

United  
Presbyterian  
Church  
of Peoria, Illinois

# The Chimes

A publication of United Presbyterian Church  
Peoria, IL



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## You Are Invited!

The youth of UPC are hosting this event to  
raise money for their 2017 mission trip.  
There will also be a bake sale during the fair.

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 Bill Bunker  
 Dan Dickerson  
 Jack Dixon  
 Bob & Carolyn Gnepper  
 Margaret Greiner  
 Bill Hall  
 Pam Harrison  
 Midge Hillard  
 Margaret Hochstrasser  
 Loretta Horst  
 Mary Johnson  
 Dwight & Corda Jones  
 Mike Kelley  
 Maureen Leuba  
 John & Karen Mason  
 Ethel Moore  
 Diane Morrill  
 Stephanie Murray  
 Henry Noetzel  
 Steve Nordvall  
 Nathan Pennington  
 Eddie Sandlin  
 Sherry Shedenhelm  
 Deb Sullivan  
 Jude Thom  
 Jack & Marilyn Umdenstock  
 Dale Warren



Sgt Scranton, Joseph

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](http://www.unitedpc.org).

### How to Meet The Grow One Challenge

This year, the church is asking all its members to participate in the Grow One Challenge: increasing pledged gifts by one percent of your income. How do we get to that goal, let alone the biblical goal of tithing? I think it doesn't come easily or naturally for most of us. We have to learn tithing on our own and grow into it.

It was that way for William Diehl. Diehl is the author of several books, including *The Monday Connection*, in which he tells the story of his family's growth in stewardship. He was the manager of sales for Bethlehem Steel for thirty-two years, in a very responsible position rewarded with a fine income. But when Diehl and his wife, Judy, were first challenged to tithe, they were absolutely overwhelmed by the idea. Two members of their little church in Detroit came to them and talked with them about tithing. The idea seemed completely impossible to the Diehls, as it might seem to many of us. At the time, the Diehls were only giving two percent of their income away.

But the two visitors showed them how they could get started. They were to begin where they were. Who can start anywhere else? So William and Judy started at two percent, and every time William was given a raise, they increased their giving by one percent. In a few years, they were giving ten percent, and by that time, it fit comfortably into their budget. Then, they moved from ten percent of their "take home" income to ten percent of their total income. Later they began to tithe their investment dividends and interest income as well.

What about us? God does not need our money. We need to give. We have received bountifully from God, and it is good for us to give. It's a way of saying thank you to God for all we've received. It's a way of acknowledging the One who ultimately owns everything. It's a way of getting the right perspective, and the best reminder I know of this truth that everything we have really belongs to God is either tithing or working out a plan to get to the place where we are tithing. It means starting where you are and growing one percent.

I encourage you this month to do three things to come to grips with your own giving. The first is to set some short-term goals for your giving. What will you give in the next year? Set a percentage. Talk with God about this, and talk about it as a family, including your children.

Second, I encourage you to set a long-term goal. What level of giving do you want to reach in the next five years? Many set the tithe as their goal, other more and others less. What is God calling you to do?

Third, develop a concrete plan for meeting your short-term and long-term goals. Nobody gets there all at once. Plan what you will buy and not buy, what you will do and not do, how you will steward God's resources—the things that God has given you to enjoy, to pass along, and to enjoy passing along. What will you do to increase your giving in the long run? How will you go about that?

William and Judy Diehl increased their giving one percent each time he got a raise. Other people have increased giving one percent per year until they reached their goal. What will be your plan? I know it's a challenge. I know it won't be easy for many of us to think about these goals and how to meet them, but I believe we can meet this challenge and we can meet our goals. In the meantime, the Lord is with us as we think about all that God has given us to enjoy and all that we can enjoy passing along in God's name to other people and to God's church.

In common calling,  
Pastor Stephen

### Iron Sharpens Iron

*As Iron is sharpened by iron, one person is sharpened by contact with another* (Proverbs 27:17 NJB). Iron is a composite metal containing other metals of nickel, carbon and copper thus it comes in varying degrees of impurities and strengths. The paradox for iron is that it is significantly hardened and strengthened by its impurities and pure iron (if it were possible by smelting) is relatively soft. The sharpening process is the act of creating or refining a sharp edge. "Ironically," in the sharpening process, both pieces change, both the sharpening iron and the iron being sharpened. Iron sharpens Iron.

