

OCTOBER 2023

# UPC NEWS



United Presbyterian Church Communicator

## PASTOR'S MESSAGE

### What do you love about UPC?

Last February, several groups were asked this question, and here are some of their responses:

I love...

...a warm and caring, close-knit community of faith.

...dinner and rec play at LOGOS.

...playing bells and enjoying the people.

...friends & fun at LOGOS.

...the loving community.

...the bell choir and all of the people. It is fun to make a joyful noise with our bells and laughter.

...fellowship with friends and inspiration from their lives and faith.

...inclusivity.

...serving on session because I get to know more people and have a hand in God's plan for UPC.

...Bible study with friends at LOGOS.

...serving on session because I felt it was my opportunity to give back to UPC.

I am sure each of you have something to add and this month you can! Beginning October 8, there will be a display in the overflow room where you can add what you LOVE about UPC. This is one way for us to express our gratitude and celebrate this amazing "Family of Faith."

*Let us love, not in word or speech, but in truth and action.* 1 John 3:18

In John's first letter, he talks a lot about love; how much God loves us, how we are to love one another, and how love must be expressed not just in words, but in action. Another way to express our gratitude for UPC and what God is doing in us and through us is through a financial gift. October is when the Financial Oversight Committee (FOC) of the Session asks us all to make a financial commitment for the coming year. As you consider their request, think about what you LOVE about UPC, and allow acting on that LOVE to shape your response.

Watch your mail and email for further communications, and join us in Worship for **Celebration Sunday on October 22**. We will celebrate all that we love about UPC and dedicate our pledges of financial support, our gifts of gratitude.

What do YOU love about UPC?



## ADULT EDUCATION

There is a new Adult Education/Formation opportunity on the 2nd and 4th Sundays of the month following worship, facilitated by Pastor Michelle. Mark your calendars for **Oct 8 and 22**; Nov 12, 26 for the Restoration Bible Study. In a world of surface level self-care practices, what does the Bible say about faithful restoration? This Bible study video series and discussion features three church leaders from diverse backgrounds, contexts, and theological lenses within the P.C.(USA) who seek to answer that question. Topics will include sabbath, environmental justice, inequities around rest, racial justice, post-pandemic church life, and the tension between tradition and vision. Child care is available through an RSVP to [upckidmin@gmail.com](mailto:upckidmin@gmail.com).

## THANK YOU FROM RODGER MCDANIEL

My wife Pat and I want to thank Laramie UPC for the thoughtful gift you gave us on the occasion of my retirement from Highlands Presbyterian of Cheyenne. We are likewise grateful to Pastor Michelle and Todd for honoring us with their presence at my retirement dinner. We look forward to worshipping with you on occasion now that I have Sundays off.

Rodger and Pat McDaniel

## JOIN HANDBELLS



Handbell Choir practice starts on October 3rd. We meet 5:30 to 6:30 pm on Tuesdays. We would love for anyone interested to join us. No experience necessary. If you have questions please contact Kim Buchanan.

## CHRISTIAN EDUCATION

Happy Fall!

During **October LOGOS** will meet on the 4<sup>th</sup> through the 18<sup>th</sup>. We will not meet on the 25<sup>th</sup>. However, on the 25<sup>th</sup> Michelle Harris will be available to parents and volunteers to discuss LOGOS and other Christian Education topics. You can find her at the church starting at 4:15.

We will have a combined **mid and sr high youth group** on October 22<sup>nd</sup>. Watch your emails for more information.

On October 29<sup>th</sup> CE will host our annual **Trunk or Treat** following the mission committee's disaster Kit assembly. We will start off with brunch and then transition outside to Trunk or Treat in the church parking lot. We hope to see you all there! Remember your costumes! Please let Michelle Harris know if you are able to have a car in the parking lot for the children to visit.



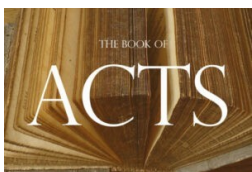
THANK YOU!



The UPC property committee wants to extend a hearty **THANK YOU** to all who helped with church chores this summer. Your work is greatly appreciated and contributed to significant cost savings for UPC.

Robert Case, Hank Kobulnicky, Bob Needhammer, Tim Eisenhauer, John Galbreath, Rogers Family, Thompson Family, Todd Bacon, Steve Gale, Linda Sheets, Elizabeth Williams, Larry Deal, and Nancy Fillion.

## TUESDAY MORNING BIBLE STUDY



The Bible study is on Tuesdays at 9:30am in the North Lounge. We will study the book of Acts. All are welcome to attend as your schedules permit. For more information, contact Celeste Kobulnicky or Mary Prather.

## OCTOBER SERMON SERIES

Sunday worship live stream service can be found at [https://www.youtube.com/channel/UCyLkd7kE\\_lf0acTnxJQ\\_Eg](https://www.youtube.com/channel/UCyLkd7kE_lf0acTnxJQ_Eg) and through the UPC website.

