



This Week at First Congregational Church: Mindfulness Workshop, Time Change, and the Youth sing this week!



first congregational church
united church of christ, greeley

2101 16th Street, Greeley, CO

970-353-0828

firstconggreeley.org

Worship Weekly at 8am and 10am



This Week at First Congregational Church

We hope you will join us this **Sunday, March 9** as we begin our Lenten series on virtues. This week, Rev. Tamara will focus on the virtue of joy, which we will explore through the lens of **Exodus 34:21-22, 27-29**, which you can [read here](#).

I wonder where God will speak to you this week?

Online Worship

You're invited to join friends, old and new, in Chadwick after the service for a time of fellowship.

This Week At-A-Glance

Coming Up This Week

- Reminder! The time changes this weekend.
- Breathe: Anxiety and Mindfulness Workshop on Saturday
- Youth Choir during 10:00 am service
- Being Mindful, Being Christian Class
- Wednesday Night Live Community Coffee Shop

New Announcements

- Lent Devotionals available
- Trivia the Musical!
- Welcome Lunch
- Volunteer at the Weld Food Bank

Quick Links

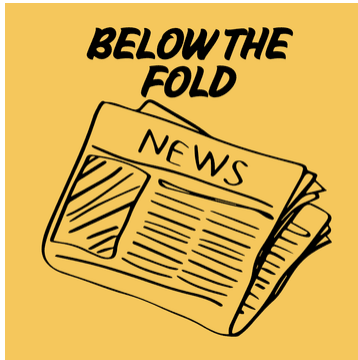
[Give or Pledge Online](#)

[Centering Prayer](#)

[Church Calendar](#)

[Weekly Events](#)

In The Loop



Don't Miss the News!

There's a plethora of events and news in this newsletter! Some email providers (including Gmail) might cut off the end of this email and you'll miss some of the news. In order to see all of it, click "View entire message" at the end of the email to open the full newsletter in a new window.



Breathe: Anxiety and Mindfulness Workshop

Date: This Saturday, **March 8th**

Time: **9:00 AM until noon**

Location: Slighter Hall

Spiritual director Sandy Varley is offering a three-hour seminar on how Christian mindfulness can help us through anxious times.

She will equip you with tools that will help not just on Saturday, but any time you are feeling anxious.

The suggested fee range is \$10.00 to \$70.00, based on what you are able to pay.

To register, please email Sandy at svarley@comcast.net.

Time Change!



Don't forget! Our clocks will *spring forward* Saturday evening. We might be a little sleepy on Sunday, but we'll gather with some extra caffeine to fuel us. See you at **8:00** or **10:00 AM DST!**



Youth Choir!

Our Youth Choir will bless the congregation during this Sunday's 10:00 service.

For information about participating in Youth Choir, contact Nicholas Gilmore .



Children & Youth This Week

Children: We will hear the story of Jesus welcoming the children. All children 3 years old - 5th grade are welcome!

Nursery care is available weekly from **9:45 - 11:15 AM** for 0-3 year-olds.

Youth: Middle and High Schoolers are invited to join Rev. Ben for youth group after the children's message.

Youth group also meets weekly on **Sundays** from **4:00-6:00 PM** at the church.

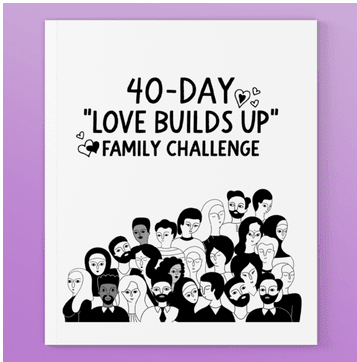
Lent Devotionals Available

Our Lenten season devotionals are now available to help you



on the journey. *Coming Back to Life* is designed for adults, although some activities are child-appropriate. Families with kids are encouraged to pick up *Love Builds Up*, a devotion designed with families with children in mind.

The digital versions of these devotionals are available below for online worshipers or any who prefer a digital version.



Coming Back to Life

Love Builds Up



Wednesday Night Live Community Coffee Shop: Beginning March 12th

Wednesday Night Live is **each Wednesday from 5:00-7:00 PM**. Dinner will be available from **5:15-6:00 PM**.