This is what came to mind for me recently when I was reading *Invitation to a Journey: a Road Map for Spiritual Formation* by Robert Mulholland. In it he references the Myers-Briggs Type Indicators: a tool used often in organizations to help us understand our own mode of *modus operandi* that of our colleagues in the work place. It was written in psychological language as a tool to understand the naturally occurring differences in how humans experience the world through: Extroversion(E)/Introversion(I), Sensing(S)/Intuition(N), Thinking(T)/Feeling(F), Judging(J)/Perceiving(P). Each of the pairs indicate simply our PREFERENCE in how to interact and experience the world. So there are 16 combinations of how these preferences can be manifest in each of us. Honestly I had not considered them a spiritual tool until they were presented in more spiritual language for persons, and congregations as we seek to be transformed into Christ-likeness.

Here is how those preferences and differences are important in our Christian life. Let's just say that the preference is for the spiritual expressions of ESTJ. That would mean that we would naturally lean toward Action, People/Events, Literal and Practical approach to Biblical living, Reason and Knowledge, Planning and Discipline. Now consider the polar opposite, the spiritual expression of the INFP. These disciples naturally lean toward Reflection, Private/Solitary prayer, Insight and Imagination of the Unseen and Awareness, Personal Harmony and Communion and Devotion, and Receptivity to the Unplanned.

Quite naturally as you read these words, some of them in the former or latter list felt rather prickly. Remember that there are 16 combinations of them, so some expressions are simply not our preference. In other words, they are spiritual or religious expressions that "rub you the wrong way." Polar opposites are the expressions where we are most likely to be "rubbed." The danger in preferences is when we go so far as to believe that this is the right and only way of Christian life and to put ourselves in positions where we can avoid being rubbed.

In the concept of iron sharpens iron, when faced with differences, we are to stay in the conversation, learn and grow from one another in all that rubbing. In fact, Dr. Mulholland says that in order to be spiritually healthy we are not to guard and protect our preferences, but to lean into what "rubs" us. It is the sharpening process the Bible is talking about.

So, how does that fit with Grace and Gratitude? Rather than resisting the rubbing, distancing from it, or condemning "that iron" with its varying degrees of impurities and strengths which is rubbing us and which God has placed in our midst; Let us make room for, and yield to the "iron" that sharpens us (because it is grace), and let us give thanks to God for it.

Growing in Grace and Gratitude with you,  
Patricia

## Stewardship & Finance

### The Grace and Gratitude of a Will

I don't know about you, but every time I see a new baby's smile I am filled with joy. No matter how bad my day is going, the utter openness and acceptance of a baby will bring a smile and fill me with hope. A baby's smile seems to always say, "Hey, I am! I am sooooo glad to be alive!" How can we not bask in that innate enthusiasm for life? A baby's smile says: God's creation is still good and the future is still possible.

We are in the midst of stewardship season and our theme this year is *Growing in Grace and Gratitude*. I know many of you are so grateful to God and for this church but for many different reasons, cannot financially give as much to the work of the church as you'd like.

This is one of the reasons we are encouraged to think about the stewardship of our whole lives through estate planning and remembering those we love as we decide how to distribute our resources when we are no longer here to use them. A will is our faithful response of gratitude to a lifetime of God's grace that has blessed us in many ways.

Making a will is like a baby's smile. Through all the ups and downs of our lives, in spite of our fears and worries, with all the mistakes and short comings we have endured, a will says, "I have hope in God's future and want to make a difference in it." It is a faith statement of hope.

Wills are not about death, they are about life-life eternal in Christ and the life of Christ's people that is before us and will endure after us. Jesus compared the kingdom of God to a wedding feast. Make an appointment with your attorney or financial advisor as a joyful invitation to the celebration! Let your estate plan be a powerful witness to your faith in God's goodness and future. A gift to the church in your will is leaves a legacy of gratitude that will be re-

membered and cherished by the church well into the future. It will be received with grace and gratitude, and I believe giving it will be a gift of grace and gratitude, and one that will make you smile!



