

United
Presbyterian
Church
of Peoria, Illinois

The Chimes

A publication of United Presbyterian Church
Peoria, IL



Volume.13 Issue.2 February 24, 2016



HOLY WEEK

March 20: Palm Sunday Worship at 10:00am.

March 23: Connecting Point at 5:30pm.

March 24: Maundy Thursday Service
Meal at the Carver Center at 6:00-8:00pm.

March 25: Good Friday Worship at 7:00pm.

March 26: Community Easter Egg Hunt at 9:30am.

Easter Egg Hunt

Sat. March 26 9:30 - 11:00 AM
Ages 1 - 9

Snacks, Pictures, Activities
Hunts start at 10:00 AM

HE IS
Risen

He is Risen Indeed!

Join us for a celebration of the Resurrection!
Easter Sunday, March 27, 2016

6:30am-Upper Grand View Drive
10:00am-United Presbyterian Church

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Mike Kelley

Ken Krancher

Maureen Leuba

Ray Long

Sandie Martin

Ethel Moore

Henry & Jeannie Noetzel

Nathan Pennington

Randy Saxon

Don Serup

Sherry Shedenhelm

Steve Stella

Deb Sullivan

Jude Thom

Dale Warren



Sgt Scranton, Joseph
B-CO 1-63 AR
Camp Beuhring, Kuwait
APO, AE 09330

Pray for the Holy Spirit to empower the church.



Interested in joining United Presbyterian Church?
Contact a pastor or visit our website at: www.unitedpc.org.

We Are United

We are United. We may not agree on every issue. We may not have the same preferences. We may come from very different walks of lives. But we are United. We are united not through our own efforts but through the power and call of God that draws us together with one mission: to grow and nurture followers of Christ in a welcoming community.

I am excited about our opportunity to come together on Sunday, March 13th from 3:00-5:00pm (childcare will be provided) in order to talk about where we have been and where we are going as a church community. We'll talk about what's life giving about the ministry of UPC and what excites you. We'll talk about what your dreams are for this faith community. I want to hear from you. I want the whole congregation to hear from each other because our present and future is dependent on all of us working together with a common vision and mission. To be United, we have to work together, and that starts with listening to each other. I'm looking forward to our time together on the 13th.

Included in this edition of The Chimes, as an insert, is a questionnaire. Please take the time to answer the questions, front and back, and return it to the church by March 6th. We'll have a receptacle to receive them at the church welcome center. Your responses will give us some data to determine where we are as a congregation and where we need to go. We'll refer to your responses at the event on the 13th.

We have another exciting event coming up that will help us explore and celebrate what it means for us to be a community of faith that follows Jesus Christ. For eight weeks after Easter, we will engage in the study of a book together. The Session invites you to read with us *"The Good and Beautiful Community"* by James Bryan Smith. The Session's goal is for the whole church to read, reflect, and discuss this book through April and May to help us better live out what it means to be the church together.

Each week, we will focus on one of the chapters of the book. Sermons will engage with the content of each chapter but you will be able to hear and engage the sermons even if you haven't had a chance to read the book. Sermons will still interpret and engage with Scripture, but will tackle themes from the chapters of the book.

We will have discussion opportunities each week to discuss the chapter of the book for that week. Sunday School classes will be opportunities for discussion, as well as other regular small group meetings. We also encourage you to start your own small group discussion of the book. The book includes simple personal practices for every chapter that you can do on your own.

Reading a book together is a first for our church, but the Session believes it can be a valuable experience for the church. It will allow us to have a united focus and a common vision as we look to the future for our good and beautiful community at United Presbyterian Church. There will be more information throughout the month of March, but we hope you will commit to reading the book with us, and attending one of the discussion groups on Sunday morning or during the week.

I can't wait to explore this book and what it means to be a Christ-centered community of faith with you this spring, and live that out in our daily lives together.

In common calling,
Pastor Stephen

It Could be Dangerous!

It could be dangerous! And there is an element of risk! And yet there is adventure and a whole world that opens up if we but take a chance. It applies to many things we experience in life. And without a doubt it applies to rappelling or rock climbing. And yet many do venture forth and experience great adventure for taking that chance. I remember those first times I saw others safely maneuvering the ropes and the rock walls, they truly looked as if they were having fun. Had they forgotten it could be dangerous!

A new prayer practice can be like that. It can be dangerous, risky. Who knows what may happen if we are vulnerable in this way? Since we don't know what we are doing, we may appear foolish, and we certainly don't want to appear foolish. So fear and pride become the obstacles to new experience. How did we ever even learn to ride a bike? We set aside fear and pride, and even though we may have fallen down, got back on and learned until we could ride with greater ease.

