



Metropolitan Association, NY UCC Newsletter

July 2021

Ministering to the Metropolitan Association Churches and Ministers

CREATIVITY, COMPASSION, COMMITMENT & COMMUNICATION

EADMIN@METROUCCNYC.ORG

BOARD PRESIDENT'S MESSAGE.

The Board is on hiatus until September and is actively engaged in the self-care strategies as outlined by our own Rev. Dr. Ruth Shaffer! We encourage you to do likewise!

Rev. Dr. Ruby M. Wilson

This month we are highlighting the need for self-care! We have been through an ordeal over the last 18 months. Pastors and lay church leaders have worked harder than ever during the COVID lockdown. We are exhausted and in need of really meaningful self-care. Here is what Rev Dr. Ruth Shaffer has to say about the topic:

Self-care? Surely you jest! I'm a pastor. By Rev. Ruth M. Shaffer, Ph.D.

What is it about being a pastor that encourages self-neglect? Yes, everyone would like us to be available to them in every way, and at all times. Yes, as pastors we want to tend to our flock. Yes, we did agree to a life of service.

Does God really expect us to be everything to everyone? Does God expect that we will be available to everyone at any time? What about working 6 ½ to 7 days a week? Are we expected to regard all others as more important than ourselves?

What if God has long-term plans for us? What changes would we have to make to be available for the long haul

rather than spending all of our energy until we're all out?

If we're going to be available to God in the long term, we need to conserve our energy, refuel and refresh. We're also going to have to redistribute responsibilities.

"Good point!", you say. Now what?



Start by modeling self-care for the congregation (and for other pastors).

Talk about self-care from the pulpit.

Remind the congregants that everyone is called into service, not just the pastor.

Set a REAL schedule. For example, no calls after 9 p.m., before 9 a.m.

Turn off your phone at least once a week.

Have a back-up care team who are available when you are not.

Choose a buddy who will hold you accountable for your time off.

Get away!!!!!!

Choose an activity that cannot be done from your office.

Swim.

Go to a spa.

Have a massage, pedicure and facial.

Lunch in a park (without your phone).

Take a bubble bath (again, without your phone).

Explore different fragrances for your space.

Play music.

Read.

Garden.

Paint.

Pick a project.

Learn to say “no”. It is a complete sentence. Practice saying “no” without guilt.

Boundaries are good for everyone, for the giver and the receiver.

Even Jesus got away from the crowds. Jesus even got away from the disciples.

God has plans for you. Stick around and reserve enough energy to do your part long-term.

We’re starting a space for recommendations for self-care. As some of you know, I now am “semi-retired” and take one week off each month. I will have a recommendation a month. Share your ideas with us! E mail

eadmin@metrouccnyc.org and we will feature them next month.

My first recommendation is The Lyle in the Dupont Circle section of Washington D.C. It’s brand new so the prices are right. Be ready for a real pampering. Also, take Amtrack. Parking in the area is \$50 a night. You have better things to do with your money.

Stay Healthy! Rev. Dr. Ruth

CREATIVITY, COMPASSION, COMMITMENT AND COMMUNICATION.

The vision of the Metropolitan Association over the next three years is to enhance the role of the Association in offering resources for congregational connections, mutual learning and spirit filled fellowship that will inclusively reflect the rich diversity of the members, churches, and ministers in the Metropolitan Association.

THE METRO ASSOCIATION WANTS TO KNOW ABOUT YOUR MINISTRY!

Is there a ministry within your congregation that excites and

inspires you? A ministry that serves the community in excellence? We want to know about it! The Metro Board is planning an event to help you highlight what your congregation is doing in the community! Tell us about your ministries that are Spirit inspired and so we can spread the word and sow a seed into the ministry!

THE METRO BOARD IS ON A MISSION TO CONNECT OUR CONGREGATIONS WITH EACH OTHER!

Are you interested in partnering with two other congregations to share worship on a Sunday? This can be virtual, in person or hybrid! This is a perfect opportunity to work with your fellow clergy and lay leaders to plan a joint worship service to the Glory of God! Reach out to our Executive Director for ideas or thoughts of clusters of congregations that you can partner with!

