



FEDERATED CHURCH

United Church of Christ

An Open and Affirming Congregation

June 7
Welcome!

Upcoming Activities and Opportunities at Federated

Worship Services Online

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](https://www.fedchurch.org/covid).

Ahead At The Fed

Sunday, June 14

10 am Rev. Hamilton Throckmorton preaches
Online Worship

June 14 - Scriptures

Genesis 18:1-15, (21:1-7)

Psalms 116:1-2, 12-19

Exodus 19:2-8a

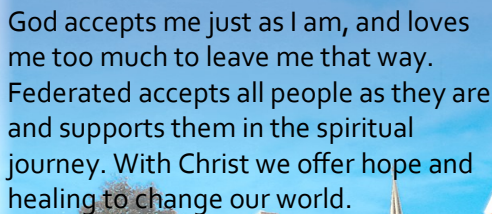
Psalms 100

Romans 5:1-8

Matthew 9:35-10:8, (9-23)

Sunday, June 21

10 am Rev. Hamilton Throckmorton preaches
Fathers celebrated
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.

Tributaries

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.

Let Us Pray

It could be argued that this is one of the most powerful statements in existence. Not only to Christianity, but to people of faith all over the world, the call to prayer is a strengthening, forward looking invitation. Prayer is essential in the life of our Federated Church. As such, many of us are feeling the vacuum of being together in prayer. That is why we want to offer you online, Zoom prayer experiences.

Beginning on **Wednesday, June 10 and Thursday, June 11**, Mark Simone and Maren Koepf will be leading weekly prayer sessions for our church family and friends. You may log in on Zoom and be part of the virtual praying family.

Mark will lead sessions on **Wednesday evenings at 7:00 pm**. Maren will lead a morning session on **Thursday mornings at 8:30 am**. The sessions will be approximately 30-40 minutes long – as the spirit leads. Each session will start with a greeting and devotion. The leader will begin prayers and then open it up for any to pray. We will incorporate our churchwide prayer list (maintained by Harriett Rogers). At this point the sessions are open, meaning anyone may join. Sessions are planned through August.

If you would like to join one of the sessions, please email Mark (msimone@fedchurch.org) or Maren (marenkoepf@gmail.com) and let them know that you would like to be part of their prayer community. They will send you the Zoom invitation with codes to join.

All are welcome as we bring to God our prayers, joys and concerns.

Jeremiah 29:12: "Then you will call upon me and come and pray to me, and I will hear you."

Social and Environmental Justice—Meeting and Movie Night

SJAM is a group of Federated folks learning about and taking action on a wide variety of societal justice issues such as gun violence, criminal justice, LGBTQ+ rights, environmental issues, racial justice, voter registration and immigration as well as other areas of concern. Sound interesting? We welcome you to join us at our next meeting or movie night on Zoom. SJAM is open to all in the community who are looking for ways to work for social justice. If you would like to learn more, please contact Kathy Franz (440.543.4086 or kfranz17114@gmail.com).

Next SJAM Meeting — Sunday, June 14, 11:15 am on Zoom (Meeting ID: 261-964-671).

Movie Night—Monday, June 22 at 7:00 pm

Watch "Rigged: The Voter Suppression Handbook" at your leisure. Find it streamed on Amazon Prime or go to the film's website for more options: <https://www.riggedthefilm.com/>

Log into Movie night Zoom call on **June 22 at 7:00** for a one hour of discussion and action steps planning! Use meeting ID **261-964-671**.

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

Each week, we ask your prayers for two of our staff members. This week please pray for **Kiersti Critchfield** and **Melinda Smith**.

For June, the Mission & Service Commission is asking us to keep in prayer one of our church's mission partners, **Colorado Kids and its scholarship fund**.

The Fellowship of Prayer Note Writers for this week are:

Joyce Ritchie; Carol Basler, Sally Ramsey, Sue Mansour, Louise Rutkowski, Lee Wiley.

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