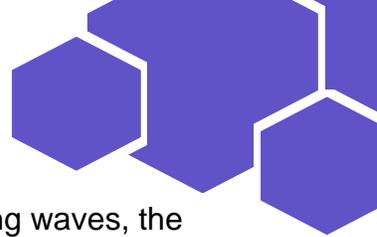


Visions • July/August 2020



The Trough



by Judy Brown

Reprinted by BPFNA- *Bautistas por la Paz* weekly prayer email from *The Resistance Prays* e-newsletter

There is a trough in waves,
a low spot where horizon disappears
and only sky and water are our company.
And there we lose our way
unless we rest,
knowing the wave
will bring us to its crest again.
There we may drown if we let fear
hold us in its grip and shake us
side to side,
and leave us flailing, torn,
disoriented.
But if we rest there
in the trough, in silence,
being in the low part of the wave,
keeping our energy and
noticing the shape of things,
the flow,
Then time alone will bring us to another place
where we can see horizon, see land
again,
regain our sense of where we are,
and where we need to swim.

This poem spoke to me as the news of increasing Covid-19 cases rise and people resist the simple, necessary cautions of protecting one another and our common good. It's difficult to be diligent when the way ahead is uncertain and we can't see the horizon we seek. But I am reminded that in any case, our Compassionate, Benevolent God is with us: in

the surging sea, the crashing waves, the endless trough.

What if instead of pretending life is "normal" or ignoring what our present reality, we embraced the "trough" and invested in contemplating ourselves, our nation, our world through the eyes of God? What if we really "noticed the shape of things" and listened attentively to what we might learn in this season, about ourselves, one another and the One who calls us into life?

Consider what it means to "rest in the trough" during this wildly, uncertain season. The time will come when we are free to "swim" again; we want to be ready to live into the future God has for us.

Pastor Marcia

Our Little Free Libraries are Coming!



Excitement is building as we plan for our two Little Free Libraries, one for adults and one for children, to be placed in our garden along King Street. Barry Sawtelle is busy in his woodshop crafting and creating these beauties! In fact, by the time you read this, they are mostly likely both already installed. This outreach into our neighborhood will extend our connection to those who walk by our church each day as well as to those who use our building. We have found amazing support in a partnership with TreeHouse Books (treehousebooks.org), a nonprofit working out of North Philly whose vision "is that every child in Philadelphia has access to books, and every opportunity to

Visions • July/August 2020



pursue their dreams.” We are looking for **three things**: books for kids and adults, “stewards” to help us maintain our libraries, and someone to keep track of our inventory of materials.

Thing One: At a recent meeting, we set the guidelines for curating our collection: books put in FBC’s Little Free Libraries will:

- reflect FBC’s commitment to justice making, inclusion and diversity
- address the needs of this season: tolerance, hope, wellness
- encourage joy; positive, healthy relationships; inspire peace and happiness
- speak to issues of struggle with self, other, society and our common good
- general resources, novels

If you have books for children or adults, fiction or nonfiction, that you think fit these criteria, we encourage you to donate them. If you would like to make a monetary contribution for the purchase of books, please indicate that by sending a check to the church with “Little Free Library: books” in the memo line.

Thing Two: we invite you to be a steward of our library. Here’s what a steward will do:

- a. Visit the LFL at least weekly, perhaps twice a week at the start
- b. Ensure an adequate supply of reading material in both libraries; refill as needed
- c. Remove anything that has been added that doesn’t fit our criteria
- d. Clean up around the libraries, sanitize the door handles, bench, boxes; remove trash
- e. Check for vandalism
- f. Maintain a list of what was put out; remove something that has not been used after several weeks
- g. Sign up for a month at a time; go at your convenience

Thing Three: We want to try to keep track of what we put out in our library so we can begin to know what our neighborhood is interested in.

We would like someone to keep track of our acquisitions so we can know what we have and what is popular. If you are good at organizing information, this job is for you! You can do it from home, in your jammies, if you wish! Let Marcia or Jane Gruen know if you can help!

News of Our Communications and Technology Interns: Sam and Thomas

You may have heard from Sam or Thomas in recent days; they are contacting some of you with questions to ask you about FBC. We hope you will support them by being willing to make time for the conversation. Your answers will help us craft a statement we can use to describe who we are which we can then use to publicize ourselves in both traditional and social media. They will also produce a promotional video with YOU as the stars!