In order for me to learn to rappel, I had to set aside fear and pride and I had to trust the teacher, and all the equipment. I had to trust that this could turn out to be good if I was willing to take the chance. I took the chance and I have no regrets.

We can apply the same principle to learning new prayer practices; like praying a new prayer for 40 days. 40 days is a number which is known to make a difference in people. Moses, 40 days on the top of Mount Sinai; the Israelites, 40 years in the wilderness; Jesus 40 days in the Wilderness; in each instance it begins with setting aside fear, setting aside pride and trusting the process. And the result is transformation. The participant is changed in some manner at the completion of it.

And so you and I continue, or start again, or start for the first time to pray one of the greatest prayers in all of scripture. Jesus calls it the greatest of all commandments; because it is what we were created to be doing. Even though, it could be dangerous. We could be changed, we could become more loving than we are today. We could be more like Jesus in our loving of God and of others. And that could be "dangerous" in a world which is crying out for love.

I join Christ in praying with you and for you,
Pastor Patricia

Let us Pray the following prayer morning and evening for the season of Lent

Hear O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this, "You shall love your neighbor as yourself." There is no other commandment greater than these. Mark 12:29-33

Worship & the Arts

In my position as the Director of Worship and Arts, I am involved in a lot of different components of our church. One of the most visible areas of my work deal with the music and liturgy we participate in on Sunday morning worship services. One of the most difficult and exciting parts of my job is picking out the music you hear on Sunday mornings. As a glimpse into the details of planning, I wanted to share a bit about the general process I take to discern what music makes it into the Sunday service.

We are in the minority of churches who are attempting to worship as a diverse community in one combined worship service. As a worship planner for this congregation, I often feel a lot of pressure to make sure people are consistently nourished and engaged in worship while also being aware that the diversity of those present directly correlates to the diversity of expectation and preference in terms of worship style and content. Moreover, we only have 60 minutes to fit songs, prayers, sacraments, a sermon, announcements, etc. on a given Sunday. With these things in mind, I will list five “filters” listed in order of how I approach choosing music for a Sunday worship service. With the constraints in regards to space, the list will be condensed and simplified:

Can the congregation sing the song well? One of my main goals starting this position a year-and-a-half ago was to work on improving congregational singing. There are MANY different areas that go into achieving this goal, but the most obvious one is choosing music people can sing. If songs are too high or too low, the melody is too disjunct (leaps around a lot), the song is too long, there is not enough repetition, and the rhythms are too syncopated, group-singing becomes incredibly difficult.

Is the song theologically and thematically appropriate? As many of you realize, our worship services have a consistent theme running through them. The music not only has to fit the theme, but it also has to be appropriate for the time it is sung in the service (a gathering song, a reflective song, a song of sending, etc.) Hymns and Sacred songs are also theologically formative. We sing what we believe and we believe what we sing. Because of this, I am very careful to make sure what we are singing is in line with our denominational beliefs and our congregational identity.

Does the music make use of those in musical leadership? On any given Sunday, we could have the bell choir, chancel choir, worship band, and organ all leading music in ONE 60 minute worship service. For “presentational” music (i.e. songs where the congregation doesn’t sing along with), the choice of music

has to fit the group that is performing them. I ask questions like, “Is this piece too difficult or too simple for the group,” “do I have enough people to do this piece”, “what kind of instrumentation does it require”, etc. Also, most of our musicians on Sunday mornings require written out music to play/sing. Because of this, I need to make sure that existing musical resources exist for purchase, or I need to write the music myself (which happens almost every Sunday). The music, especially worship band music, has to reflect who is leading it as well. This relates to how many vocalists we have, what instrumentation there is (is it electronic driven like all “atmospheric” or “rock” focused worship or acoustic driven), etc.

Is there an appropriate balance between musical “presentation” and congregational singing?

With the last three points in mind, I move on to this question. Most of the time, bell choir and chancel choir play/sing “presentational” music. The worship band often leads congregational singing, but they also play/sing “presentational” music. UPC does not have a performance driven music ministry. We mainly use song in our services to join our collective voices in singing. As a result, I am always thinking about the congregation’s role in the music. Because we have a participatory (or inclusive) model of worship instead of a performance model, congregational singing and overall active participation is of supreme importance.

Is there an appropriate balance between traditional and contemporary music?

As you may have already gathered, by the time I get to the fifth “filter”, the selections of music become increasingly small. This fifth “filter” looks at how things sound in the service and relate to one another. We are mainly a traditional church that consistently utilizes contemporary forms of worship. In most every worship service, we have at least one congregational song led by the organ and one by the worship band and one “presentational” piece by either the bell choir or chancel choir. To allow service music to sound consistent and connected in relation to other parts of the service, there needs to be communalities between songs and liturgical elements. If this is not the case, blended worship has a “ping-pong” effect where we bounce from one worship

Worship & the Arts Cont'd

expression to an other and feel a sort of liturgical whiplash!

