



United  
Presbyterian  
Church  
of Peoria, Illinois

# The Chimes

A publication of United Presbyterian Church  
Peoria, IL



Volume.13 Issue.9 September 28, 2016

Join the Fun at United Presbyterian Church!

## **HALLOWEEN CARNIVAL** **A FAMILY FUN NIGHT**

**OCTOBER 28**  
**6:00 - 8:00PM**



**EVERYONE WELCOME**

Hot Dogs~Games(25 free tickets per child)~Prizes~  
Cupcake Walk~Pictures~Balloon Artist

**Come Dressed In Your Costume!**

**Children must be accompanied by an adult.**



**In this issue:****Page 2**

Those in Uniform

Website

Prayer List

**Page 3**

Message from Pastor Stephen

**Page 4**

Message from Pastor Patricia

**Page 5**

Stewardship &amp; Finance

Connecting Point

**Page 6**

Worship &amp; the Arts

**Page 7**

Worship &amp; the Arts Cont'd

Thanks

**Page 8**

Christian Education

News and Notes

**Page 9**

Children &amp; Youth

Quest &amp; RUSH Youth

**Page 10**

Mission

**Page 11**

Mission Continued

News and Notes

**Page 12**

News and Notes

Health &amp; Wellness

**Page 13**

Church Life

News and Notes

**Page 14**

Session Notes

Prayer Ministry

**Page 15**

Certification Flyer

**Insert**

Calendar



Eunice Andrews  
 Jack Bensing  
 Bryce Brand  
 Leonard Brown  
 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  
 Bob McDowell  
 Ethel Moore  
 Diane Morrill  
 Stephanie Murray  
 Henry Noetzel  
 Steve Nordvall  
 Nathan Pennington  
 Eddie Sandlin  
 Sherry Shedenhelm  
 Deb Sullivan  
 Jude Thom  
 Jack & Marilyn Udenstock  
 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).

## Growing in Grace and Gratitude

More than a campaign or a fundraising appeal, stewardship at United Presbyterian Church is celebrated as a season. Like the darkening of early winter coincides with Advent in pointing us toward the shining star of Christ's nativity, or the "mud season" of Lent breaks through to the flowering spring of Easter and Christ's resurrection, so too in the harvest season of autumn at UPC we give thanks for the grace God sows in our lives by giving back generously from God's bounty.

In the spirit of celebrating stewardship as its own almost liturgical season, UPC presents a variety of offerings to deepen our spiritual engagement of stewardship themes. From sermons and banquets, weekly testimonials in worship and a special liturgy planned for worship on Pledge Sunday, we hope you find one or more ways to join our community's celebration of "Growing in Grace and Gratitude."

I think we know the benefits of grace. Grace is a gift, an undeserved, sometimes even unasked for gift. Grace connects us with God. Grace gives us new life. Grace gives us a second chance. Grace welcomes us into the family of God. Grace is being welcomed in love. We all need grace in our lives. We need God's grace and we need the grace offered by one another: the grace of relationships. Growing in grace is growing in love, life, and wholeness. We know we need grace.

But do we know we need gratitude? A research study done about 10 years ago reported back the shocking news that those who live from a posture of abundance and gratitude live both happier lives and statistically longer lives. Gratitude makes us happy, deeply happy. Gratitude connects us to other people. Gratitude connects us with God and, in itself, makes us better stewards of all we have and the planet we live on.

How do you make gratitude a daily spiritual practice? How is gratitude a priority in your life? In this church, we never want people to give out of a sense of guilt or "ought." We hope you give out of a sense of Gratitude: gratitude for what God has done and continues to do in your life, and gratitude for what this faith community has meant to you.

This month, I hope you'll prayerfully consider what a financial practice of gratitude would look like in your life. What if you budgeted giving back first? Could you set a goal for yourself of giving 5% of the gifts you receive to the church? What about a tithe of 10%? Our challenge this year to every member is to **Grow One Percent**. We are asking you to increase your giving by 1% of your family's income as we strive to reach the Bible's model of a tithe, or 10%, giving back to God. These increased gifts will help our church meet the needs of expanding ministries, pressing mission needs in our community, and help pay down our church mortgage.

