



First Congregational Church of Santa Barbara + United Church of Christ

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CHURCH LIFE

April 202



MARTHA'S MODERATOR MESSAGE

What's Going On?

Our highest holy day approaches: Easter will come again this year. Still, there is time before April 20 to spend in Lenten contemplation. Can we make room in our lives for more conversations with our God? I know I need constant reminders to do so. Can we keep our hearts broken open enough to let the great needs of our world spur us to reparative action? Speaking of Easter, be sure to dedicate a lily. In so doing you will adorn our Sanctuary, brighten the hearts of our home bound members, and replenish our Samaritan fund that assists our nearest, neediest neighbors. That is a triple win!

- On May 3, before the next Church Life, we will host the spring meeting of the Northern Association of our UCC Conference. Folks from as far away as Bakersfield, Atascadero, maybe even Tahachapi will travel to meet here in fellowship and consider the needs of the churches throughout our region. They will need to be fed. We must greet them with coffee and morning treats on the patio, and provide lunch for them in Fellowship Hall afterward. Karen and I, as your longtime delegates to

the Conference, attend these meetings regularly. This time you can attend without leaving your home town! When all have arrived and are ready, we will begin with worship in the Sanctuary at 10 am. The meeting will follow, also in the Sanctuary. We will move to Fellowship Hall at noon to share lunch together. Anyone who can bring a nut bread or morning pastry, or who could assist in hosting duties, please contact Martha!

- We have the famous "red cards" and they are available for any member who wants to distribute them to targeted people in their circle. Just ask.
- Our committee working on managing our building needs will meet again with Storyteller this month.
- There is a need to remodel our leadership team as well as rewrite our constitution. Are there volunteers out there interested in lending a hand? Please contact me with questions, suggestions, offers of help.
- Does anyone have tiny golf pencils to place in the pews?
- Please remember to write up the events you know of and want to share in Church Life. This newsletter is for all of us, and anyone can contribute. It's much more lively with more voices. Whenever you think "There should be an article in Church Life about this!" just sit down, write it, and send it in. Thanks.

As always, please email me at mmpeyton@gmail.com with questions or comments. You are all very dear to me



EASTER FLOWERS

The Easter Bouquets will be taken to those on the church's Care List after beautifying the sanctuary this Easter. Money donated in excess of the actual cost of the flowers is placed in the "Samaritan Fund" of the church, available to people in the congregation who need extra funds in an emergency.

Yes, please order _____ Easter Bouquets in my name.

Enclosed is \$15 per bouquet.

I designate my bouquet(s) as follows:

In memory of: _____

In honor of: _____

In celebration of _____

YOUR NAME: _____

Please remember to include your name here

Write your check to FCCSB and mark it "Easter Flowers".

Order forms and donations must be received by Sunday, April 13, 2025.



MARCH TRANSITION HOUSE MEAL

Transition House numbers were a bit higher on Tues. evening, March 11th. Residents numbered 57: 33 adults & teens and 24 children between 12 and 2 years of age plus one infant. As usual, they were hungry!

MaryAnn Lund was back to work with us! She and Bud Kayser were at the shelter setting up the lunches when Peter Ford and I arrived at 5:25 pm. Ann Shaw showed up to drop off her dinner contribution (mashed potatoes) within minutes and Carol, the volunteer evening manager, had the chairs down around the tables, and was setting places when we all walked into the shelter dining room and kitchen. We were in business!

Peter did all the lifting of food pans to/from the car and into the oven. (Unfortunately I had dislocated my shoulder (at home) after February's TH meal and was still unable to lift anything with my right arm.) As I was setting up the kitchen, Suzanne and Peter Brown joined us. They, together with Peter F. helped Bud and MaryAnn with the next-day lunches while Suzanne took over the dinner prep: cutting up oranges, etc.. Lynn Stewart brought veggies and a green salad and we were ready to serve!!

We gathered for a short prayer about 6:10, after which Bud left us. Sal, the TH Evening Manager, called the residents to the dining room and, by 6:20 announcements had ended. Peter F., Peter B., Suzanne and Lynn served up slices of warmed French bread (the Browns), oven-BBQ'd chicken pieces,* cheesy mashed potatoes (Ann), a brown rice and black bean dish,* carrots and green salad (both from Lynn) along with orange (MaryAnn's tree) wedges for the children. Butter* was out on each of the tables; sliced jalapenos* and spicy salsa

(Kaysers)* were on a side table near the serving counter.