Even though this is just a snapshot into the process of selecting music (left out other important “filters”), I hope you can see that we are very particular about what we choose for the congregation to sing. And, like everything else we do here at UPC, the congregation is in the forefront of our minds as the service music is chosen.

Aaron Schultz

Holy Week Worship and Activities

Holy week begins on Palm Sunday, March 20th and goes through Easter Sunday on March 27th. UPC has many activities, mission projects, and worship experiences to grow and nurture followers of Christ in a welcoming community during this holy week.

March 20: Palm Sunday Worship at 10:00am

March 23: Connecting Point at 5:30pm

March 24: Maundy Thursday Service Meal at the Carver Center at 6:00-8:00pm

March 25: Good Friday Worship at 7:00pm.

March 26: Community Easter Egg Hunt at 9:30am

March 27: Sunrise Service with Zion Baptist Church at Upper Grandview Drive Park at 6:30am

UPC Easter Worship at 10:00am

Good Friday Worship

You are invited to join us on Good Friday as we gather at the foot of the cross to worship our crucified savior. This Good Friday we will look back at the Book of Jonah we've explored throughout Lent and how it intersects with the Passion of Christ. The service will feature opportunities to reflect on the message of Jonah and the cross and participate in putting things in our own lives to death, so that they may be resurrected to new life. The service starts at 7:00pm and will have several songs from the band and the choir.

Lenten art installation

We commissioned local artist Natalia Villanueva Linares with The little rain in collaboration with Compton Institute to construct a Lenten art installation, which is titled "The Whaleness". This piece will also be interactive as we will engage with it during worship services throughout Lent. Each week there will be a word located in the belly of the whale that will draw us into the worship service. On Good Friday, we will be interacting with the installation directly.

Community Choir on Easter

The March Community Choir day happens to fall on Easter Sunday, March 27th! We will be bringing back "The Hallelujah Chorus" from Handel's *Messiah* and singing it at the end of the service. All are welcome to participate in this. We will run through the song at 9:15am Easter morning.

St. Patrick's Day Celtic Worship Service on March 17th at 6:30pm

at Westminster Presbyterian Church

Come celebrate St. Patrick's Day in worship and communion. Come in the Spirit of St. Patrick, wear green and stay after for light refreshments and fellowship!

This year we are going to worship in a joint service with Westminster Presbyterian Church at Westminster. Liturgists and musicians from each congregation will lead us in the Celtic song and prayers, giving glory to God for the inspiring faith of Patrick of Ireland.

Why Patrick? And Why Celtic? Presbyterians actually share heritage with the Celtic Christian Tradition, hence why many Presbyterian churches have a Celtic Cross. The earliest Celtic crosses were carved out of stone with the endless circle linking the upright and the crossbeams of the cross. The circle was intended to convey the ancient harmony and the relationship of all things which are held together through Christ as well as eternal life through the Risen One who is with us always.

The Celtic church of the 5th and 6th centuries was one of the most spiritually vibrant churches in the world. It traces its origins with Patrick of Ireland. From Ireland, missionaries carried the faith to Scotland (the birthplace of American Presbyterian faith). Come, Worship and learn the story of Patrick and the origins of Celtic Christian faith.

Worship & the Arts Cont'd

Sunday Worship

March 6: Jonah 3

"The Repentance We Need" Pastor Stephen

March 13: Jonah 4:1-4

"The Gift of Forgiveness" Pastor Stephen

March 20: Jonah 4:5-11

"A Necessary Death" Pastor Stephen

March 27: John 20:1-18 "Hold On" Pastor Stephen

Easter Sunrise Worship Service is at Upper Grandview Park at 6:30am

Zion Baptist Church will be joining us for Easter Sunrise Service. We are invited to join them at Zion Baptist for Easter Breakfast to follow at 8am.

Help Needed!

If you like computers and want to help on a Sunday morning, we need a few people to help run the computer and camera during worship services. Commitment would be about once per month. Please contact Aaron (aschultz@unitedpc.org) for more information.

Christian Education

Adult Classes

Sunday Mornings at 9am

Journey Through the Bible Room 100

Study the Bible with Don Baker and Gordon Selling
Join us as we study and learn from the Book of Job.

Wired Word

Room 105

Discuss current events through the lens of Scripture with Betty Pugh and John Warning.

It seems our news headlines give us plenty to talk about. How shall we respond? Let's talk about it together.