Try growing your giving by 1%, and if three months into 2017 you realize you aren't feeling good, you don't feel more connected with God, you don't think you've grown in grace and gratitude, then you are free to change your pledge. But I have a feeling if we commit to really give out of the grace we have received and the gratitude we really feel, we'll grow by leaps and bounds as a community, as a church, and as individual followers of Christ.

In common calling,  
Pastor Stephen

### ***Have We Forgotten?***

I am not a genealogy buff, but some of my family members are. So about 20 years ago we learned that the Stetsons came to the USA in 1634; settling in the Norwell MA area. Up until then, we only knew that my great-great grandparents and some of their sons homesteaded in Nebraska and that they had come from Stetsonville WI. We are now connected with cousins who share not only our heritage but also the original property of Robert Cornett Stetson in Massachusetts.

Many of us have deep heritage in this country. Yet all of us (except for the Native Americans) have our origins and heritage in other countries. We are primarily a country of immigrants and descendants of immigrants. You might say it is our common bond. Do we know why our ancestors came? That is one of the missing parts of my genealogy puzzle. Why did they leave their homes and immigrate to the United States? Why did they leave their homes and travel across the country and, did the locals welcome them? Assist them? Teach them the skills they needed for local survival?

As we consider the millions of refugees in the world; families who have left their homelands; families who have connections to land much longer than many of us; now seeking a place to live and raise their families, now seeking a place to call home; have we forgotten that we too once left another country with hopes and dreams for a better life in America? Have we forgotten the difficulties that our ancestors faced and they learned and somehow managed to survive in a foreign land? Have we forgotten that we are all children of Abraham, the father of our faith who began his faith journey as an immigrant to a foreign land?

When I hear some of the rhetoric about immigration, I think we have. Let us remember we are a country of immigrants. Let us remember our common bond with those seeking refuge. You and I are recipients of the grace and gifts of new opportunities in a new land and you and I have an opportunity to give out of what we first received as we welcome a refugee family and assist them by coming alongside them and teaching them the skills they need to survive. Let us remember!

A fellow sojourner,  
Patricia

## Stewardship & Finance

### The Challenge and the Celebration

I was recently reading a book that talked about the necessity to be challenged sometimes. It gave the example of fruit trees that were planted in the Biodome in the desert. When the trees began to bare fruit, the limbs broke under the weight of them. Scientists couldn't understand why for a long time, until finally someone realized there was no wind in the Biodome. The trees grew without the wind ever challenging and strengthening their limbs. If we don't challenge ourselves, we can't grow stronger. If you never push yourself in exercising, you will not grow stronger. It is the same in our faith and giving. If we don't challenge ourselves, we won't grow.

This year, we are challenging ourselves with a goal around our giving in 2017 to help our ministry grow in its impact on lives in our congregation, community, and around the world. The goal is for fifty percent pledging units to participate in the *Grow One Percent Challenge*. That means we need half of everyone who pledges to commit to growing their pledge over last year by one percent of their income.

This is not an easy goal, but it is possible. Whenever a challenge is set, it's always important to celebrate if it's met. Therefore, we want to celebrate if we are able to meet this goal. We will plan a fun part for all ages (we have several really exciting ideas) for this January or February if we can succeed together in the *Grow One Challenge*. It will be a chance to celebrate what we can do when we grow together in grace and gratitude.



### Growing in Grace and Gratitude Banquet

Stewardship is often thought of as how much money we give, but Stewardship is the way we define our faith and make it personal. Stewardship is about what we do after what we say we believe. This year our Stewardship focus in on "Growing in

Grace and Gratitude." That's what we do here at UPC. We help each other grow in grace and gratitude every day as we grow as disciples of Christ and are nurtured in our faith.

You are invited to a special banquet on Sunday, October 2<sup>nd</sup> after worship to kick off our Stewardship Season. The Dough Boys will prepare a delicious brunch and we'll celebrate the many ways we have experienced God's grace this year and all we have to be grateful for. We'll hear stories and testimonies of grace and gratitude at work in people's lives. We'll also share communion for World Communion Sunday around our tables as we break bread together. It will be a communion service you won't want to miss. Please plan to join us for this special banquet on October 2<sup>nd</sup>.