Recently you received an email from Mike Heinz inviting you to give a generous donation to our Intern Fund. Sam and Thomas are both working for us 16 weeks and both are currently unemployed. We are hoping together to give them a gift to show our appreciation for their efforts during this internship. You can give online at fbcposttown.org or write a check and mark the memo line “interns”.

Here’s an example of how they are helping us; they have crafted some easy to follow Zoom tips for our meetings and worship gatherings. These tips can up your Zoom game and make you a pro!! Read all the tips at the end of this newsletter.

Visions • July/August 2020



Body and Soul: Arts and Spirituality

Summer Worship on FBC Zoom at 10:30am each week!

This series is a play on “the spirituality of art” as well as the “art of spirituality.” One week we hear from an “artist” and another week, we will consider how we apply the inspirations to our own lives.



June 28th “The Spirituality of Papermaking and Art” w/Jeanne Petrosky

July 5th “Creating Sacred Space” w/ Marcia Bailey

July 12th “Being Aware of God in our Everyday Living” w/ Rev. Sara Davis-Shappell

July 19th “I’m Gonna Sing When the Spirit Says Sing” w/ Marcia Bailey

July 26th “The Spirituality of Making Music” w/ FBC Musicians

August 2nd w/ Rev. Dr. Deborah Winters; communion

August 9th “The Spirituality of Movement” w/ Fran Wieckowski and Marcia Bailey

August 16th “The Spirituality of Embodied Faith” w/ Marcia Bailey

August 23rd “The Spirituality of Pottery Making” w/Alex Anastas and Marcia Bailey

August 30th “The Spirituality of Shaping Ourselves in God’s Image” w/ Marcia Bailey

Pottstown Cluster: Showcase of Support



From **June 4** through **July 15, 2020**, you are invited to showcase your support for our mission and work in our local community newspaper, *The Mercury*.

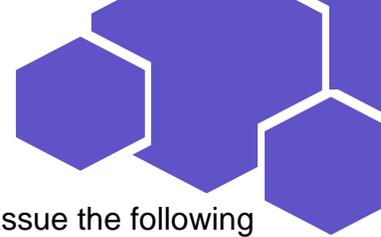
Join us in celebrating the 10th anniversary of the Pottstown Cluster of Religious Communities Signature Page. While the page is always a demonstration of your commitment to ending hunger in our community, this year’s page will offer an opportunity to thank our volunteers, employees, and local heroes who have been supporting the Pottstown Cluster’s response to COVID-19 and committed to providing food security and housing stability to those in need. Won’t you join us in thanking those who have continued serving the community at the most important of times?

What are the details?

The Signature Page Fundraiser runs from **June 4th to July 15th**. During that time, signatures will be collected both online and by mail. The page will run in the Pottstown Mercury in August. When printed, the fundraiser spans **TWO FULL PAGES** of the paper. The more signatures that are prominently posted, the more the community knows how grateful each of us are for those who volunteered, donated goods and services, and reorganized their own lives to make food security a priority for our Greater Pottstown area residents.

This year, the campaign goal is \$25,000! We are asking for a **minimum contribution of \$20 for an individual signature, \$100 for a business logo, and \$500 to have a 3” x 2” business or personal ad showcased on the border** of a page. By meeting this goal, we will

Visions • July/August 2020



help assure that our Greater Pottstown area residents have housing and will not go hungry during this difficult time.

To participate, you can easily donate to sign on-line. After a donation is made, and within 24 to 48 hours, you will receive an email with a link to electronically sign the Signature Page online. Go

to: <https://www.pottstowncluster.org/signaturepage2020>

FBC Covid-19 Safety Policy



Policy goals:

- **Preserving life and health**
Our priority is always life and health. Spiritual wellbeing and physical safety are connected.
- **Ensuring equity and accountability**
The desirability of gathering in-person depends on our ability to develop an equitable system of who can gather, our ability to support both an in-person experience for a small group and a virtual experience for others at home, and individuals' abilities to follow all of these challenging and unfamiliar guidelines.