Followers

Room 107

Join the DVD/Book discussion on *What's So Amazing About Grace?* by Philip Yancey with Pastor Patricia

March 6 No Class

March 13 Chapter 17: Mixed Aroma;

Chapter 18: Serpent Wisdom

March 20 Chapter 19: Patches of Grace;

Chapter 20: Gravity & Grace

March 27 Easter Sunday, No Class

Living Your Faith

Room 106

Watch a short video and discuss it with Pastor Stephen.

No 9am Classes on Easter Sunday March 27

Sunday Mornings at 11am

11-Minute Lessons meets in the Heritage Room (107) to discuss how to understand the Old Testament.

Thursday Mornings at 10am

Bible Study: the passion narrative of Jesus according to the gospel of Luke with Pastor Patricia.

QUEST

Quest Middle School

Quest Middle School Gatherings

Sunday, March 13 & 27

3:30 – 5:30pm

Quest High School

Quest High School Gatherings

Sunday, March 13 & 27

4:30 – 6:30pm

*Email Karen Miller at karen@unitedpc.org to receive weekly youth updates. This will give you access to the most current youth information.

The Youth Group Thanks You!

Thanks to everyone who came out to the pancake supper. It was a HUGE success and we raised so much money toward our trip this summer. We are so grateful for everyone who supports us in all we do.

Youth Christian Education

Children's Education Hour

HOLY MOLY!

Main Sunday School Room

Children will experience the Bible through HOLY MOLY! Holy Moly follows a four-part sequence: Discover, Relate, Connect, and Create. Each week, kids will watch an animated Bible story video, talk about the story, read their Bible, and try a creative activity. We are so excited to begin this new journey in our faith!

Middle & High School Education Hour

Echo the Story Curriculum

Youth Room

We have started a new curriculum that will help us dive creatively into the stories of the Bible we think we know the best. We will hear the story in a new way and will be encouraged to listen for something new each time.

Children's Sunday School

Journey through Lent

Ages 3 – 3rd grade

It is important that all our children begin to understand what Easter means at a young age. Sure the Easter eggs and bunnies are good and fun, but more importantly, we want children to be able to tell others about the events of Holy Week. Middle school class will help lead the lessons.

During Sundays in Lent, the children will be taking a journey with Jesus. On the first Sunday, they will create passports that they will use each week to gather stamps when they complete part of their journey during Sunday School and special events. The Sunday after Easter, we will have a Passport Celebration Party during Sunday School where we will recognize everyone who earned stickers during Lent, and yes everyone will be honored!

4th Grade and Up Sunday School

During Lent, the middle school class will be joining with the children's class to help lead a small worship time and help the younger children learn as well as taking themselves into a deeper understanding of Lent.

There will be no Sunday School on Easter Sunday!

Connecting Point

for
the adult class begins at 6:30pm.

Connecting Point is every Wednesday beginning with a meal at 5:30pm. Activities children begin at 6:15 and

Connecting Point Has Something For Everyone

Whether you come for the meal and fellowship, come for the adult class, parent group, Tai Chi, music rehearsals, or for the children's activities, it is a great time to Come and Get Connected!

5:30 Meal / Handbell Choir

6:00 Tai Chi

6:15 Activities for children / Worship Band

6:30 Adult Classes / Youth Room open

7:15 Chancel Choir

Connecting Point Adult Classes

Loving God, Loving Others a Lenten Book Study with Pastor Patricia

Loving God and Loving Others is our life task. We know this because Jesus says it in the greatest of all commandments. Words which we have been praying since the onset of Lent: *Hear O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. The second is this, "You shall love your neighbor as yourself." There is no other commandment greater than these.*

--Mark 12:29-33

It is the subject matter for the book ***The Jesus Creed*** by Scot McKnight. Pastor Patricia is continuing the Lenten Bible Study guided by that book. You do not have to read the book or purchase the book to participate in the class. The book spurs us on with examples of what loving God and loving others looks like in the biblical stories.

Connecting Point Kids!

Children are welcome upstairs for Faith 5, prayer, games and gym time.

Youth room open for middle school and up!

The youth room will be open during Connecting Point for 5th graders and up only. Bring your homework, a book or game and make yourself some hot chocolate. Make sure to clean up after yourself!

Parent's Gathering

After dinner at Connecting Point – 7:15
Library

We will gather, parents of all ages and stages, to discuss current parenting topics and issues. It is a casual group that finds comfort and solace in sharing our ups and downs as parents. Everyone is welcome to join us.

