simple way to improve your flexibility, concentration and strength, while boosting your mood, and reducing stress. We also engage in breathing exercises and short meditation.

If you are interested, please email Dawn Dole at newdayyoga.dawn@gmail.com. The day and time of this class are yet to be determined.

Yoga on the Labyrinth

When: 8:30-9:30 am—Tuesdays June 2- August 25 at the Family Life Center Labyrinth

Suggested donation: Seven classes for \$85 or \$15 drop-in (if you can, free if you can't, but would be supported by a gentle practice. 30%, as always, goes to Federated in June, CLC in July & August.)

We will practice safe distancing. Contact Polly Manke at polly@pollymanke.com to register.

Creating Calm in the Midst of COVID

Everyone is welcome to join in these virtual offerings through Zoom. This program is designed to help us deal with the stress of the COVID-19 situation. Bringing a sense of calm, peace, and relaxation is good for our health, our mind, our heart and our soul.

When: 7:00-7:50 pm - Mondays in June

June 8 - Calming the anxious Nervous system - Polly Manke (breathing & meditation)

June 15 - Calm Mind, Relaxed Body - Dawn Dole (breathing, chair stretching & gentle movement)

June 22 - no program

June 29 - Mindfulness Meditation - Judy Majcen (guided meditation)

Email to Dawn Dole at coopdole@gmail.com to register, and please let her know which sessions you wish to attend.

Sunday, June 7 Service from UCC

On June 7 we will present a special recorded video service with communion, conducted by leaders in the United Church of Christ. Conference ministers from throughout the country, in addition to staff in the national setting, will lead the service. This is a wonderful opportunity to connect with members of our denomination from all over.

Kerygma Course: *Your Bible! The Study Begins*



Since 1977, The Kerygma Program of Bible study has been used by a wide variety of denominational groups to increase biblical knowledge & understanding, enhance personal spiritual growth and deepen appreciation for worship.

WHAT: *Your Bible! The Study Begins* is an introduction to the Bible that paves the way for future study and deeper understanding.

WHO: Individuals who want to learn more about: How the Bible came to be; What the Old and New Testaments are about; How to study the Bible and consider its place in our lives.

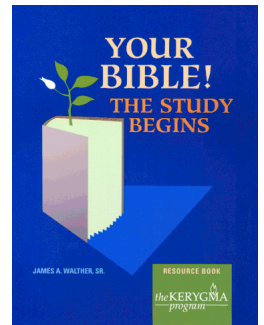
WHERE: *We will be using Zoom.*

WHEN: There will be seven weekly sessions: Wednesday, June 10 – July 22 from 12:30 – 2:00 pm. **Registration and payment must be done by June 3.**

MATERIAL: A Bible and Kerygma's Resource Book: \$15; Large Print: \$18.50 (includes \$1.00 for shipping). They will be shipped to Peggie's house and will advise later how they will be distributed.

REGISTRATION AND PAYMENTS: Visit www.fedchurch.org/events/bookstudies to register

The course is being offered by the Spiritual Formation Commission and will be led by Peggie Jo Shinagawa at pjshinagawa@windstream.net.



Angel Telephone Tree ministry

This week we tip our hats to our Angel Telephone Tree ministry volunteers. They are helping our Federated family stay connected during these unsettling times. This ministry contacts families who might not have internet access and offers to play the sermons over the phone each week or snail mail the sermons to them. The ministry expanded to include prospective members and our elder members. **There are 28 individuals who reach out to 185 households.**

If you are interested in taking part in this ministry, please email Peggie Jo Shinagawa at pjshinagawa@windstream.net. She is currently looking for additional people to help out.

FELLOWSHIP OF PRAYER: *Please include in your prayers this week....*

Connie Geer, 35540 Aurora Rd., Solon, OH 44139-3830, and **David and Katie Becker**, 3360 Lansmere Rd., Shaker Heights, OH 44122-3406, on the death of her husband and David's step father, **Ralph Geer** on May 28.

John Widman, 7055 Cedar St., Chagrin Falls, OH 44022, on the death of his father, Donald Widman.

Each week, we ask your prayers for two of our staff members. This week please pray for **Dan Kershner** and **Melissa Owen**.

For May, the Mission & Service Commission is asking us to keep in prayer one of our church's mission partners, **Back Bay Mission**.

The Fellowship of Prayer Note Writers for this week are:

Jody Halley, 440.591.8703; Gayle Bauer, Vivian Platek, Trina Gigax, Martine Scheuermann.

Please forward prayer requests to Kiersti Critchfield kcritchfield@fedchurch.org or 440.247.6490 x103. Our Pastoral Care Team and our Prayer and Praise Team will pray for your requests.

Photo Release Policy: Families and others in attendance at a Federated Church function acknowledge that they may be photographed or videoed and their images used in church publications and/or promotional materials.

76 BELL ST.
CHAGRIN FALLS
OHIO 44022
ph 440.247.6490
fax 440.247.2516
www.fedchurch.org