## 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 Adult class, and parent group will begin at 6:15pm. And the 4<sup>th</sup> Wednesday of every month will be 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 night instead of classes and groups)  
 7:15 Chancel Choir

### Adult Class at 6:15

This month featuring guest teacher **Maureen Hermann: Oct 5, 12, & 19**. Maureen is a professor at Saint Francis Medical Center College of Nursing. Her passion and area of expertise are in teaching cultural awareness to nursing students, and OSF employees. Over the 3 weeks that she will be leading the class we will learn to be more culturally aware, recognize our stereotypes and biases and how they are affecting our communication, and thus learn how to interact with people of other cultures with greater empathy and understanding.

**October 26:** Family Game Night for all ages immediately following supper. Bring your favorite board games and let's get connected! (There are no classes)

## Worship & the Arts

### Growing in Grace and Gratitude

We conclude our series on God's Call to Hospitality on Sunday October, 2<sup>nd</sup> as we celebrate World Communion Sunday. For the rest of the liturgical year, which means up until the first week of Advent on Sunday, November 27<sup>th</sup>, we'll be studying stories of grace and gratitude in Scripture. We are all the beneficiaries of God's grace, so we look for ways to show our gratitude. We'll engage with Biblical stories, letters, and parables about God's grace and our response.

### Sunday Worship

**October 2<sup>nd</sup>:** Isaiah 56:1-8 Acts 8:26-40 "Water in the Desert, Welcome in the Church" Pastor Stephen

**October 9<sup>th</sup>:** John 12:1-8 "Grace and Gratitude" Pastor Stephen

**October 16<sup>th</sup>:** John 4:3-19 "The Drink" Pastor Stephen

**October 23<sup>rd</sup>:** Matthew 18:23-34 "The Gift" Pastor Stephen

**October 30<sup>th</sup>:** Matthew 22:15-22 "What Are We Willing to Give?" Pastor Stephen

### Hymns and Hops

Join us on the fourth Sunday of the month 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.



### Ushers Still Needed

We still need people to help usher on Sunday mornings. If you have any interest in this, or would like to hear more details about it, please contact Aaron Schultz (aschultz@unitedpc.org).

### Drum Circle for Nature Classroom

On Sunday, October 30<sup>th</sup> after worship we are celebrating the Nature Classroom's certification. As a part of this celebration, there will be a drum circle using the drums designed and made by our very own UPC Discovery helpers. This would be an excellent activity for those of you with small children to participate in.

### Community Choir Update

The Community Choir has been a wonderful addition to our summer worship services. It allows for people who are otherwise unavailable for Wednesday rehearsals to still be involved in choir. This past summer we also experimented by having small special groups lead music during the Sunday service, and the response was overwhelmingly positive. As a result, we are going to continue doing small ensembles once a month. However, during the months of June, July, and August 2017, Community Choir will start back up on the fourth Sunday of those months.

If you are interested in being a part of these vocal and/or instrumental groups which have very minimal rehearsals, please contact Aaron Schultz (aschultz@unitedpc.org) for more details.

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

### Weekday worship

Tuesday October 11<sup>th</sup> and 25<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 Stephen. We are the church without walls.

## Worship & the Arts Continued

### Being Formed and Informed by Aaron Schultz

For hundreds and hundreds of years, sacred music of the Christian church has been the source of musical education for both the young and the old. The worship of the church led to innovation of music countless times throughout the course of the church's history. Simplistic chant led to ornamented and complex sequences of chant, different tonalities led to the "church modes" of music, complex chant turned into polyphony, polyphony turned into metered harmony, and so on and so forth. Sacred Christian song has not only been a source of divine encounter through the worshiper to God, but it has also been a source of creative inspiration for those within and outside of the church.

As I recall this history of Christian music, I'm confronted with this question: how are we being students of Christian song today?

The songs of the church are consumed in many different ways in our cultural framework. Some music is heard on Christian radio or personal playlists, some are seen and heard on Youtube, some songs fill the space of commercial establishments like Pizza Ranch and Hobby Lobby, and the most obvious are songs heard in the church on Sunday mornings, funerals, weddings, and special services. As Christians we are saturated with inherently Christian music without even being aware to it.