Mission

Know Islam. Know Peace: A Peace For Peoria Unity Event

United Presbyterian Church is partnering with the Peoria Interfaith Alliance and the Islamic Foundation of Peoria to host a Community Event to bring together Jews, Christians, and community leaders in solidarity to fight hate and celebrate the rich diversity of Peoria's Muslim residents. As a result of Islamophobia, Muslims are sadly viewed with increased suspicion and fear these days and are painted with a broad brush. Mosques, where we pray and socialize, are being incorrectly viewed as unwelcome, closed places.

The Islamic Foundations Goals for the Event are to:

- Fight fear by opening our doors and hearts
- Bring Jews, Christians, Muslims, and other voices together to stand against prevalent Islamophobia (irrational fear of Islam and Muslims)
- Build loving relationships rooted in the genuine traditions of each faith without denying our differences
- Invite the "whole" city so our friends and neighbors can see us, meet with us, and hear community and religious leaders speak

The event is on Monday, March 7th from 6:00pm-8:00pm at the Islamic Foundation of Peoria (823 Salaam Dr, Peoria, IL Turn left on Hale from Pioneer Parkway then right on Salaam Dr). You can learn more about the event and RSVP at PeaceforPeoria.com.

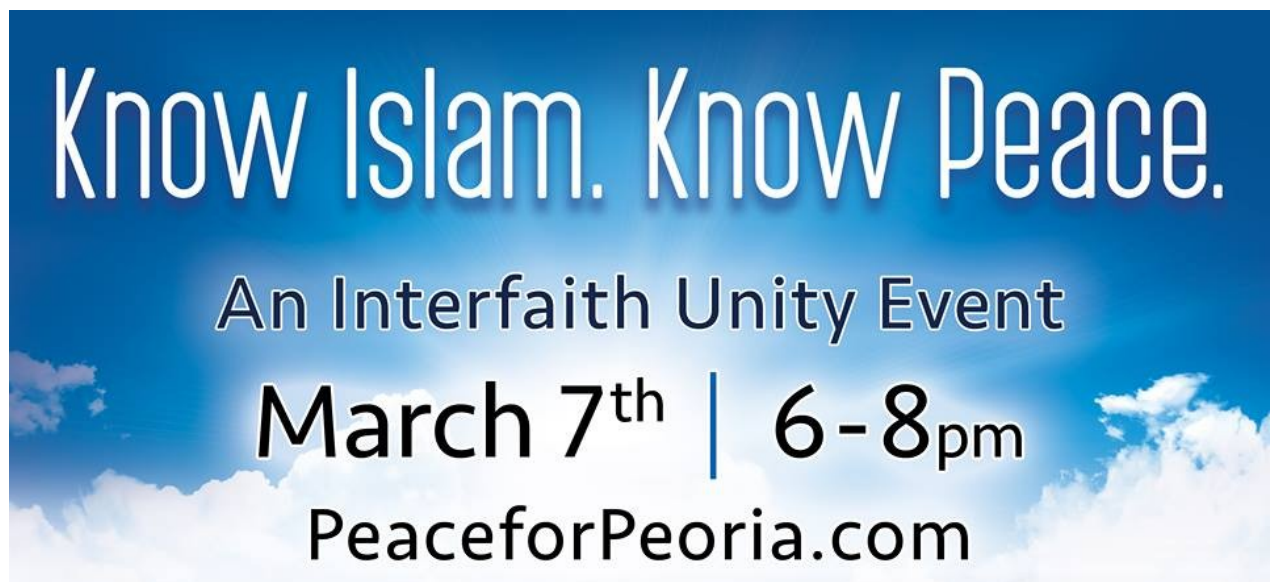
We hope many members from UPC will attend the event. If you'd like to carpool from UPC, please meet at the church at 5:30pm and let Pastor Stephen know you plan to attend and carpool.

Snack Pack

We fill Snack Packs on the fourth Sunday of the month in the Sewing Room (103). Everyone is welcome to help us fill these snack packs. We provide 40 students from Northmoor Elementary with Snack Pack bags every week so that they may have nutritious food and snacks over the weekend. We fill a month's worth of bags every fourth Sunday of the month after worship, (due to Easter we are doing it March 20th) and we need help. We also need donations of the following items, especially at least 40 of each:

Snack Pack Needs:

- 100% Juice Boxes
- Fruit Cups
- Applesauce
- Granola or Protein Bars
- Beef Sticks
- Dehydrated Fruit Snacks
- Cheese or Peanut Butter Crackers
- Breakfast Cereal Bars



Mission Cont'd

One Great Hour of Sharing: Brazil Mission Partnership

We are continuing our partnership in Brazil with Projeto Amar for our One Great Hour of Sharing offering. One-hundred percent of your gifts will to help support our Brazil partnership.