## **FAMILY PROMISE**

UPC is scheduled to provide meals for Family Promise the week of **October 2<sup>nd</sup>**. There are two families that we need to provide for that week. If you are willing to provide a meal and/or gift cards please reach out to Michelle Harris at [upckidmin@gmail.com](mailto:upckidmin@gmail.com)

## **DIAPER & HYGIENE PANTRY VOLUNTEER**

**When?** Wednesdays and Thursdays 9:00am-4:00pm

**Where?** At UPC!

**About Family Promise of Albany County:** Family Promise of Albany County is a local affiliate of a national organization that has been serving families experiencing homelessness since 1986. Officially beginning in 2018, our mission is to help homeless and low-income families achieve sustainable independence by providing programs, information, and resources to assist them in their journey. One of our widest serving programs is our Diaper & Hygiene Pantry. This program was officially started in October of 2019 with the goal of furthering our outreach and offering support to families in our community.

**Why Your Help Matters:** The Diaper & Hygiene Pantry is a donation-based pilot project for our organization. In order for us to maintain the pantry, we need volunteers to assist with its operations. On average, we distribute over 1000 diapers a month, which eases the economical hardship for many families in Albany County. In 2021, we distributed over 18,000 diapers in total serving approximately 30 families a month. In addition to diapers, we distribute other hygiene essentials including baby wipes, feminine hygiene products, shampoo, conditioner, soap, baby supplies, and more. Access to these resources is limited for many local families, so it is important that the pantry remains a steadfast resource.

### **Volunteer Responsibilities and Duties:**

- Answering the door when the doorbell rings
- Assembling items for clients
- Receiving donated items
- Breaking down bulk packages of diapers and cardboard boxes
- Restocking the pantry as items become available
- Logging items distributed and donated
- Potential responsibilities depend on volunteer interest and skill. These can include but are not limited to: taking monthly distribution to diaper partners, maintaining communication and tracking with partners, developing more diaper partnerships, assisting with advocacy outreach, assisting with and scheduling goods drive, and more

### **Skills Needed:**

- Ability to work independently for an entire 2-2.5 hour shift
- Ability to abide by a confidentiality agreement
- Ability to maintain a friendly demeanor and communicate well
- Can carry up to 20 pounds
- Ability to go up and down stairs
- Literate in reading/writing to the extent of filling out check-out forms

\*This is a great professional development opportunity that can range from customer service, to inventory management, to networking depending on the volunteers interests. Please discuss any professional development skills you would like to develop with us and we will be happy to find projects to accommodate your interests.

**To sign up or learn more information, please visit:**

<https://fpalbanycounty.org/volunteer/>

<https://signup.com/client/invitation2/secure/442113346098/false#/invitation>

## **SESSION SUMMARY SEPTEMBER 2023**

At their September 19, 2023 meeting, the Session of UPC:

- Received the annual audit from FOC conducted on September 11
- Moved Session meetings to Sundays following worship for the fall and winter
- Modified the quarterly withdrawal payment from investments at New Covenant Trust
- Participated in a presentation by Jim Hitson, our Financial Planning Professional at New Covenant Trust
- Received written reports from the staff and standing committees of the Session

## **AN OPPORTUNITY FROM THE DEACONS**

Everett Spackman's family has asked the church to help Everett in a small way. Because Everett has grown lonely at his care center, Spring Wind, they have asked for members of the church to visit Everett on a regular and frequent basis.

A monthly SignUp Genius page (link below) has been constructed as a way to schedule days and times for members of the church to visit Everett, beginning October 2, 2023. He welcomes visits Monday through Saturday. The schedule blocks are for one hour, 10:30 – 11:30, but based on your needs and Everett's, you may visit less than or a bit more than one hour. Keep in mind that Everett needs to be at lunch by 11:50.

<https://www.signupgenius.com/go/508044CABA928A7FE3-visits>

If you have any questions please contact one of the church Deacons or the church office.

Thank you, UPC Deacons

## **MISSION WORKSHOP**

The September 23rd Workshop at LaPrelle Park was highly informative. It was a beautiful day to be in the park and the sandwiches from Jersey Mike's were terrific. Thanks to Diana Denison and Nancy Fillion for bringing us together.





## FALL MISSION ACTION

The Mission Committee thanks everyone who participated in the **Peace and Global Witness Offering** on October 1. We know that the Cathedral Home will be very grateful for the contribution of UPC's 25% and arrangements have been made for the 25% going to Presbytery to be used by its Syria/Lebanon Committee.

Donations to the **Gifts from the Heart Disaster kits** are needed from October 1 to October 23rd. In conjunction with the Trunk and Treat on October 29th, the education and hygiene kits will be assembled.