We have to ask ourselves how we are being formed and informed by these Christian songs, and what space are we making in our lives for these songs.

Recently Jenn and I were babysitting our friend's children for an extended period of time while they were on vacation. We had the opportunity to enter into the children's evening routine which involved singing songs before bedtime. This question of Christian musical formation was very evident in this space. I was trying to carefully select songs with words appropriate for the time of day (evening or the monastic hour of *compline*) with a melody that was also fitting for the occasion (melodically soothing). Songs like, *Abide With Me*, *Amazing Grace*, *All Through the Night*, and *Be Thou My Vision* automatically came to mind because these songs have established within me an association with God's loving presence and care. This association came into existence within me because of the musical/textual composition of the song and the way in which the song has been a part of my worshiping experience.

What songs remind you of God's presence? What songs do you think of when you are concerned or fearful? What songs play through your mind when you want to celebrate good things in your life?

I encourage you to keep track of these songs and intentionally use them in your daily routine. When you are having a rough day, look up the lyrics to a hymn that is comforting to you and pray or sing them. If you are putting kids to sleep, sing them a verse of a song to reinforce how God is with them as they sleep. If God has done something wonderful in your life, set aside time to enter into a song of praise to God as your personal worship. Open yourself up to being informed and formed by these wonderful songs of Christ's church.

## Thanks

Dear Church Family,  
Thank you for your prayers, cards, phone calls, visits and food during my recovery from hip surgery. A special thank you to Pastor Stephen for his big help at home; also Kirsten (the cookies were delightful!). I feel so blessed to have such a caring church!

Blessings,  
Duane Mach

I want to thank everyone for your continued prayers and cards. Thank you Pastor Patricia and all the women who gave me the beautiful white throw. I will use it often and think of all your prayers and love. It really touched me. I don't know what I would do without all of you.

Thank you & love you,  
Marilyn Umdenstock

On August 22nd my siblings and I buried my mom and dad. My mom passed on Saturday August 13, 2016 and my dad died 4 years ago (he was cremated). On Saturday August 13th Pastor Stephen gave a beautiful prayer, by speaker phone, as we stood by my mom's side. It was very comforting for my siblings and I and a small tear ran down my mom's cheek. God is good. The outpouring of condolences, cards and words of comfort from my church family was overwhelming. I want to thank everyone for their support during this difficult time. I am so blessed to have such a loving, caring and thoughtful church family. On behalf of the entire Troester family (I shared all your cards with them) thank you. Cindy Shipley

## 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. This rendition of the story of David is so vivid that we can see our own story in David's story, and how God's purposes are being worked out in the ordinariness of our lives; in the everyday life experiences of friendship, grief, love, sin, and suffering, as well as in sanctuary, beauty, and wilderness. The short chapters read much like an inspiring devotional. Come and join us for the discussion. We have a book copy for sharing with newcomers.

### 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: Song of Solomon** 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 11-12 with Pastor Patricia; this month including the Parable the Friend in Need and the Divided Kingdom. **No Class Oct. 27.**

## News and Notes

### Parent's Night Out

October 7 (1<sup>st</sup> Friday of each month)

6:00 – 8:30pm

**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.

### 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.

## 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 and 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!

If time and weather permits, we may end class on the playground for pick up.

#### 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.

#### Big Barn Bash

**An event for both youth groups and their families  
Sunday, October 16**

**4:00-7:00pm**

We will compete for group bragging rights in some fall themed "Minute to Win It" games, have a hay rack ride, a bonfire and so much more. We had an awesome turnout last year with families joining us for the fun and we hope to do the same this year. Updates will be sent out via email.

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

**Middle/Early High School Youth  
Sunday, October 9 & 23**

**3:30 – 5:00pm**

Join us for a devotion and games.

#### QUEST

**Older High School Youth  
Sunday, October 9 & 23**

**5:00 – 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 new and unwrapped gifts will be out in late October. We need new gifts with the receipt or a note about how much each gift cost for sorting purposes. We need dolls, sports equipment, toys, arts and crafts, building toys, etc, but no stuffed animals and no puzzles please.