In compliance with the Center for Disease Control guidelines for mitigation of Covid-19 in churches and places of community gathering, the Ministry Coordination Team unanimously

voted on June 13, 2020 to issue the following guidelines for all participants of First Baptist Church groups/events/gatherings beginning immediately until further notice:

1. All participants of any First Baptist Church (FBC) group or related event must wear face masks at all times.
2. All participants of any FBC group or related event must remain a minimum of 6 feet apart (appropriate social distancing).
3. The total number of participants of any FBC group or related event must not include more than ten (10) people.
4. All individuals/ groups must schedule the use of the church facilities, inside or outside, with the church office in advance in order to ensure proper cleaning before and afterwards.
5. All participants of any FBC group or related event must sign a waiver agreeing that FBC is not responsible for any infection connected with the use of our facilities or with participation in any of our events.

The MCT also made the decision to continue worshipping and meeting online until at least after Labor Day; at the end of August they will assess our current situation in conjunction with county, state and national CDC guidelines.

Cleaning & Caring

Although our building is closed due to Covid-19, Nancy still goes in at least once a week to:

- Check the building
- Clean inside and out
- Keep in touch with the groups sharing our space
- Set up appointments and get estimates for the needed repairs for the roof and the interior (along with Rick Unruh – more on this below)

After approval from MCT, Nancy scheduled an appointment with Stanley Steamer on July 25

Visions • July/August 2020



to clean the carpets in the sanctuary and entrance, Echo Hall, library, choir room and hall to the choir loft, the foyer and stairway, as well as the offices. It has been quite some time since this has been done and is needed for us to return when the time is right.

Nancy has also ordered the proper cleaning supplies to meet the requirements to return. Sanitizing supplies are hard to find, and things that need to be ordered won't come in until August. In the meantime, I was asked by Kyle Smith to post a list of some things that might be available as the congregation does their shopping.

- Clorox Sanitizing Wipes (Yellow or Aqua Container)
- Clorox Bleach
- Small Bottles of Hand Sanitizer – 70% alcohol or more
- Lysol Spray Disinfectant
- Handy Wipes

Thank you for your consideration and prayers as we move forward to a new normal!

Blessings,
Nancy Unruh, Building Caretaker

Mending the Damage

Exterior – Guide One Insurance Co notified Rick Unruh that a building consultant would inspect the roof and determine why the cost to replace the roof is so much more than Guide One wants to pay out. On Wednesday, July 8, Rick met with the building consultant from Lincoln, Nebraska, an engineer from Baltimore, Maryland, and the roofer from Muthard Roofing. They inspected the roof, took pictures and discussed with the Roofer what the Borough of Pottstown would require to replace the roof.

At the end of the conversation the consultant and engineer gave the roofer the approval to apply for the permits needed to replace the flat

rubber roof over the Educational Building. The consultant and the engineer were writing their reports and sending them to Guide One. They felt confident their reports would prompt Guide One to pay for the replacement of the flat roof. A response from Guide One should arrive about a week after the reports are submitted. As soon as the permits are issued, the work can begin.

Interior – Nancy and Rick met with the contractor from Green Brothers to get an estimate for the work to be done on the second-floor classrooms, hallway, stairs and ceilings. This company was recommended by the YWCA. Nancy spoke with the contractor and met with him again to give him square footage of all areas, and he also took measurements.

After speaking with the consultant and engineer, Rick met with the contractor again to give him some changes and additions to the work that needs to be done inside. We are waiting for Green Brothers to give us an estimate. Rick is going to check with a tile specialist regarding the removal of the asbestos.

More to come as progress continues!

Notes of Thanks

Dear Members & Friends of FBC,

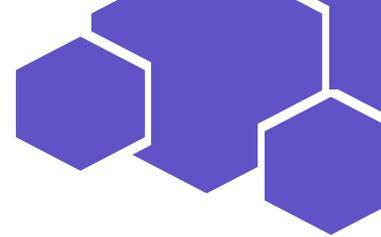
Thank you so very much for your surprise celebration of my recent birthday. It truly was a "surprise"! I had no idea.

It was a very "Happy Day," so many calls, Skypes, and a shower of cards from family and friends.

God bless you, everyone!

Love, Ruth

Visions • July/August 2020



Dear First Baptist,

Thank you for your mask ministry! As someone who does not sew and who was not sure how to find masks that would work around Gary's hearing aids, your masks were a gift at the perfect time so we were able as safely as possible to make his doctor's appointment.

As someone who could pay for masks, I would rather give the money to you and your ministry in the community with a huge Thank-You for these masks before they were readily available.

God bless, Deb Winters

FBC Financial Update!