### Pledge Dedication Sunday

We are dedicating our pledged gifts to God's church on Sunday, November 13<sup>th</sup>. You are invited to bring your pledge card to church that Sunday or return it before the 13<sup>th</sup>. We will celebrate the gifts we have received from God and dedicate the gifts we give back out of gratitude. Please try to return your pledge card by or on the 13<sup>th</sup> so that the Session can act on a budget for 2017.

## Connecting Point

### Wednesday Night Connecting Point

Come join us on Wednesday nights and get connected. We have something for all ages.

### Important Changes:

This year, the adult class and parent group begin at 6:15pm. And the 4<sup>th</sup> Wednesday of every month is Family Game night! Bring your favorite board games, dice or card games and all ages are invited to have an evening of fun together immediately following the 5:30pm meal.

### Weekly Schedule

5:30 Meal / Handbell Choir  
6:00 Tai Chi / Games (game night only)  
6:15 Worship Band  
6:15 Adult Class / Parent Group / Youth Room open / Activities for children (4<sup>th</sup> Wednesday is Family Game)  
7:15 Chancel Choir

### Adult Class at 6:15

#### Connecting Point:

#### The Making of Modern Thanksgiving

For the first three Wednesdays of November (2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>) Pastor Stephen and Courtney will be teaching a class on the "Making of Modern Thanksgiving." We'll begin with the pilgrims and the historical roots of Thanksgiving. Then we'll discuss Abraham Lincoln and the creation of Thanksgiving as a national Holiday. Finally, we'll discuss 20<sup>th</sup> century thanksgiving and its ties to commercialism. We hope you can join us as we learn about the making of modern Thanksgiving.

### NO Connecting Point on November 23

**November 30:** Family Game Night for all ages immediately following supper. Bring your favorite board games and let's get connected!



## Worship & the Arts

### Growing in Grace and Gratitude and Advent

We are continuing our series on Growing in Grace and Gratitude through November 20<sup>th</sup> as we celebrate the grace we have received and the gratitude we can show for all God has done for us. November 27<sup>th</sup> is the first Sunday of Advent and we'll begin our Advent Series on "When God Breaks In." We'll look at times when God breaks into our world in Scripture and into our lives right now. We'll celebrate communion on the 27<sup>th</sup> since it is the first Sunday of Advent.

### Sunday Worship

**November 6th:** Genesis 18:1-8

"Sufficient in Relationship" Pastor Patricia

**November 8<sup>th</sup>:** Election Night Communion at 7:00pm

**November 13th :** Matthew 14:13-21

"Enough" Pastor Stephen

**November 20<sup>th</sup>:** Matthew 6:24-33

"Thankful for the Reign" Pastor Stephen

**November 27th:** Matthew 24:36-44

"God is Still Breaking and Entering" Pastor Stephen

### Election Night Communion

Join us for Election Night Communion at 7:00pm at United Presbyterian Church on November 8th. On what can be a day of anxiety, division, and fear, we proclaim that no matter who is President; Jesus is King and Jesus is Lord. We proclaim our unity in Christ. We come together and share a meal that reminds us who really is our savior. We join hearts in worship and hands in prayer. We hope you will join us for this short, but meaningful service of worship.



### Hymns and Hops

Join us on the fourth Sunday of the month (November 27<sup>th</sup>) at the Fox Pub at 7:00pm to gather with members of Imago Dei Church and others in Peoria to sing favorite hymns together and grab a drink. Eat before you come and come prepared to sing. You don't have to sing well, just sing loud.

### Room 100/Chapel

The Room 100/Chapel is open for prayer on Sunday mornings before and after worship.

### Weekday worship

Tuesday November 15<sup>th</sup> and 29<sup>th</sup> at 10am in the 3<sup>rd</sup> Floor Activity Room at Independence Village. UPC members are welcome to join together with the residents at Independence Village as we sing hymns and hear a message from Pastor Patricia. We are the church without walls.

