

Pastoral News

As we move into this new phase of ministry at Fowler UMC, Pastor Rene' and I are learning all we can about best practices, and want to keep you in the loop. This past week we met with pastors of two congregations that offer disability-inclusive worship. Their top advice: focus on being welcoming, and don't forget the caregivers!

We want everything we do to communicate welcome, which includes things we are already doing such as:

Having a friendly greeter at the door and hospitable people in the sanctuary.

Installing pew cutouts in multiple locations so everyone has a place to sit with those they come with.

Printing, projecting, and explaining the order of worship and prayers. You may have noticed the new icons which help non-readers keep track of the service.

The number one thing we are doing to create welcome is the sensory space in the narthex. When a caregiver for someone who experiences sensory overload sees this space

What's In This Month's Issue:

- Caritas Challenge
- Prayers Needed
- Birthdays and Anniversaries
- United Women of Faith

September Calendar

3rd, 10th, 17th, & 24th

Worship @ 10:30

5th, 12th, 19th, & 26th

Tops @ 9

Bible Study @ 10:30 (not on 5th)

Prayer Group @ 11:30

7th

UMW Meeting Noon

14th, 21st, & 28th

Crafting Group 9 till noon

14th

Disabilities Meeting @ 6

26th

Flashes Articles Due

as they first enter the church they will know we are taking this ministry seriously! This space will be used by individuals who may find the music a little loud, or are unable to stay seated and focused on the service – that could be any of us! It is also available if you are trying to distance when recovering from a cough that persists or are leaving worship early to set up coffee hour.

However, our sensory space is designed primarily for people with sensory processing differences who may have a low tolerance of bright lights, loud sounds, strong scents, or even unfamiliar movement. These differences are commonly experienced by people on the autism spectrum. The activities in this space will help people using it to regulate their sensory systems and gain calm and focus. Participants in the back can still hear the service and see it through the windows, even if the curtain in the middle is pulled out to divide the space into two sections. For some, being in this space might be the first step into being able to be part of the full worship service. This may also be the first time they have heard the good news that God loves all of us, just as we are!

Sensory-regulating activities will include a variety of tactile and manipulative experiences attached to the sensory wall that is under construction on the back side of the new shelf unit. Weighted blankets and lap pads along with bean bag seats and an inflatable canoe-shaped seat will offer compression. If someone is overwhelmed and needs a full sensory break there will be a small tent and a padded alcove that looks like a cave. Smaller tactile and weighted items, along with noise-reducing headphones, can easily be taken into worship. That's why the bins containing these items face the sanctuary.

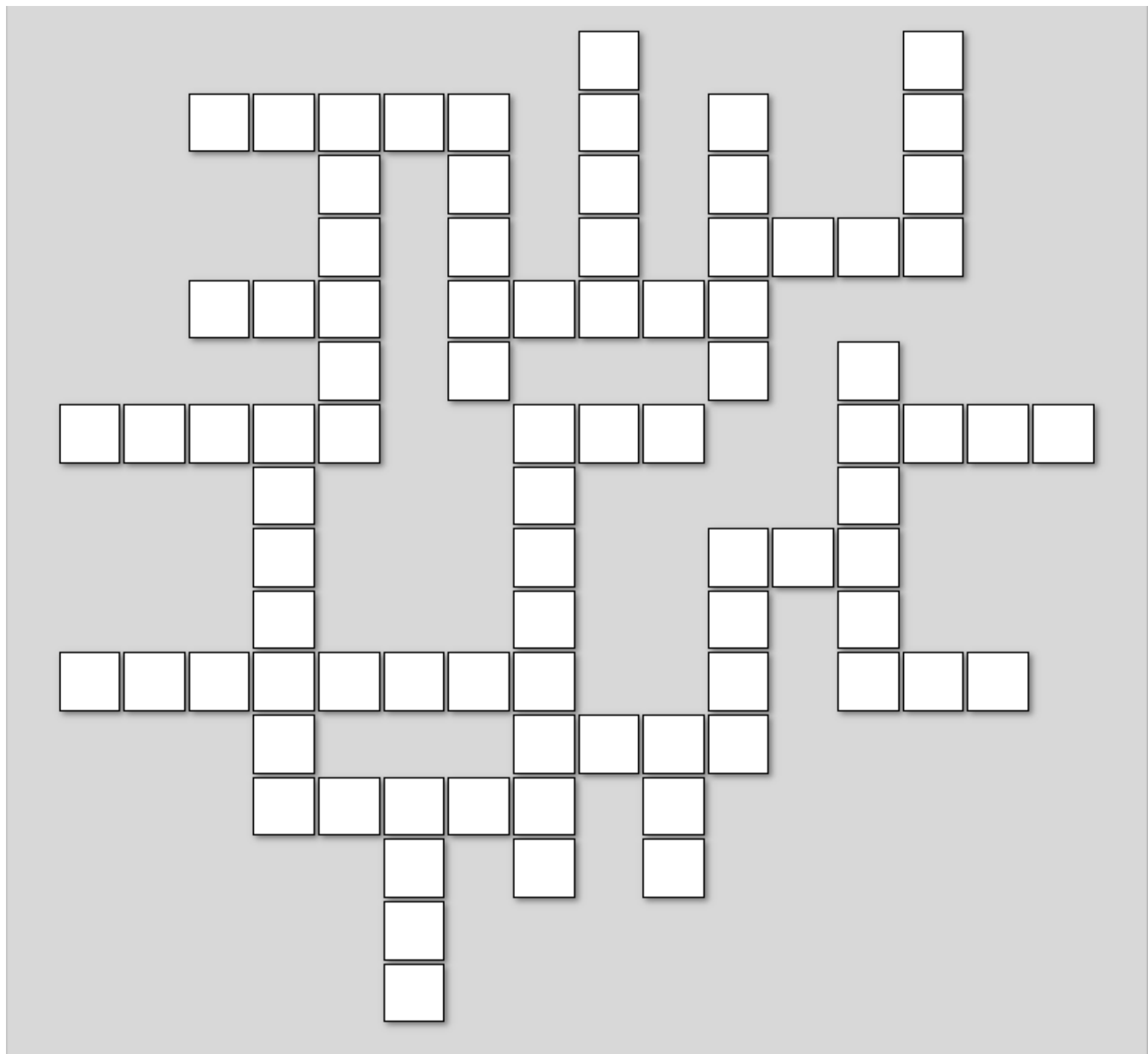
Welcoming measures we can pay increasing attention to:

Having a variety of food available whenever food is served that meets different dietary needs, and marking it as such: gluten-free, lactose free, nut-free, etc.! We want to offer equivalent food items so that no one feels left out. Remember that there may be participants who have trouble chewing and might want softer food.

Limiting our use of scented hygiene and laundry products and avoiding fragrances.

Not assuming that guests are familiar with any part of worship or the way we do things! We were all new once, and we need to remember how that felt.

Lynn Swedberg



3 Letters

4 Letters

5 Letters

6 Letters

7 Letters

8 Letters

Day

Adam

Earth

Garden

Animals

Creation

Eve

Eden

Light

plants

Darkness

God

Good

Night

Man

Land

Stars

Sun

Life

Trees

Moon

Water

Woman



NewDay

Grand Opening	September 24th
Mario Kart Competition	Pizza, Salad, and Cake

Caritas Challenge



Hygiene Products or Cleaning Products!

Tooth Brush, Tooth Paste, Soap, Razor, Shampoo, Feminine pads, Mouth Wash, Q tips, Tissue, Windex, Clorox, etc. . .



September Birthday

6th - Olinda Martin

21st - Suzi Barton

24 - Veona Mabbott

2nd - Dick & Veona Mabbott



Wishing our friends and family
a “happy. . .”,
a “merry. . .”,
a “best wishes . . .”,
and a “blessings . . .”
for their special day.



P R A Y E R

Hand of God to Touch

Our Nation
All the people affected by the fires
Our Church- the Journey of Fowler
Travel Mercies
Jayden & Kevin
James with the fire clean up in HI

Health and Healing

Wendy Montgomery - had
emergency surgery and is
recovering

Continued Prayers

Stephanie came Home! Her
Grandma is helping her rehab
Ex-husband with cancer
Care- 2-3 months left
Linda Stancil
Roger Kittredge
Larry & Penny Rucker

Prayers of Gratitude

Daughter helping in yard and
bringing lunch
Camping and the peace it brings



United
Women
in Faith

UNITED WOMEN IN FAITH SEPTEMBER 7TH AT NOON

The local unit of United Women in Faith will resume our monthly meetings on the first Thursday of the month in September. All women in the church are invited to attend. Bring a sack lunch, dessert and coffee will be provided.

We will be discussing the program and budget for the coming year. Do we want to follow the program resource provided by UWF or do a Bible/book study? Shall we continue to meet in Corinthian Hall or meet at a restaurant? Come with your ideas.

Upcoming events include the Inland Missional District Annual Meeting in Sandpoint Idaho on September 16th. Lynn Swedberg will be the keynote speaker. Her topic will be "Disability is Diversity" and how churches can be more handicapped accessible. The cost is \$20 for pre-registration or \$25 at the door. New officers will be elected and the budget and pledge for 2023-2024 will be decided. There will be more information posted on the UWF bulletin board in Corinthian Hall.

Our Pacific Northwest Conference Annual Meeting will be October 21-22 in Olympia. The keynote speaker will be the UWF National President, Ainise Isama'u. The meeting will begin at 5 pm on Friday night and end at 1 pm Saturday afternoon. The cost will be \$35. Dinner on Friday is provided. More information will be on the UWF bulletin board.

On September 10th the service at Fowler will be presented by our local unit with some help from our friends. This will be a Women Speak Sunday with emphasis on the mission work of the UMC and UWF.

Sharon Stovall, President

We believe
love in action
can change
the world.

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COME AND CRAFT WITH US!



The 2nd and fourth Thursday
at 9am