Our thanks to all who have been continuing to support the life and ministry of FBC. Even while we are not together physically, we have continued to come together in other ways to do the work of ministry in our neighborhood and in the world. Your gifts make this happen! We even celebrated the payoff of our heater loan, a wonderful accomplishment especially during this crisis!

Offering Income in June	\$10,813.83
Rental Income in June	\$ 5,350.00
Other Income in June	\$ 75.00
Total income in June	<u>\$17,038.83</u>

Expenses in June \$10,380.46

FBC Officers and Boards for July 2020 - June 2021

Officers:

Co-Moderators – Dr. Myra Forrest, Laura Alden, Debra Brauner
Church Clerk – Nancy Unruh
Treasurer – Charles Golden
Financial Secretary – Jeanne Petrosky

Building and Finance Board:

Co-Chairpersons: Rick Unruh, John Forrest
Members: Charles Golden, Michael Heinz, Jeanne Petrosky, Nancy Unruh

Technology & Communication Board:

Chairperson: TBD
Members: Kristi Pless, Kyle Smith, Teri Hoffman, Michael Heinz

Community Care and Connection Board:

Chairperson: TBD
Members: Ruth Chonka, Jane Gruen, Patty Muale, Hannah Davis

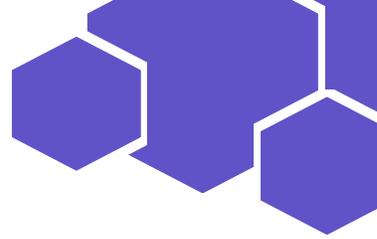
Spiritual Formation Board:

Chairperson: Dennis Landon
Members: Joel Dugan, Deb Brauner, Kathy Ballein, Corinne Griffiths (Co-chairs for Elderberries)

Worship Board: TBD

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Zoom Tips and Tricks From Sam and Thomas

- In the Zoom window there are a lot of icons, but they are designed to be straightforward and easy to recognize.
 - Starting from the top of the screen, **there is an icon in the top right with a square design.** It will say “Enter full screen”, and you can click on it to make the view fill the entire screen, so you don’t need to be distracted by anything else going on in the background of the computer. Clicking this same button again or hitting the Escape key in the top left of your keyboard (abbreviated as ESC) will get you out of the full screen view again.



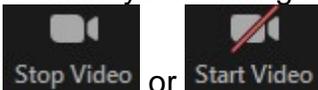
- To the left of the Full Screen button is another button that will either say “**Speaker View**” or “**Gallery View.**” This button will switch between those two viewing modes. Gallery view is good for when you want to see a lot of people, it looks a bit like Hollywood Squares. Speaker view is good when you want the camera focused on the person who is speaking, like the worship leader.



- At the bottom of the screen is a toolbar, a nice row of buttons that all do the different things that you’ll do the most while using Zoom. Starting from the left, **there is a microphone.** Press the microphone to mute and unmute the microphone on your computer. When the microphone has a red line through it, you are muted, and no one else will be able to hear you. If you need to be heard, just press the button, and the red line should disappear. This will tell you that you are not muted, and everyone should be able to hear you.



- Next to the microphone is a **camera button.** It works the same way as the microphone button, but with your camera. If there is a red line through it, no one can see you. Simply click it so that the red line disappears, and your camera will turn on so that everyone can see your smiling face.



- If you follow the toolbar toward the middle, you’ll next see a button labeled “**Participants.**” If you click this, it will bring up a window on the right of the screen. This window will show the names of everyone who is in the meeting.



- At the bottom of that window, there are a few more options as well. “**Invite**” can be used to send a link to the meeting to someone who isn’t there. That can be useful if you have a friend or family member who would like to come to church but hasn’t quite gotten the hang of getting to the church website.

Invite

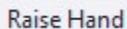
Visions • July/August 2020



- Next is the **Mute Me button**. This works exactly like the Mute microphone discussed earlier and can be used instead if you prefer.

 Mute Me

- Third is **“Raise Hand.”** This was initially created for use in classroom or business meeting settings, in order to visually tell the host that someone has a question or comment to make. However, it can be useful in other ways too! If during the prayer requests or announcements you would like to be given a chance to speak, you can use this button to let the worship leader know. This can be useful as sometimes it can be difficult to be heard if multiple people all want a chance to speak at once. Just like how in the classroom students raise their hand so that everyone can get a chance to speak, it can be used in church the same way.