### Snack Packs

We provide 40 snack packs a week to children at Northmoor Elementary. We need help filling a month's worth of bags every fourth Sunday of the month in the Sewing Room after worship. We also need a few key supplies each month. We need extra large brown lunch bags, 100% juice boxes, fruit cups in juice or water (not syrup), applesauce, and granola bars. Thank you for your help and donations.

### Peacemaking Offering for the Center for Prevention of Abuse

The Peacemaking Offering was created in 1980 to support the efforts of the Presbyterian Church (U.S.A.) to live out a deeper commitment to peacemaking as part of our faithfulness to God. **We receive this offering on World Communion Sunday, on October 2nd.** UPC uses the offering gifts to promote peace in Peoria through The Center for Prevention of Abuse. We will have a guest from the Center on October 2<sup>nd</sup> to share with us the mission and work of The Center for Prevention of Abuse.

### Update from Projecto Amar

Growing in Grace and Gratitude

On behalf of the staff of Projeto Amar, I would like to extend a heartfelt message of thanks to United Presbyterian for all the love and support they've shown their Brazilian brothers and sisters in Christ through the partnership with VisionTrust. Every day, Jacira, the program director at Projeto Amar, and her staff faithfully serve the children who attend the program. From the toddlers to the teenagers, each of these children are facing challenges in their lives since they are growing up in a community rampant with drugs, prostitution, violence and crime. More recently, a national financial crisis and the Zika virus have added even more hardship to the community of Goiania. However, the Projeto Amar staff continue to praise God for His faithfulness. This past month, their pantry was running low and God provided the food needed to care for the children. Also, despite the current financial challenges in Brazil, Projeto Amar was able to pay their staff on schedule.

Amar! Together, we are helping over 100 children experience the Lord's love in a powerful way!

Ashley Hentrich  
VisionTrust USA

### Projecto Amar

On August 3rd, the children returned to classes after a break, and the preschoolers have been learning about food, letters, numbers and colors. They've also been growing emotionally and so-

cially. One young girl, Maria, was having a hard time interacting well with her peers and expressing herself verbally. The staff shares that she's shown great improvement, which is certainly a



praise. Amidst the stories of hope, there are also situations that truly need God's grace. Despite the mentorship, love, care and prayers of the local staff, two older children in the program, Vitória and Charles, have started to make unwise choices that are having a negative impact in their own lives and in their relationship with those at Projeto Amar. Would you join us in expressing gratitude to God for his many blessings in the lives of the children at Projeto Amar and would you pray for his grace in the lives of children who are struggling to place their trust in Christ?

Thank you so much for your partnership with Projeto Amar. Together, we are helping over 100 children experience the Lord's love in a powerful way!

Ashley Hentrich  
Vision Trust USA

## Mission Continued

On September 11th, Pastor Stephen preached on refugees and our roles as Christians in welcoming them. The Mission Committee also announced an exciting opportunity our church has to partner with World Relief to welcome a refugee family later, right here in Peoria. But we have lots of work to do first before we are assigned a specific family including gathering a list of items for their home and identifying and training committed volunteers. Once we have these resources in place, we will be matched to a family by World Relief.

That is where each of you comes in! Please consider donating an item or two off the "registry" found at [www.it.ly/peoriagoodneighbor](http://www.it.ly/peoriagoodneighbor). Items do not need to be brand new as long as donated items are in good condition. Check the registry to see what items are still needed and have not already been purchased. Once you have purchased a still-needed item, please mark on the online registry that you bought the item. You can bring items to the church office. (If it is a large furniture item, please get in touch with us instead, and we will make special arrangements as those items will be stored elsewhere).

If you are interested in donating your time and talents as a volunteer, we have one-time opportunities and on-going opportunities. Please contact Jenna Hague at [jenna.l.hague@gmail.com](mailto:jenna.l.hague@gmail.com) or Jennie Boswell at [jennie.boswell@gmail.com](mailto:jennie.boswell@gmail.com) with your interest. For those desiring an on-going involvement, World Relief will be conducting a training at UPC that all hands-on volunteers will need to attend on Tues., Oct. 4 at 6:00pm at UPC. Childcare will be provided.