Eadmin@metrouccnyc.org



**ARE YOU ATTENDING SYNOD
THIS YEAR? GET CONNECTED
TO THE NATIONAL SETTING
VIRTUALLY THIS YEAR! THERE
ARE LOTS OF EXCITING
PROGRAMS.**

Metro Spiritual Life Committee offers the CLERGY CLINIC

The purpose of the Clergy Clinic is to keep clergy connected to the Association, assist clergy with navigating the challenges of ministry and enhance growth. The SLPC Support for Pastors, Clergy and Lay, partners with the Committee on Ministry to provide essential avenues of communication and prayer. The team: *Rev. Erv Graves, Rev. Carolyn C. Blair, Rev. Dr. Floyd R. Blair*, are available to ensure that your needs are met. **We are asking that all pastors and clergy update their information for the directory as requested by the Metro Office.**

NEED ADDITIONAL SUPPORT?

**Confidential conversations for those who require prayer, supportive ears, resources and tools for church stress, family stress and personal stress. (Referrals available for additional support). Individual conferences fulfill Metro Association clergy continuing education requirements (Referrals are available for additional support). Contact us @ metroclergy@gmail.com*

CALLING ALL METRO AUTHORIZED CHAPLAINS!

If you are a chaplain authorized in the Association, we need to hear

from you. The Spiritual Life Committee and the Metro Chaplains want to connect with you to offer guidance, support and fellowship. Please e mail metroclergy@gmail.com with your updated contact information and to find out about fellowship opportunities. Or contact our Metro chaplains

- Dr. Anesta Vannoy-Kwame
disasterchap@metrouccnyc.org
- Rev. Erv Graves
metrochap@metrouccnyc.org



KNOW OF ANYONE IN NEED OF FOOD? CHRIST CHURCH HAS A TERRIFIC FOOD AND CLOTHING PANTRY IN THE BRONX.

OFFERINGS FROM THE PRACITCAL RESOURCE CENTER:

[Saving Your Church Money with the Employee Retention Tax Credit](#)
Thursday, July 15

2:00 - 3:00 PM

Leader: [Elaine Sommerville](#)

Does your church have employees for whom you pay Social Security taxes? If so, the church may be eligible for the employee retention credit, a CARES act provision that has been extended through December 31, 2021! The employee retention credit may provide a church with up to \$7,000 per employee for employees that are not ministers. Learn more.

[We Are All Children of God - creating intergenerational church Online, In-Person, and Hybrid](#)

Tuesday, August 17

2:00 - 3:00 PM Eastern

Leader - [Rebecca Stevens-Walter](#)

How do we create church (not just worship) where all ages are truly invited? How do we do this online? in person? hybrid? Jesus said, "Let the little children come to me." In this directive, we are called to create church that leaves no one distanced or left out from learning about and experiencing the love of Jesus. This webinar will explore some of the opportunities churches have to engage people of all ages in the life of the community. We'll look at worship models, community standards, and safety measures meant to create space, both online and offline, for congregants to come together and practice faith in the ancient way of intentionally intergenerational community.

WHAT IS THE ASSOCIATION DOING?

- + Renewed engagement with lay leaders and members of our Churches. We are establishing a VOLUNTEER CORP! If you want to volunteer for any number of projects, reach out to our Executive Director, Rev. Kris Watson at 646-523-1936. There is a project with your name on it!**
- + Planning for the fall meeting of the Association.**
- + Planning a virtual fall Justice series.**
- + Rejuvenating the Office to prepare to offer Metro led UCC Polity and Boundary Awareness trainings.**
- + Creating a comprehensive resource guide to wellness for Clergy and lay leaders through the Spiritual Life Committee.**
- + Searching for grant opportunities to assist our churches to thrive and grow.**
- + Communicating with churches and clergy via the Newsletter.**
- + Receiving applications for the Louise Manigault Scholarship for the fall of 2021.**
- + Working with congregations to bring them into the Association.**
- + Continuing to support the ministers of the Association through our Committee on Ministry.**

PLEASE VISIT AND LIKE OUR FACEBOOK PAGE FOR INFORMATION ABOUT HAPPENINGS IN THE METROPOLITAN ASSOCIATION!

Spread the news of all that Metro Association is offering to its members, churches, and ministers!

Share this newsletter with your congregation!

Reach out to us to see how you can get involved and volunteer your time talent and treasure!

Do you have a bright idea or project for us to engage in? Develop the idea and share it by e mailing our Executive Director at eadmin@metronyucc.org

Does your church need pulpit supply? We have a diversity of ministers willing and able to help. Please reach out to eadmin@metronyucc.org or call Rev. Kris Watson on her cell at 646-523-1936.