This year we are raising money so each child at Projeto Amar can be given a Portuguese Language Action Bible (these are similar to the ones we've given our confirmation students in the past). There are 48 preschool children who are a part of Projeto Amar and the staff would like to purchase 50 Action Bibles for this age group. The Bibles are \$18.75 each.

Junior and Cidinha, the co-directors of Projeto Amar, asked UPC to help purchase air conditioners for the preschool classrooms instead of donating the funds to staffing salaries like last year. There are three preschool classrooms and they all get very hot during the day. They have two fans in each room, but they aren't very effective in cooling the spaces. The children have a hard time focusing due to the heat and it is stressful for them and the teaching staff. To provide 3 air conditioning units, it would cost \$2,812.50. The Projeto Amar Learning Center is making a big difference in children's lives, and you are a big part of that.

Our goal this year is to raise \$4000 for One Great Hour of Sharing. We are marking our progress **with Bibles that the children of UPC will place on the chancel each week.** Every \$100 given will mean one Bible our children can symbolically place on the chancel for children in Brazil. This is another great way that UPC is ON MISSION. We are growing and nurturing followers of Christ in the welcoming community of Projeto Amar, even though we are on another continent. Your generosity and love nurtures these children and their faith will grow through their teachers and their very own Bible.

Maundy Thursday Service Meal

On Thursday, March 24th, UPC will partner with Zion Baptist Church to provide a free community meal for anyone who needs it at the Carver Center downtown. We will serve alongside our brothers and sisters at Zion and break bread with our neighbors in the downtown community. There is a signup sheet on the bulletin board by the Welcome Center. The dinner starts at 5:00pm, but we need volunteers to be there by 5:00pm. The meal will finish at 8:00pm and then we will clean up. We will have two shifts for helping with the meal. We need guides, servers, greeters, and people to just sit and eat with our guests in a spirit of fellowship and community. If you would like to make a special donation to assist with the cost of this free meal, please mark your gift "Maundy Meal."

News and Notes

Uniting in Vision Event

Join us in the Fellowship Hall on Sunday, March 13th from 3:00-5:00pm for our Uniting in Vision Event. We will reflect on our past, present, and future while talking about the joys and challenges of changes in the church, community, and world around us. We need your ideas and experiences so we can unite in vision as a congregation that seeks to grow and nurture followers of Christ in a welcoming community. Please return the survey that is an insert in this Chimes to the receptacle at the Welcome Center by Sunday, March 6th.

A Letter from the Daruul Uloom Islamic School

The church recently received a letter from Joey Syed, a fourth grade teacher at the Daruul Uloom Islamic in response to a letter sent by Pastor Stephen to Islamic communities in Peoria. Ms. Syed included letters from her fourth grade class thanking the church for reaching out to them in love and inviting members of the church to their class to learn from each other and get to know each other better. They would also love to visit our church sometime and learn about us. The children wrote beautiful and powerful letters expressing appreciation for the church reaching out to them, apologizing for the treatment Muslims in America have received, and hope that we can all love each other as brothers and sisters. If you are interested in visiting this class with Pastor Stephen, please let him know.

Daylight Savings Time

Don't forget to set you clocks ahead one hour on March 12th before going to bed. March 13th begins daylight savings time.

Newsletter Deadline

Information for the Chimes is due the next to last Wednesday of the month at 8:00am. The last Wednesday of the month we collate the Chimes at 1:00pm. Everyone is welcome.

Stewardship & Finance

Your Gifts Matter

It'd take too many pages to list all the ways your financial gifts to UPC made a difference in people's lives so far this year. But, it's important for you to know your gifts impact lives. Your gifts keep this building open and in good shape for many civic and church groups. We've been able to host Boy Scout functions, community basketball, bereavement groups, and more. Your gifts have made it possible for youth groups to meet, hospital visits to be made, classes to be offered, food to be given, worship to be experienced, and comfort to be received. We welcomed new members to the church again this month because they have experienced UPC as a place that grows and nurtures followers of Christ in a welcoming community. They have seen and experienced this because your gifts make it happen. Thank you.

2016 Per Capita Payments

Our financial commitment to the Presbytery and denomination is over \$10,000. Think of it as a franchise fee. Per Capita connects us to the larger church and provides us all the benefits of being part of a denomination with tools and resources. This money is given to help our Presbytery and National Church support all the churches including our own. We have benefited in many ways from the larger church through grants and resources. Please consider contributing to the church's Per Capita share by contributing \$28 per church member in your family. Checks can be made payable to UPC, but please mark them for Per Capita or use your special Per Capita envelopes. Thank you for helping the work of the larger church in this way.