I prepped plates of cookies* to pass out once everyone had received dinner. Once the late plates were prepped and seconds served, Lynn and the Browns put together plates for themselves and sat down to eat. Peter F. packed up the leftovers and we hurried home to eat our dinner, clean our kitchen and put away the extra food.

A very big 'Thank You!' to all the March FCCSB Foodteam Members. Whether you gave financially, furnished food, purchased supplies or worked at the shelter that evening, you were really appreciated.

The next opportunity to participate as a FCCSB TH Foodteam Member will be on Tues. Apr. 8th. We can always use assistance—whether with food prep, serving, or financial donations. Once again I will be under some constraints w/ lifting.

Mary Howe-Grant, Monthly TH Meal Co-Coordinator

* Purchased using money from FCCSBUCC's TH monthly meal funds.

REVISITING MICROPLASTICS

I've been writing about microplastics for some time now. These micrometer (4/100,000 in.) pieces of plastic, which we know are ubiquitous, have now been identified in the human brain. There is yet little proof, but a great deal of suspicion, that these particles may be the cause of the observed increase in colon cancer in those aged forty and under, in brain cancer and other life-threatening diseases. Moreover accumulation may be related to the onset of Alzheimer's.

We humans are past the point of avoiding plastic particulate matter entirely, BUT we can reduce our exposure, especially in our homes. Many of these steps, I've mentioned before. What's new? Tea bags! Who knew there were plastics in tea bags? Especially those cute pyramidal ones.

We can lessen our microplastics exposure in:

1. Foods-- avoid eating anything that comes wrapped in plastic if you can; especially avoid processed foods, which can pick up

microplastics during cooking , cooling and wrapping; use washable, cloth shopping bags whenever possible.

2. Beverages—give up single-use plastic bottles!! Buy all beverages in glass bottles, if possible! NOTE: Even aluminum cans have plastic liners.

It's important to note that generally tap water has fewer microplastics than water bottled in plastic. Moreover, many of the tap water plastic particles can be filtered out, along with the unpleasant tasting, non-plastic ions, by using a portable water filter —such as a Brita. If you need to carry a water bottle, use a stainless-steel one! And know what's in your tea bags! There are plastics-free tea bags on the market, but probably not yet in grocery stores. Use loose-leaf tea and a stainless-steel tea strainer.

3. Clothing--buy and wear non-synthetic clothing, e.g. cotton, linen, wool: washing synthetics results in microparticles in the wastewater. Why is this a problem? Water treatment plants do NOT have the appropriate filters for these!!! (Use a special bag for washing synthetics and carefully dispose of any lint within the bag when through washing and drying.) AND buy some detergent tablets, rather than a large plastic container of liquid detergent. Use wool dryer balls in your dryer.

4. Travelling? –Invest in some solid bars of shampoo and the other liquid materials you usually carry with you. Small plastic bottles just end up in the land-fill. There they slowly degrade and the microparticles eventually end up in soil, plants or the ocean.

Although microplastics appear to be in the environment to stay, we must each do what we can to limit their prevalence, if we wish to provide as safe an environment as we possibly can for ourselves and for those who are to come.

Submitted by Mary Howe-Grant

HAPPY APRIL BIRTHDAYS!



HAPPY APRIL BIRTHDAYS

Apr 1 Annie Warren
 Apr 17 Betty Shumaker
 Apr 21 Kathy Patterson
 Apr 26 Marilyn Ramirez
 Apr 30 Pell Menk
 Apr 30 Richard Warren

2025 Officers and Committees

Church Officers

Moderator	Martha Peyton ^{MB}
Vice Moderator	Johanna Preiswerk ^{MB}
Recording Clerk	Peter Brown ^{MB}
Treasurer	Salome Crowley ^{MB}
Asst. Treasurer	Mary Howe-Grant
Financial Co-Secretaries	Lynn Stewart & Sue Lael Katnic
Membership Clerk	Karen Steward
Systems Administrator	Steve Butner
Historian	Karen Steward

At-Large Mission Board Members

Karen Steward ^{MB}	Gail Gillies ^{MB}
Sally Thacher ^{MB}	Sharon Kayser ^{MB}

Conference Delegates

Adult	Karen Steward
Adult	Martha Peyton

Standing Committees

Finance and Facilities

3-7 members
 Lynn Stewart*
 Peter Preiswerk
 Salome Crowley*
 Bud Kayser
 Peter Ford

Pastoral Relations

3-7 members
 Peter Brown
 Nancy Chase
 Kay Utterback

Personnel

3-7 members
 Johanna Preiswerk*
 Peter Ford

Nominating Committee

Myrna Tuttle	Robin Rickershauser
Sally Thacher	