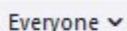
 Raise Hand

 (Hand icon)

- Next to Participants is **the “Chat” button**. Clicking this will open a window to the right just like Participants, and both can even be open at the same time. The Chat is another way to say what you need to without worry about not being heard. At the bottom of the window it says, “Type message here...” and you just need to click there and type away. When your message is done, just press Enter/Return on your keyboard, and your chat will post.



- Just above the area where you type your message is a delivery line, just like in an email. By default, it will usually say **“To: Everyone”** with a small arrow pointing down. If you click on that arrow, it will bring up a drop-down menu that will let you choose who to send your message to. This can be useful if you have a private prayer request that you would like to share with the worship leader, but don’t necessarily need everyone to know. Be sure to double check who you’re sending messages to before you send them, so that you know they’re going to the person you intend.

To:  Everyone ▼

- To the right of that delivery line is a button that says **“File.”** You can click this to attach a file to your message just like in an email. Clicking it will bring up a menu that will let you choose where you’re pulling the file from, so you can link things like Google docs, things from Dropbox, or even your own computer.

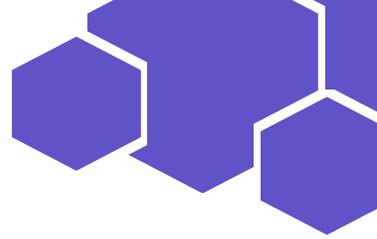
 File

- All the way to the right of the group of buttons at the bottom of your Zoom page you should see a little smiley face labeled **“Reactions”** If you click that you’ll get a pop-up menu that gives you 2 options. On the left is “Clap” which shows some cartoon hands clapping. On the right is “Thumbs Up” which shows the cartoon hand with its thumb up. Both of these can be used to help visually show appreciation for things and can be a lot of fun to see on your screen. So, if you hear some music you like, or enjoy the sermon, feel free to try these reactions out to show it.



- At the far bottom right, you will have a red button that says **“Leave.”** This is the button you hit when the meeting or service is over and you’re heading out. There should be a pop-up that confirms that you’re ready to leave. If you are, just click confirm.

Visions • July/August 2020



- You can be as early as you like to a Zoom meeting, as the video call will start as soon as the host admits you. Worship Zoom is usually open by 10:15 a.m.
- Try to be aware of where you're sitting in relation to the camera. Before joining the call you will get to see yourself on screen. Use this chance to position yourself so that you can see the screen but also be seen by the camera. This may be tricky with multiple people, so you may need to figure out how everyone will be able to move in closer together, or take turns moving when they want to speak. Remember that what you see is like a mirror, so your movement will reflect that. By default, Zoom will have the view of yourself mirrored, but everyone else will see you normally. In addition, during the call, you'll still be able to see yourself, so you can adjust accordingly.
- For fans of keyboard shortcuts, many of Zoom's features can be accessed using the Alt key. For example, Alt+A will mute and unmute your microphone, and Alt+V will turn your camera on and off. Think A for audio and V for video!
 - (that one may be a bit complex for those who aren't used to keyboard shortcuts, but may be helpful for others who don't want to have to find their mouse on the screen and look for a button to push)
- If you're joining a call on your own, and are comfortable with them, wearing a pair of headphones can help the sound quality not only for yourself but for others as well, because you'll avoid audio feedback getting picked up by the mic. Think of when a sound system made a loud ringing noise because someone had multiple microphones close by when they spoke. Even simple ones like the ones that come with a smartphone will work.
- Try to be aware of things in the room that make noise around you, even if you're used to them. Fans, tv's and window A/C units can sometimes make a lot of noise, especially when that sound is picked up by a microphone. As it gets warmer, try to find a place to sit that is comfortable for you, without your computer being very close to those things.
- While on a call or meeting, you can minimize the window just like any other program-for PC, find the icon in the top right corner of the screen that looks like a hyphen/ dash It should be to the left of the X. On Mac, it's the Yellow button at the top. When you do this, the video will become a small box that you can then move around the screen freely-just hold down the mouse button while hovering on the box, then you can drag it to wherever you want it to go. To return to the full-size video, you just need to click the green arrow that appears in the box. This can be useful if you have other things on screen you need to reference, like if you have a prayer request written down so you remember to get all of the details right, or if you are reading the scripture passage for the week. Just remember that even when your video is small, everyone can still see and hear you.