During the Lenten season we will offer a “Community Coffeeshop” drop-in space. Bring your knitting, a favorite book, art supplies or simply a desire to spend time in community for this hour of supported slowing down.

Dr. Sandy Varley will offer contemplative practices in the chapel (see next announcement for more information).

There will also be supervised gym time for children from **6:00-7:00 PM**.

Being Mindful, Being Christian - Wednesday Evenings



Do you long for a more grounded connection to the Loving Presence of the Divine during this Lenten Season? Do you need more peace and less stress in your everyday life? Beginning **March 12**, join us for a 6-week journey into Christian mindfulness, where we'll increase calm and decrease chaos as we center into our Grounding Source.

We'll introduce one tenet from contemplative theology and one centering practice each week, with time to practice what we're learning.

Practice the Pause, a wonderful book on Christian contemplation by Carolyn Oakes will be our guide. Reading is optional; journeying together is the goal!

This will happen during the normal Wednesday Night Live time (**6:00-7:15 PM**).

Questions? Contact Sandy Varley svarley@comcast.net or 970-352-6830.



Volunteer at the Weld Food Bank

As a community of faith in Weld County we seek opportunities to assist others in receiving things that we take for granted. On **Thursdays, March 13th** and **April 10th** we will gather at the Weld Food Bank from **5:00-7:00 PM** to help our neighbors.

If you have questions contact Bob Lowenbach at jrlconsulting@outlook.com

Registration is required in advance. Register by clicking the link below.

[Register here](#)

Musical! Take Two!



Date: Saturday, **March 15th**

Time: **7:00 PM**

Location: Chadwick

The Labyrinth Theatre is thrilled to invite you to our rescheduled event! After being pushed out by snow, come join us in Chadwick, **Saturday, March 15, at 7:00 PM** for a night filled with fun and surprises at *Trivia: The Musical! Take Two!* This one-of-a-kind trivia night invites you to a lively evening where answers aren't just spoken—they're performed live by our talented cast.

Form a team of up to 7 and come ready to laugh, think, and compete for incredible prizes.

Tickets are \$20/person and can be purchased online at thelabyrinththeatre.com or the door. All proceeds from this event will support our upcoming production. We can't tell you what it is, but it rhymes with Bodsmell.

For all additional questions, please email the Labyrinth at thelabyrinth.theatre@gmail.com.

[Purchase Tickets Here](#)



Welcome Lunch

On **Sunday, March 30 at 11:30 AM** we will offer a Welcome Lunch for all who are new(er) to the church! If you're new-ish and haven't attended a welcome lunch, we'd love to have you join us! Please sign-up on the Happenings wall outside the children's area or here:

[Sign up for Welcoming Lunch](#)

King Soopers Community Rewards

Did you know that when you shop with your King Soopers card, 1% of your purchases can be donated back to a



nonprofit of your choice, including the Church? Just this month, the church received a check for \$532 from the Kroger Community Rewards Program!

On the **first three Sundays in March after the 10am service**, someone will be available in Chadwick to help you be sure you're enrolled in the program. You'll need your King Soopers account login information or your King Soopers mobile app.



Join Bell Choir

There are openings in the FCC Bell Choir! The Bell Ringers are a fabulous family of music makers, and we would love to have you join us! Contact Nicholas Gilmore for more information.



Deep Light Soulcare Circle

Are you experiencing an isolated or difficult time? You are invited to join Spiritual Director Dr. Sandy Varley on **Wednesdays from 3:00 PM - 4:00 PM** for a gathering of sharing, support, and connection. Sessions are free, but donations to support Sandy's work are gratefully accepted.

To reserve a spot or learn more, please contact Sandy at 970-405-4486 or svarley@comcast.net

Thanks from Lutheran Family Services

We recently received the following note from our partners at Lutheran Family Services:



Dear First Congregational Church,

Thank you for your generous donation of cookies and fruit. During these challenging times of funding cuts and halted refugee arrivals, your support means the world to us. Your kindness not only helps us continue serving immigrants and refugees, but also lifts our spirits, reminding us we're not in this alone.

Thank you for standing with us and those we serve. We are truly grateful to have you in our corner.

With heartfelt appreciation,

Lutheran Family Services Rocky Mountains

Refugee & Asylee Program, Greeley