Job Openings:

**OUR EXECUTIVE DIRECTOR
IS LOOKING FOR AN
ASSISTANT TO THE
EXECUTIVE DIRECTOR
FOR THE OFFICE OF THE
METROPOLITAN
ASSOCIATION
New York UCC**

For job description and more information contact our ED at eadmin@metrouccnyc.org

Several churches are looking for technical support and staff to assist them in establishing hybrid worship. If you have these technical skills, please contact our Executive Director at eadmin@metroucc.nyc.org and she will connect you with churches in need.

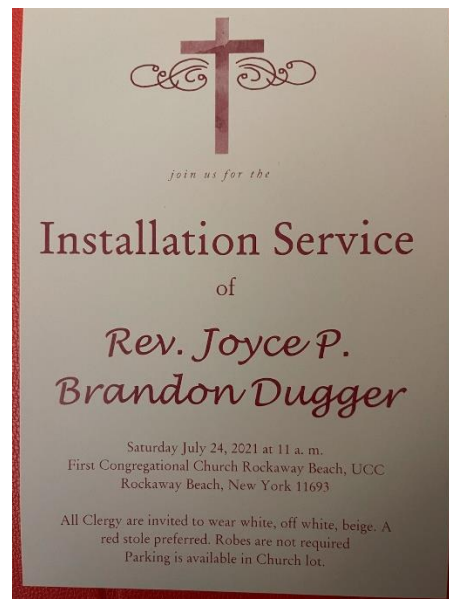
North Church is searching for a part time Sexton for more information please contact:

northchurchtrustees3@gmail.com

**CONGRATULATIONS
AND GOD SPEED TO:**

Amanda Meisenheimer,
Ordained and Installed at
the Riverside Church on
June 27, 2021

Help Metro celebrate the installation of Board Member Rev. Joyce Dugger on July 24, 2021!



The Louise Manigault Scholarship Fund is now accepting applications! Download your application and see requirements here: [Metropolitan.Association.New York.Conference \(metrouccnyc.org\)](http://Metropolitan.Association.NewYork.Conference(metrouccnyc.org))

If you want to sow a seed into the scholarship fund, please go to our website and donate!



A GREAT READ ABOUT THE NEW NORMAL:

[The Second Marathon: A Thought For Pastors On Walking the New Normal \(jennysmithwrites.com\)](http://The.Second.Marathon.A.Thought.For.Pastors.On.Walking.the.New.Normal(jennysmithwrites.com))

Some Excerpts:

"We look down at our blistered aching feet, our hopeful but exhausted heart, our overwhelmed but determined mind, and we take a step forward into life as a gathered community once again.

Why? **Because our world doesn't know how to stop.** (Unless a global virus shuts down the world.)

White supremacy pushes and coerces and manipulates into productivity and results.

Consumerism causes people to demand their preferences and tired pastors oblige. Capitalism relies on resisting rest and driving our bodies for the bottom line.

These forces celebrate when
we ignore what our souls
whisper.

I don't have a magic next step
for my community of pastor-
friends today.
Six-month sabbaticals for all
would be a good place to start.

But I do know this.
As the gears come to life in our
faith communities, we have the
opportunity to tell the truth, to
slow the pace, and question
everything as we enter the new
normal.

Yes, our second marathon has
begun. Ready or not.
Problem is, our bodies are still
recovering from the first
marathon.

Maybe the answer is to stop
running the second race.

What if we looked at each
other and gently nodded.
Slowed our forced jog.
And started walking.
Together.

What if we walked our second marathon?

Side by side. No racing. No
competing with anything or
anyone.

Resting when it's time to rest.
Saying yes to a new idea when
it glistens with possibility.
Saying no when something
feels too heavy.
Asking new questions in places
we assumed the old answer.
Giving others permission to
rest because we choose rest.

Questioning the speed at which
we live and move.
Loving our people with
beautiful boundaries in place.
Taking a nap.
Going to therapy and spiritual
direction because we're
humans too.
Breathing deeply of God's
grace and love and restoration.

Maybe this is how we disrupt
the deeply engrained
oppressive realities of our
world. We choose to walk.
Together.

Here's to the second marathon.
I'm with you, friends.

I'll be over in the slow walkers
crew that laughs and takes a
lot of breaks.
Want to join me?

I imagine Love will surprise us
again.

Grace upon grace."
Jenny