World Relief works very hard to then assign us a family that will be a great match for our community. We have indicated interest in a family with a couple of small children, ideally from the Middle East, as our Peoria community has a strong Middle Eastern population with translating and ESL resources already in place in the schools and hospitals to assist them. Once we have an assigned family, we will certainly share all of the details about our new friends! We will also then do a second round of registry, especially if the family has children, to get items for our specific family.

We cannot wait to be God's hands and feet in this very concrete way to a refugee family transitioning to a brand new way of life in our community. Please prayerfully consider joining this amazing effort in whatever capacity you are able. Please prayerfully consider joining the amazing effort in whatever capacity you are able. Watch for frequent updates from the Mission Committee—we will keep you posted!

## News and Notes

### The No Joke Project

The No Joke Project is a film and book based on the relationship between three Peoria faith leaders: a pastor, a rabbi, and an imam. It comes directly out of the Peace for Peoria movement that our church has helped lead. The point of the film and book is not about interfaith dialogue but how when we like each other, the rules change. It's about how we can stay in the room with difference and form relationships with those of diverse views and opinions.

There will be a nationwide film/book tour that kicks off from Peoria on October 30<sup>th</sup>. You are invited to attend the kickoff event with conversation and a chance to view the film. The kickoff event will be at Riverside Church at 7:00pm on October 30<sup>th</sup>. United Presbyterian Church is the Lead Faith Partner of the film, book, and tour. What we're doing in Peoria will be known across the country. We hope you can attend the kickoff event to celebrate this story of the power of relationships. The point of the film and book is not about interfaith dialogue but how when we like each other, the rules change. It's about how we can stay in the room with difference and form relationships with those of diverse views and opinions.

You can learn more at [nojokeproject.com](http://nojokeproject.com). Tickets will be on sale soon.



When People Like Each Other the Rules Change

### Thank You

Dear Friends,  
Thank you for your gift of \$1,000 to Common Place. Your gift is helping many adults and children with their literacy needs.  
Sincerely,  
Connie Voss, Executive Director  
(Handwritten Note) Thank you ! Your generosity is greatly appreciated!

## News and Notes

### UPC Quilt Raffle Tea Party Luncheon

Reminder, the Quilt Raffle Tea Party Luncheon will be Saturday, October 8th. Program starts at 11:30am with the quilt raffle drawing at 1:00pm. Sign-up in the church office and pay at the door the day of the event. Cost is \$5.00. Look for the Dazzling Diamonds Quilt on display Sundays. Raffle ticket info in the office.



*UPC Craft &  
Vendor Fair  
Saturday,  
November 5*

The youth of UPC are hosting this event to raise money for their 2017 mission trip. Cost is \$30 per table you bring with you and an extra \$5 to rent. All spots are first come first serve with regards to vendors selling the same products. Our youth team will be available the day of the event to help you with anything you may need. This is a great location with lots traffic and space for many to participate. Contact Karen Miller for more information.

## Health and Wellness

### Have You Winterized Your Body?

Fall is here and colder temperatures are on the way. You probably have a list of things you do around your home to gear up for colder temperatures. Have you ever thought about winterizing YOUR BODY? It may sound rather strange, but making sure your body and mind are ready for the colder days ahead is very important. Here are a few ideas to get you started:

**Maintain Energy** Stick to your exercise routine. If your exercise has been happening outdoors you may need to bring it inside. When you are outside, blood vessels constrict, making the heart, lungs, and other organs work harder. Warming up slowly helps your body adjust to the elements, as can dressing in layers of clothing designed for the elements. A regular exercise routine not only maintains energy levels but helps keep your moods in check as the days get longer and grayer.

**Protect Your Skin** During winter, people living in warm climates may experience low humidity outside, while those in colder places deal with it in heated buildings. Dry skin is the result. Using a daily oil-based moisturizer with shea butter on your body and a face moisturizer with hyaluronic acid to combat dryness. Don't forget to apply sunscreen with SPF15 year-round. To prevent chapped lips, "first stop licking them." Saliva contains salt, which is drying. Instead, dampen lips with water and use Vaseline or a similar ointment, to lock in moisture.