## Prayer Ministry

### Prayer Circle

We pray for the healing hand of God be upon our friends in need of healing: Jacque Spaulding, Margaret Hochstrasser, Duane Mach, Marilyn and Jack Um-denstock, Geneva Hall, Audrey Nielsen, Nathan Pennington, Ron Stetson, Jay Andrews, Lynne Allen and Anias and Jaden McDonald. And may our compassionate God grant comfort and strengthen our friends: Margaret Greiner and Corda Jones who are on Hospice Care. And may the Lord of Life and Love comfort and strengthen the family and friends who are grieving for: Scott Barger, Don Serup, Janet Coker (Linda Kelley's sister), and Casey Dempsey.

## Worship & the Arts Continued

### The Feast of Harvest by Aaron Schultz

When you ask people in the Midwest what their favorite season is, I think the most common reply is..."fall".

Fall is my favorite season for many reasons: the changing of the colors, the cool autumn breeze, the fresh scent of crisp air, the pumpkin spice lattes at Starbucks!, the Peoria festivities surrounding fall such as trips to Tanners, walks down Grandview drive, corn mazes, and so many others.

Above all else, I am learning to see the significance of another reality that is happening all around us this fall season. As "decay" and "death" of trees, flowers, and other plant-life starts to occur in preparation for the long days of winter, we celebrate with the harvest.

As you may have noticed, the paraments for this Stewardship season of Growing in Grace and Gratitude celebrate the harvest of fall as a symbol of God's abundant provision and love for God's people. God, who is the ultimate provider, shares with us Godself because of God's overflowing love. The significance of this for our lives cannot be emphasized enough.

Almost every single part of the service of worship on Sunday mornings is "heavenward". I like to think of it as every song, prayer, posture, or thought is singularly directed to God the Father, mediated by Christ the Son, and in the power of the Holy Spirit in praise and adoration. Our praise and adoration, though often sincere, is ultimately an insufficient response to the perfection of God. Left to our own devices, our worship is flawed because of the flaws within us as humans.

But at Communion, the story takes a turn. And the Communion Table set in the season of harvest is one of the clearest depictions of this turn. God the Father truly and sacramentally reveals Godself through the elements of the bread and the cup. The Trinity, in its endless dance of praise to God the Father, shares its overflowing and abundant love with us and helps our praise and worship become more perfect. At this meal, God gifts to us the very presence of Christ as an act of pure love for God's children, and this presence enables and encourages us to live more wholly into our heavenly worshiping selves.

Let us all turn our hearts to God in thanks for the Feast that we all get to partaken in; no matter who we are, what we have done, or what we will do. God openly gives us an invitation to participate in the consuming presence of Jesus Christ at each sacred Meal that is set for us.

## Thanks

Dear Church Family,

You give me many reasons to be grateful during this season of Grace and Gratitude. I wanted to make sure and say a big "Thank You" for all the blessings I received during my recent knee replacement surgery and recovery. It went much more smoothly than I had anticipated. Special thanks go out to Pastors Stephen and Patricia for their visits and prayers in the hospital, and the follow-up phone calls afterward. Thanks to everyone for the cards, calls, prayers, and offers of help. The beautiful red rose was a constant reminder of God's love and comfort that surrounded me. I was also grateful for the walker the church was able to loan out to me for the first few weeks of rehab. Our church is blessed to have equipment like this available to church members to use as needed. Love in Christ,  
Penny Brower

To my wonderful church family,

Thank you for my beautiful coaster the children of the UPC VBS made and brought me. I was so thrilled with it.  
Bill Bunker

The scan which followed my chemo treatments show that I am now cancer free. I want to sincerely thank all of you for your cards; your encouragement; and for your prayers.  
Bob McDowell

I want to express our appreciation to United Presbyterian Church for Scott Barger's visitation and memorial service; and especially thanking Aaron, Trish, and Pastor Patricia for the beautiful service she gave. I have had many special comments on the service. It is so nice to have such a great church home. Thanks again for making things so easy for the family on such an emotional day.  
Love,  
Keith and Barb Livingston