Prayer Circle

Prayer Circle

We pray for the healing hand of God be upon our friends in need of healing: Bev and Dick West, Joanne Kern, Bob McDowell, Randy Saxon, Marilyn Umdenstock, Veronica Shumaker, Bob Hultgren, Sherry Kranz, Lorie Mach, Nancy Jones and Eunice Andrews.

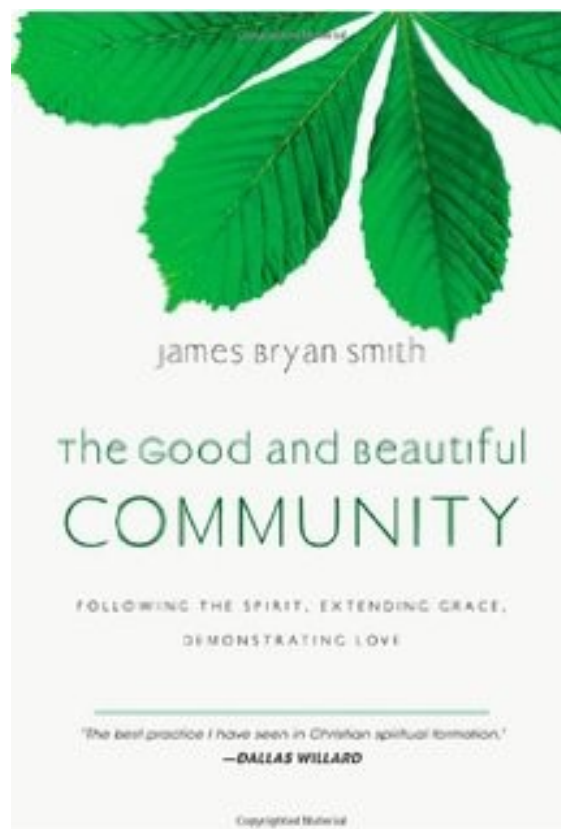
May the comfort and strength of Christ be upon those who are approaching end of life, and upon their families as they minister and care for them: Lorraine Bunker.

May our compassionate God grant comfort and strength to the family and friends who are grieving for: Steve Hanson, Iva Andrews and Kenneth Deppermann.

News and Notes

The Good and Beautiful Community

We will be reading and discussing *The Good and Beautiful Community* together, as a church, from April to May. There will be many opportunities to join discussion groups. Please consider purchasing a copy of the book, or you can sign up to purchase a copy at the church welcome center, and we will order it for you.



Church Life

Eating Together

Men's Breakfast: March 10th, at 9:00am at Le Peep

Local Lunch: March 21st at 12:00pm at Jubilee Café in Kickapoo

Ladies Night Out: March 17th, at 6:00pm@ Red Lobster

Thursday Lunch Bunch: March 31st at 11:45am Potluck Meal in Fellowship Hall (Ham is the main dish)

Bunco

Will meet March 11 at 7:00pm in Fellowship Hall. Every one welcome.

Anna Circle

Thursday, March 10th, 6:00pm at Weaver Ridge.
Chapter 8, *Really Bad Girls of the Bible* and Mission is Share the Warmth Blanket Ministry.

Annual Easter Egg Hunt, Saturday, March 26 9:30-11:00am

Help stuff eggs Sunday, March 20

Join us in the gym immediately following worship, to fill eggs. Youth group members are welcome to volunteer also!

Easter Egg Hunt Candy Collection

An Easter Egg Hunt is all the more fun with candy! Please help UPC provide this fun experience to community children by dropping off candy for the March 26th Easter Egg Hunt. All candy should be individually **wrapped** (small candies). Candy can be dropped off beginning March 1st.

Ruth Circle

Monday, March 14th at 1:00pm. Hostesses will be Mil Berry and Delores Fogler. Devotions will be Lilli Nettell.

Save the Date

The meet your deacon potluck will be April 17th after worship. Mark your calendars to attend—more information to follow.

Sunday Morning Volunteers

Would you be interested in Greeting on a Sunday morning before worship, or perhaps assisting a Deacon in the kitchen during Coffee Hour? If you think you might like volunteering in one or both of these areas, contact Kathy Nixon at 431-3951 or knxn@comcast.net. This would **not** be a regularly scheduled duty, just a volunteer opportunity based on your availability.

Easter Lilies

Easter lilies will be available for purchase "In Memory Of", "In Honor Of", or for "Donation". Cost is \$7.00 per lily. A sign-up sheet will be available in the fellowship hall after church on Sundays, March 6th, March 13th & March 20th.