- Education Kits: box of 24-count crayons; unsharpened pencils; large erasers (no pencil cap erasers); hand-held pencil sharpeners; blunt scissors (round-tip only); 70-count or 200/210-count spiral notebooks (no loose leaf paper, filler paper or ring binders)
- Hygiene Kits: box of standard size Band-Aids; single toothbrushes (no toothpaste); bath-size bars of wrapped soap; fingernail or toenail clippers; sturdy wide-toothed combs with at least 6" of teeth (no pocket combs or picks); washcloths; 15"x28" or 16"x32" hand towels (no fingertip, bath, dish or micro-fiber)

The results of the **Survey for the Holiday Bazaar** will be reported in the Friday Reminder as the last day to turn in the forms is October 1st. Thank you to all who participated.

On Saturday, November 4th from 10 a.m. to 2:30 p.m. UPC in partnership with the Wyoming Presbytery is presenting a mini-conference titled "**Conference on Syria and Lebanon: A Christian Response.**" The featured speakers are the Rev Tim McCalmont and Arfan Jarjour who will be traveling from California to represent the Syria Lebanon Partnership Network (SLPN) of the Presbyterian Church (USA). Wyoming's Rev Bob Garrard was just elected Vice Moderator of SLPN and is currently the chair of the Presbytery's committee. This network brings together Presbyterians from around the United States to facilitate partnerships with churches and church-related ministries in Syria and Lebanon. The network provides a place for Presbyterians in America to share information and coordinate our efforts. Priorities of the network include supporting the capacity of the Church in Syria and Lebanon, supporting leadership development and theological education, and working towards God's just peace in the region. The conference at UPC will focus on the complex issues facing post-earthquake Syria and Lebanon—both political and humanitarian. Other presenters are Rev Michelle Bacon, Rev Bob Garrard, Holly Garrard, Gerald Van Campen, and Rev Jeromey Howard (the new Executive Presbyter of the Wyoming Presbytery).

Help is needed!!!!

- Registration of attendees—names and e-mail addresses; name tags
- Welcoming our guests—both speakers and attendees
- Setting up
- Mid-eastern lunch – recipes will be provided and, if needed, the cost of ingredients can be reimbursed; cooks will be asked to make lots of one recipe
- Clean-up

The **Holiday Bazaar** will open on Sunday, November 5th. As we priced last year, new gift items are being sold at 30% to 60% below retail prices. The nuts and soups will be sold slightly below their suggested retail price. The Survey results will determine the recipient of all of the profits generated by the Bazaar. There are Denver Bronco items, lots of stuffed animals (the otter is too cute and we have an emu if you need insurance advice), books for all ages, lots of socks, pumpkin pillows, etc., etc. Help is needed to sell this great stuff after church on Sundays and Wednesdays (3:00 p.m. to 6:00 p.m.). Please let a member of the Mission Committee know if you can help out.



## **MEN AND WOMEN'S GROUPS**

**Mary Martha Circle** Mary Martha Circle will meet Wednesday, **October 18<sup>th</sup>** at the home of Janice Shuster, 530 Beaufort St. #119 at 1pm. We will continue our study "Sacred Encounters. The Power and Presence of Jesus Christ in Luke-Acts. Please contact Freda Dixon, 760-9728 for a study book. All women are invited to join us for prayer, study and fellowship. We hope you will join us.

**Rebekah Circle** Rebekah Circle will meet on Thursday, **October 19**, from 9:30 to 11:15 am in the church's Fireplace Lounge. Pam Galbreath will lead us in our discussion of Chapter 2 of James Bryan Smith's book, The Good and Beautiful Life: Putting on the Character of Christ. Guests are welcome. For information, contact Pam at [pamelagalbreath23@gmail.com](mailto:pamelagalbreath23@gmail.com).

**UPC Men!** Please join us at Perkins on Saturday, **October 7** and **21** at 8:00 am for great conversation! All are welcome!

## **CHURCH OFFICE HOURS**

The church office is open Monday-Friday, 8:00-3:00pm. Rev. Michelle Bacon's office hours are 9:00-5:00 Monday-Thursday. If you would like to make an appointment to meet with her please call the church office. On Tuesdays, from 10:00 am-1:00pm Pastor Michelle is in her office available for conversation. Feel free to drop in.

Any information you would like shared in the weekend reminders needs to be emailed to the office by Wednesday morning.

**The Church office will be closed on Monday, October 9th in observation of Columbus Day.**

## **UPC's ELDERS AND DEACONS**



**Elders:** Art Snoke, Nancy Lick, Erin Irick, Isa Riley, Hank Kobulnicky, John Galbreath, Donna Marburger, David Jones

**Deacons:** Nancy Fillion, Linda Haynes, Linda Sheets, Cheri Bellamy, Jan Dittmore, Pam Galbreath

## **CALENDAR OF EVENTS AT UPC**

For a full calendar of events click on the calendar link. If you or your group wants to add something to the UPC calendar please bring it or send to the church office for approval. [CLICK HERE](#) for calendar.



## **REPORTS AND SESSION MINUTES**

The UPC Session Minutes and reports can be read at our website at [upclaramie.org/minutes/](http://upclaramie.org/minutes/). Call the church office if you are in need of the password.