## Christian Education

### Eleven Minute Lessons

Eleven Minute Lessons continues each Sunday at 11:11am in Room 107 with an in-depth study of Genesis. When we read Genesis as an ancient story, written at a particular time to a particular people, it opens up possibilities and worlds we don't encounter in our limited existence. When we stop using



Genesis as an argument, a textbook, or a code of conduct, and begin to see it as an ancient story— with memorable characters, twists and turns, ups and

downs, accomplishments and mistakes— we find it fresh, deep, and more true and relevant than we might expect. Join us for Eleven-Minute Lessons as we learn the nature of God, Scripture, and humanity through the Book of Genesis.

## adult Classes

### Sunday 9am Education Hour

It's not too late to get started with a class. All classes welcome newcomers at any time.

### Followers Book Discussion with Pastor Patricia (Room 105)

#### *Leap Over A Wall* by Eugene Peterson.

Come and join us for the discussion. We have a book copy for sharing with newcomers. This rendition of the story of David is so vivid that we can see our own story in David's story. This month we are looking at how God's purposes are being worked out in the ordinary things of **Company, Generosity, and Grief**. The short chapters read much like an inspiring devotional. **No Class November 27.**

### Intergenerational Sunday School: Animate

During the 9:00am Education Hour, in Room (106), Pastor Stephen will lead an intergenerational class for all ages using a fun and engaging video curriculum that features some of the most popular Christian thinkers and preachers in the country. All ages are welcome to attend and discuss faith, the Bible, and what it means to be a Christian.

### Journey through the Bible: Isaiah with Don Baker (Room 107)

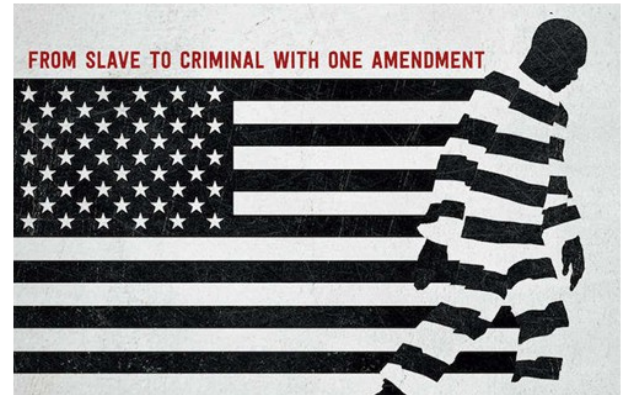
This Bible Study group is dedicated to growing in knowledge of God through what is revealed in the Bible. We interpret the stories for their relevance then, and seek to understand their relevance for today. Each participant receives a workbook. Bring your Bible, or use one of ours.

**Room 100/Chapel** is set aside for those who would like a quiet place to pray.

### Thursday Mornings at 10:00am

Jesus' teachings and parables in Luke chapters 12-13 with Pastor Patricia; this month including the Parables of The Rich Fool, The Watchful Servants, and The Mustard Seeds and Yeast.

### Watch Party: Ava DuVernay's documentary *13th*



Please join us in for a watch party of the newly released Netflix documentary *13th*, directed by Ava DuVernay (Director of the movie *Selma*). This documentary opened the 2016 New York Film Festival and has received huge critical acclaim for its cinematic depiction of the history of incarceration since the passing of the 13th amendment. On the surface, the 13th amendment abolished slavery, but it contained a loophole that allowed for people of color to continue to be disenfranchised, courtesy of the very Amendment that secured their freedom. The documentary provides the context for the present-day "Black Lives Matter" movement by exploring the system that created it: the prison industrial complex. There is much to learn from the archival footage, interviews with scholars, activists, educators, politicians, and statistics DuVernay provides in this film. Come watch the film with us, then get together with others to react and discuss it the following Sunday after church. Please contact the church office, Pastor Stephen, or Alexis Maloof if you plan to attend.