**Consider Nutrients** Gone are the days of fresh garden produce and farmer's markets (at least until spring.) While fresh may be less abundant and more difficult to find, frozen fruits and veggies are great substitutes. Winter is not an excuse for not eating a healthy diet. Make sure your diet remains balanced and chock full of vitamins and minerals.

**Fight Colds and Flu** Winter often brings an increase in cold and flu activity making fall the perfect time to get a flu shot. Most physician's offices and pharmacies have them available. You can also decrease your chances of illness by avoiding touching your eyes, nose, and mouth, and washing your hands often. If soap and water are not readily available a hand sanitizer is a good substitute (just don't let hand sanitizer replace regular hand washing.)

Kirsten Tharp RN, BSN  
Parish Nurse

### BLOOD DRIVE

A Red Cross blood drive will be held at UPC on Monday, October 24 from 2pm-6pm. Appointment times can be reserved by calling the church office or reserving online at [www.redcross.org](http://www.redcross.org). Blood products are in high demand. Do your part to help save a life!

## Church Life

**Hand and Foot** will meet on October 7th at 6:30pm in the Fellowship Hall. Everyone welcome.

### UPC Hiking Group

Watch the Ringer and bulletins for upcoming hikes.

### Halloween Carnival

Join us for the Halloween Carnival October 28 from 6-8pm. There will be hot dogs, games (25 free tickets per child), prizes, cupcake walk, pictures, balloon artist, and FUN FUN FUN! Come dressed in your costume.

Lots of candy, cupcakes and volunteers are needed for a successful event. Volunteer Sign up is on the church foyer bulletin board. Please bring bags of individually wrapped candy to the church office anytime. Please bring cupcakes in groups of 6 cupcakes to kitchen October 26-28.

### Anna Circle

When: Thursday, September 8, at 6:00pm

Where: WeaverRidge

Lesson: Chapter 1, Unveiling Mary Magdalene

Mission: Share the Warmth Blanket Ministry

Next work day is Saturday, September 24, at 9:30am

### Ruth Circle

UPC Ruth Circle will meet October 10 at 1:00pm. We will continue to review "Becoming a Woman of Prayer", Chapter 10. Devotions will be given by Sara Stotts. New members are invited and always welcome.

### Eating Together

Men's Breakfast: Oct. 13th at 9:00am at Le Peep.

Local Lunch: October 17th at 12:00 pm at PVII on Allen Road

Ladies Night Out: Oct. 20th at 6:00pm at Jubilee Café in Kickapoo. RSVP: Eunice @ 688-8458 or Betty @822-8500.

Thursday Lunch Bunch: October 20th, at 11:30am at Avanti's on Sterling

## News and Notes

### Pet Blessing

UPC's Annual Blessing of the Pets is on Sunday, October 2<sup>nd</sup> at 4:00pm at Lower Bradley Dog Park. You can bring any pets to be blessed, or bring an item that represents your pet. We will have a short service before we bless each animal. We'll have treats for dogs and cats to give out, too. We will collect donations to give to Pets for Seniors.

### Cultivating Community Conference with Nadia Bolz-Weber

The Presbytery of Great Rivers is hosting a special conference featuring New York Times Bestselling Author and popular speaker, Nadia Bolz-Weber on October 14<sup>th</sup> and 15<sup>th</sup> at UPC. This is a great opportunity to hear one of the most sought after Christian speakers in the world and talk with other Christians about what it means to create community inside and outside the church.

Members of UPC are welcome to attend the whole conference which includes workshops and round table discussions for \$25 or just attend Nadia's two keynote addresses for \$15. The \$25 cost is only for Presbyterians in the Presbytery of Great Rivers, so you will need to sign up directly with the church.

We also will need volunteers to help with the event. Volunteers will get to attend for free. We need help at the registration table, setting up for lunches and our round table conversations in the Fellowship Hall. We'll need help preparing and setting out snacks, and showing people around the building to find their workshop classrooms. If you would like to help, please contact Pastor Stephen.