Thanks

Thanks to all Teachers and Volunteers – CE Committee wishes to thank all volunteers who worked hard in 2015 and 2016! So many teachers and volunteers stepped up for CE events such as Fall Festival, Family Christmas, VBS pancake suppers and the many adult and child classes! We have volunteers on Sunday, during the week, at Connecting point, Nursery duty and so many other CE activities. We have an amazing and awesome group of volunteers who step up all year long. It is hard to remember and thank you all when we have so many active helpers throughout the building and community. Please know that Christian Education and the entire church community appreciate your work! Thank you!

Many thanks to UPC for the communion visits and the Advent gift bag, we really enjoyed it, especially the santa door decoration. We are unable to get out and about as we used to, but certainly appreciate you remembering us. With many blessings for the new year, Robert & Carolyn Gnepper

Dear UPC Friends,

Thank you all so much for the many prayers, cards, and support for the past several months during my illness. Things are much better & I'm getting well. Thanks to you all for your prayers & support.

Love,
Debbie Sullivan

Thank you so much to those who made Valentine's for the shut-ins! Ours are displayed on a wall where Jack can see them, and he is enjoying the ones he can eat as well!

Jack & Pat Bensing

Dear Friends at UPC,

Words cannot express our thanks for all the cards, calls, and support shown Trish at work, after the recent death of my brother, Kenneth. We were overwhelmed by your kind acts and feel truly blessed. Most sincerely, Rodger & Trish Deppermann

Health & Wellness

Spring Clean Your Medications

How many of you clean out your medicine cupboard regularly and make sure your medication information and allergies are up to date? Medications are available over the counter or through a prescription to provide you with better health. Unfortunately, medications can cause harm if not handled carefully. Never assume your physician knows- it is your job to make sure your information is up to date. The following are helpful suggestions regarding the wise use of medications:

- The most important suggestion is to be sure your physician is aware of all the medications you are taking (including prescription, over the counter, vitamins and herbal supplements) and whether taken regularly or as needed.
- Keep an updated list of all your medications (prescription, over the counter, vitamins and herbal supplements) and show the list to your physician every time you visit. This is very important if you have multiple prescribing physicians. Make sure all prescribers on your healthcare team are updated and informed.
- When any physician prescribes a new medication, ask for correct dose, timing, duration and side effects/interactions and write them down. At the time you pick up the new prescription, open the bag, check the name on the label to make sure it belongs to you and is the correct medication. Ask your pharmacist to explain the proper dose and possible side effects to you.
- Stick to one pharmacy so they can keep a valid medication profile on you including any allergies you may have.
- Make sure to store medications as directed. Some require refrigeration, some require low light while other require are sensitive to heat. Proper storage ensures effective medication.
- Pharmacies frequently change drug manufacturers, so if you open your pill bottle and the medication appears different, check with your pharmacist to be sure. Mistakes can happen, but if we become smarter consumers, we will be able to detect problems before any harm is done.
- Read any notes accompanying the bottle or on the labels and follow the directions. (I.e: "Take with food or milk.")
- Clean out your medication cupboard annually. Take everything out and check expiration dates on both prescriptions and over the counter medications. If it is expired, dispose of it properly. Do not keep prescriptions "just in case". This can lead to potentially harmful mix-ups down the road.

If you need a wallet card to keep an updated list of medications or have questions regarding disposal of expired medications, contact Kirsten Tharp, Parish Nurse.

Thank you to everyone who participated in Heart Health Sunday. It was fun to see all the red in worship, sample a snack and share important heart health information. Congratulations to the Betty Welch, Debbie Hanson and Grace Hoffman on winning the healthy heart baskets.

The Health and Wellness Team

Unity Point Methodist is offering a FREE Educational Grief Seminar "Finding Spring Again" on Thursday, March 10 from 5:30 – 7:30pm. Call 672-5746 with questions and to RSVP.

Nature Connections

Spring is Coming!

Did you know we have 7 previously planted gardens needing tender loving care at United? We have a daffodil garden, iris bed, a lilac garden and a wildflower garden. Nature Connections is beginning an *Adopt-a-Garden Program* here at United! The goals of the *Adopt-A-Garden* program are to beautify the United Presbyterian Church property and to enhance opportunities for children, youth, families, and adults (including those with physical challenges) to connect and appreciate God's natural world. We are looking for individuals, families, or groups to adopt a garden this season and bring it back to life. We have master gardeners who will advise and we are purchasing a water wagon and tools. You do not need previous gardening knowledge! There will also be seminars on gardening open to all. Come to an orientation program with Kathy Hasselberg, our Adopt-a-Garden Coordinator, on March 6 after church to learn about our program or pick-up a brochure at the Welcome Center. Great opportunity for families and for those who want to get their hands into God's earth without keeping a big garden!