**Watch party:** Friday, November 11th at 6:00pm

**Reaction and Discussion:** Sunday, November 13 after church at 11:30am.



## Children and Youth

### Children's Education Hour – 9:00am

Children will be hearing the Bible stories through a very special "Brick Bible" and encouraged to recreate the stories themselves with our huge stash of Legos. It is a fun and creative way to hear the stories again and solidify them.

### Children's Sunday School Hour

#### Holy Moly

#### Ages 3 – 3<sup>rd</sup> grade

Children will be escorted from worship after the Time for Young Disciples upstairs to the Sunday school rooms for 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 will be encouraged to journal their observations. It is a wonderful curriculum that you are welcome to observe anytime!

**Special Note:** On November 6, the children will have a special lesson on stewardship where they will learn why we give and how we should give of ourselves as well. They will receive their own stack of special offering envelopes as well.

#### Connect

#### 4<sup>th</sup> Grade - 6<sup>th</sup> Grade

We will be continuing "CONNECT" and going deeper into the Bible stories we have been told repeatedly as children. **NOTE:** If your child is entering the 4<sup>th</sup> grade, they are making the transition to the middle school Sunday school as well as attend worship with their families or classmates on 1<sup>st</sup> Sundays.

#### Confirmation Class

We started a new confirmation class for those entering 7<sup>th</sup> grade and up. This class will meet every Sunday (except 1<sup>st</sup> Sundays where they will experience worship with their class) until May. If you are interested in the class and have not already been in contact with Karen Miller, please email at [karen@unitedpc.org](mailto:karen@unitedpc.org) for more information. It is not too late to join us.

## QUEST Youth Groups

### QUEST Youth Groups

We currently have two youth groups, one for a group of High School Sophomores and up and a group of 6<sup>th</sup> graders through High School Freshman who stay together as a group. Soon a new group of 3<sup>rd</sup> - 5<sup>th</sup> graders will begin to meet a couple of times this school year to get them connecting outside of worship/Sunday school. Keep checking The Chimes for updates on this.

Youth groups usually meet 2<sup>nd</sup> and 4<sup>th</sup> Sundays, but to get the most up-to-date information, email Karen Miller at [karen@unitepc.org](mailto:karen@unitepc.org) to get on the youth updates email list.

### Craft & Vendor Fair Set Up

#### Friday, November 4

#### 6 – 8 PM

Youth will set up tables and make treats for the big event the next day. Pizza will be served.

#### Saturday, November 5

#### 9 - 3 PM

Youth will run the event, watch over the bake sale table, help vendors and clean up.

### R.U.S.H. (Rising up to Serve Him)

#### Middle/Early High School Youth

#### Sunday, November 13 & 27

#### 3:30pm – 5:00pm

Join us for a devotion and games.

### QUEST

#### Older High School Youth

#### Sunday, November 13 & 27

#### 5:00pm – 6:30pm

Join us for a devotion and games.

## Mission

### Family Christmas Shop

This year, the Family Christmas Shop will be on Saturday, December 10<sup>th</sup> at 4:00pm. The box to receive gifts is now out in the lobby by the Welcome Center. A sign up sheet is also at the Welcome Center bulletin board. We need lots of volunteers to make this special day work.

#### Needs:

Sports equipment

Coats

Arts and crafts

Dolls and action figures

Legos and Other Building or Science Toys

Gifts for children under 2

Other popular toys.

**We do not need any wrapping paper this year.**

### Snack Packs

We will fill Snack Packs on Sunday, November 27<sup>th</sup>. Please consider helping with this important ministry. We have some particular needs for the snack packs.

#### Needs:

100% Juice Boxes

Cheese Crackers

Fruit Cups

Granola Bars

### Food on the Fourth

Don't forget to bring in your canned and dry goods for the collection on Sunday, Nov. 27<sup>th</sup>. Our children will collect them during worship.

## Session Notes

The Session of UPC met on Tuesday October 18<sup>th</sup> for its regularly scheduled meeting. The Session discussed ways we have lived into our mission statement and decisions that have been made in direct response to our mission statement. Our mission statement is "We grow and nurture followers of Christ in a welcoming community." All our actions and decisions should directly reflect that statement.