## Session Notes

### Session Notes 9-20-16

The Session of United Presbyterian Church met on Tuesday September 20, 2016 with Rev. Patricia Stetson-Warning as Moderator. Session welcomed Janet Shepler as a new member and approved for Janet to be baptized with Mike and Ryan Murphy as her sponsors. They also approved building usage for wedding of Abby Clanin and Levi Porter of Macomb on June 3, 2017. Pastor Patricia will officiate.

Properties has identified a drainage problem in the corner where the old and new buildings abut. Session approved to raise the slab that is under the roof drain so that its discharge will drain away from the building (cost not to exceed \$1000). And also approved to hire Greenview Landscaping to construct a lined rock drainage swale from that sidewalk area to the drain in the center of the grass for a cost of \$1730. Session approved that the Deacon Board will not replace the three vacated positions in class 2017 and one in class of 2018 since total number of Deacons is being reduced to 27 with class of 2019.

We are beginning our fall stewardship with a banquet (brunch by Dough Boys) and communion on October 2<sup>nd</sup>. Session talked about the stewardship goals for this year. Letters will go to congregation on October 3<sup>rd</sup> outlining our goals. New Elders and Deacons will be invited to Ordained Officer training at times yet to be arranged this fall. We received an update from the Nominating Committee regarding positions filled and yet to be filled.

We were reminded of the Next Church Conference which UPC is hosting on October 14<sup>th</sup> and 15<sup>th</sup>. The Presbytery is offering a special discounted rate of \$25 for Presbyterians in Great Rivers. To receive the discount folks are to contact UPC directly and pre-pay with a check for \$25. Nadia Bolz-Weber is the keynote speaker, and we will have some great round table discussion and workshops.

If you have any questions about any actions taken at Session, please talk to one of the Elders or to Pastor Patricia.

## Prayer Ministry

### Prayer Shawl Ministry

A prayer shawl is a comforting and healing gift to our friends in time of need. A diagnosis of cancer is one of those times. In honor of Cancer Awareness Month we will be having Prayer Shawl blessing will be during Sunday worship October 16. If you have a crocheted or knitted a shawl(s) for this ministry, please deliver them to the church office by Friday October 14.

### Thanks

Margaret Hochstrasser would like to thank UPC for the beautiful crocheted prayer blanket. It has been a comfort and constant reminder to her of your love and prayers for her with her recent move to Independence Village.

### Prayer Circle

We pray for the healing hand of God be upon our friends in need of healing: Margaret Hochstrasser, Ed Sandlin, Jan Wagner, Steve Nordvall, Marilyn and Jack Umdenstock, Geneva Hall, Pam Harrison, Mary Everett, Grace Bossingham, and Nathan Pennington. And may our compassionate God grant comfort and strengthen our friends: Janet Coker (Linda Kelley's sister), 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: Sandie Martin, Scott Barger (Barb Livingston's son), and Don Serup.

We're having a party  
and you're invited!

# Nature Explore Outdoor Classroom Certification Celebration

**and Open House**  
Sunday, October 30  
11:15 AM, after worship



Please join UPC Nature Connections Committee as we celebrate achieving status as a *Certified Nature Explore Classroom* by the Arbor Day Foundation and Dimensions Educational Research Foundation.

## Free Cider and Doughnuts! Activities for All Ages!

- Join (or just observe) a drumming circle with our new tape drums!
- Make a nature art piece to bring nature into your home!
- Go on a short nature hike with a Nature Ranger!
- Take home a map of our property with trails and gardens marked!
- Find everything on our Scavenger Hunt and win a prize!
- Play in the mud kitchen (kids only). Take home a mud cupcake!
- Float a boat down the waterfall!
- Find out how Nature can make you healthier and happier!



*“United Presbyterian Church Discovery Preschool’s commitment to providing research-based and nature-rich learning offers a wonderful example to programs and educators throughout the country.”*

Heather Fox  
Nature Explore program

Research consistently shows that children who learn and grow in Nature Explore Classrooms exhibit enhanced concentration, develop creativity and problem solving techniques, manage stress in healthy ways and develop skills across the spectrum of academic and creative learning.

See United Presbyterian’s Nature Explore Classroom on the Arbor Day Site  
<https://certified.natureexplore.org/united-presbyterian-churchdiscovery-preschool/>