The Session welcomed three new members after hearing about their spiritual journeys and their positive answers to our membership questions. Please join the Session in welcoming Judy Martin, Don Towery, and Jeanie Larkin.

The Session discussed last months *Growing in Grace and Gratitude Banquet*. The discussion focused on what worked and what didn't work as well. The Session has ideas to improve any future banquets logistically and how to make the banquet more meaningful for those who attend in ways that can reflect how we grow and nurture followers of Christ in a welcoming community.

The Session approved the installation of a confidence monitor in the sanctuary, which is a television screen that can be seen from the chancel to help with communication and worship leadership. The Properties Committee will work with the Worship and Arts committee to install it. The Session also developed a plan for office duty on Sunday mornings since in the new Deacon remodeling, office duty will not be handled by the deacons. The Session will work on finding volunteers who are willing to work in the office from 9:45am-10:00am. The main responsibility will be calling the hospitals to get our patient lists, helping check out assisted listening devices, and being a resource for needs through phone calls or someone coming by the office. If you are interested in helping with office duty occasionally, please let us know.

The Session closed its meeting with members of Session talking about things they are grateful for at UPC and ways they have received or experienced grace from someone or something at UPC. It's important for the Session and the whole church to remember and celebrate the grace and gratitude in our lives. It's also important for us to remember *why* we do certain things and not just *how* we do things. The *why* should always relate back to our mission: to grow and worship followers of Christ in welcoming community.

## Church Life

### Make It & Take it!

Sat. November 19

10:00am Fellowship Hall

Think Thanksgiving or Christmas! You bring all your own supplies: wreath base, container, flowers, feathers, ribbon, hot glue gun, wire and cutters, scissors, etc. Sandy Nott will guide us through making a beautiful holiday decoration that you take home the same day.

No experience necessary.

Everybody welcome!

### Supper Clubs

Meet new people! Make new friends! Join a Supper Club! Sign up Sundays in Fellowship Hall after the service Nov. 6, 13 & 20 .

### Christmas Cookie Exchange

2nd Annual Cookie Exchange

Coming December 17

Save the date – more details next month!

### Eating Together

Men's Breakfast: Nov. 10th at 9:00am at Le Peep.

Thursday Lunch Bunch: Nov. 10th , at 11:30am at Biaggi's.

Ladies Night Out: Nov. 17th at 6:00pm at Jubilee Golden Corral on University. RSVP: Eunice @ 688-8458 or Betty @822-8500.

Local Lunch: Nov. 21st at 12:00 pm at Brienzos Wood Fire Pizza in Junction City

**Hand and Foot** is Friday, November 4th beginning at 6:30pm.

**Bunco** is Friday, November 11th beginning at 7:00pm.

**Anna Circle** will meet November 10th at 6:00pm at WeaverRidge. Lesson is Chapter 4 through 8, Unveiling Mary Magdalene. Mission is Share the Warmth Blanket Ministry.

### Coming Events from your Church Life Committee

December 17– Cookie Exchange

## News and Notes

### Maker Space for Kids!

#### Come check it out!

Our Maker Space is open! We are still working to add things and the activities are constantly being updated, but feel free to come check it out. It is located off of the main Sunday school room upstairs. A Maker Space is where kids can create, invent and learn. This will be a special area with rotating activities/challenges for the kids to participate in. There will be instructions, examples, reading area and more that the kids can experience. We think this will be a wonderful supplement to Connecting Point, Education Hour, Parent's Night Out and more. We hope your family will take advantage of it at any time as everyone is welcome.

### Family Christmas Eve Rehearsals

#### Begin Sunday, November 27 immediately after worship

Any children and youth wanting to be a part of the Family Christmas Eve service are invited to our rehearsals. This will be a simple service of lessons and carols read by older youth and acted out by younger with some well-known carols in between. Contact Karen Miller if you have any questions.

### Parents' Night Out

#### November 4 (1<sup>st</sup> Friday of each month)

6:00 – 8:30 PM

**Cost is \$10 for the first child and \$5 for each additional**

Need a night out without the kids? Let our experienced nursery staff give you that break you deserve. They will entertain the kids with play in the nursery, movies, playground, gym and more depending on ages and numbers, but it is a guaranteed good time for them while you enjoy some on your own. This is a service we provide to members of UPC and is on a first come first serve basis. For planning purposes, please reserve your spot by the Wednesday before PNO. Email Karen Miller at [Karen@unitedpc.org](mailto:Karen@unitedpc.org) to reserve today.

### Advent Devotionals

Once again leaders, members and staff of UPC have written devotionals for Advent 2016. They have been compiled and will be available for you beginning Nov. 13. There is one copy for each family. Additional copies may be purchased for \$1.

## Health & Wellness

### **5 Tips to Avoid Overindulging During the Holidays**

The holidays are upon us, and for many that marks the most wonderful food time of year. Gatherings, parties, dinners and goodies make it easy to go overboard with calories and consumption. Temptations of gooey pecan pie and dense sweet potatoes topped with crackly marshmallows make healthy eating seem impossible. Experts recommend you can avoid overdoing it during the greatest food times of the year, and still leave room for dessert by following these 5 tips:

#### ***Stick to healthy portions***

Just one plate of food is all you get especially during large meals throughout the holidays. Fill up half your plate with vegetables, fruit and a whole wheat roll, a quarter of it with mashed potatoes or sweet potatoes, and a quarter of it with turkey or ham. The more colorful your plate, the better – so get lots of leafy greens, carrots, bell peppers and beets in your veggie spread. Fill up on calorie dense and higher nutrition foods so you feel full, but not bloated and tired. If you're going to eat dessert, make sure you allot for the calories elsewhere – don't go back for that second helping of marshmallow sweet potatoes. If you're going for the pie, pick fruit or pumpkin pies because they tend to have fewer calories than chocolate or pecan pies. Watch those portions that quickly can get out of hand. Aim to have a half-cup of mashed potatoes – about the size of a regular-sized cupcake wrapped – and a 3-ounce serving of turkey – about the size of a checkbook.

#### ***Eat before you indulge***

Don't starve yourself during the early part of the day when you expect a big meal, with the idea that you're just "saving room" for all the food. It's a recipe for overeating. If you're going to a lunch, be sure you eat breakfast before. If you're going to a dinner, be sure you eat lunch or have a snack in the afternoon. You want to have your normal meals otherwise, when you get over-hungry, it's easy to overeat.

#### ***Substitute healthy ingredients for unhealthy ones***

Some ideas for healthy substitutes include:

Mashed potatoes- mix in chicken broth, herbs or roasted garlic to add flavor instead of adding butter

Green bean casserole- swap out fried onions for toasted almonds

Cranberry sauce- opt instead for a cranberry salad

Dips- use Greek yogurt instead of sour cream — the consistency is similar, but yogurt has less fat and more protein

#### ***Drink lots of water and take a walk after eating***

Many times when people think they are hungry, they are actually just thirsty. Drink lots of water throughout the day to lower the risk of overeating. It's also a good idea to take a walk after eating to get your metabolism going instead of lying on the couch.

#### ***Avoid snacking throughout the day***

Abide by the "out of sight, out of mind" mantra. Once you've filled your plate with food, cover any remaining food and put it away before you sit down to your plate. Also avoid snacking. When you snack throughout the day, it's easy to lose track of how much you've eaten.

For more information on staying healthy during the holidays go to [www.mayoclinic.org](http://www.mayoclinic.org) and enjoy a happy and healthy holiday season!

Kirsten Tharp, Parish Nurse

#### **Thank-You**

The Health and Wellness Team would like to give a big THANK YOU to everyone who supported the October blood drive. The Red Cross is in desperate need of blood products and UPC always steps up and does their part. The next blood drive at UPC will be held in May 2017.

#### **Flu Shots**

**It is not too late!** Everyone ages 6 months and older should receive the flu shot. The flu is a respiratory illness that can be especially serious for those whose immune systems are compromised, the elderly or infants and young children. It is not too late to protect yourself and others around you by receiving the flu vaccine. You can receive the vaccine through your doctor, pharmacy or local health department. Contact your primary care physician with questions.