



A United Church of Christ/ United
Methodist Church & a LGBTQIA
Welcoming Congregation

No matter who you are, or where
you are on life's journey, you are welcome here.



UCUP



*Save
the
date*

2023 Annual Meeting & Charge Conference

January 22, 2023, 11:30 a.m.

In-person and on zoom.

It will be hosted in the sanctuary to enable zoom participants.

Light refreshments rather than a lunch will be provided.

Use the Sunday Worship Zoom Link or dial by your location

<https://greaternw.zoom.us/j/93127297408>

For calling in by phone: 253-215-8782
Meeting ID: 931 2729 7408



We welcome the Executive Director of Associated Ministries, Michael Yoder, to the pulpit on **January 29th**. After worship, Mike will offer a forum about the work and ministry of Associated Ministries with Housing and Homelessness.



HAPPY 53rd BIRTHDAY UNITED CHURCH!!

January 1970, 53 years ago, Aldersgate UMC and Mayflower UCC joined to become United Church In University Place...four that were there then are still with us, two from each denomination: Doris Larsen (UMC) and Kathy Munn (UCC) and two that were just teenagers 53 years ago and are with us almost every Sunday: Nancy Moffett (UMC) and Don Morgan (UCC).

One of the ways you can help us celebrate is to bring a present of a large can of soup that will be passed on to My Sister's Pantry. Our goal is **53 cans**.

Pastor's letter ~

During the next seven weeks of Epiphany, the liturgical season of when God manifests God's light and presence in our lives, we will be entering a Worship Series called **Spiritual Affective Disorder**. Read Rev. Marcia McFee's description of the series below. (Marcia McFee is the Creator of Worship Design Studio)



You have probably heard of "Seasonal Affective Disorder." It is a condition that happens when a lack of sunlight, often during winter months, affects our moods and ability to cope effectively. Millions of people suffer from some sort of anxiety or depression disorder. If you do not, chances are you are close to someone who does. Like the lack of sunshine that precipitates Seasonal Affective Disorder, the lack of light in the dim corners of our psyche and soul can bring on a Spiritual Affective Disorder that bring on the "blahs".

In this worship series, we are playing with the SAD acronym and calling out a condition called *"Spiritual Affective Disorder," a condition when we've had prolonged stress and life is disturbingly uncertain, or when the uncertainty and pace of life inhibits us from experiencing the spiritual and emotional wellbeing that the Creator desires for us. What is our faithful response to our strained mental health? What if everyday life activities could become healing spiritual practices — deepening our experience of a meaningful life, —boosting our mood, and helping us shine a light on the "blahs?"*

While not a replacement for medical resources to alleviate depression, we will see how experiencing the everyday activities of our lives as blessing—as filled with God's radiance—can offer us a chance to be filled with the Light in whom we believe.

This Sunday, on January 8th, we begin with the Baptism of Jesus, with an opportunity to be anointed and receive the words that we too are Beloved by God.

Beginning with Beloved: A Blessing by Jan Richardson

Begin here: Beloved. Is there any other word needs saying,
any other blessing could compare with this name, this knowing?

Beloved.

Comes like a mercy to the ear that has never heard it.
Comes like a river to the body that has never seen such grace.

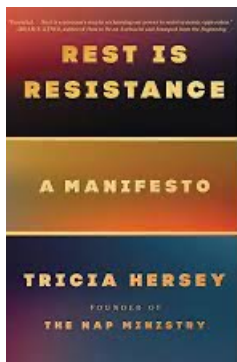
Beloved.

Comes holy to the heart aching to be new.
Comes healing to the soul wanting to begin again.

Beloved.

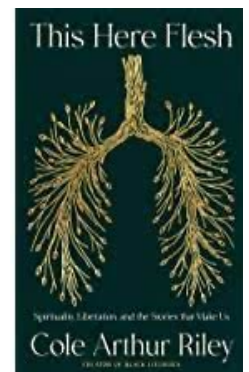
Keep saying it and though it may sound strange at first,
watch how it becomes part of you, how it becomes you,
as if you never could have known yourself anything else,
as if you could ever have been other than this: *Beloved.*

Potential book studies: In 2022, two African American women wrote books that made the list for New York Times Best sellers. If there is enough interest, we will offer a book study. Please let Pastor Cathy know if you are interested and we will set dates for the book study.



Rest Is Resistance: A Manifesto. In this book, Tricia Hersey, aka "The Nap Bishop", encourages us to connect to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice, to disrupt and push back against capitalism and white supremacy.

This Here Flesh: Spirituality, Liberation, and the Stories That Make Us written by Cole Arthur Riley, creator of Black Liturgies, a space for Black spiritual words of liberation, lament, rage, and rest; and a project of The Center for Dignity and Contemplation where she serves as Executive Curator. Riley offers contemplative reflections to discover the "necessary rituals" that connect us with our belonging, dignity, and liberation.



President's letter ~

Friends,

What a weather adventure December was! And they say March comes in like a lion and goes out like a lamb? How about December of 2022?

As I look back upon a year of being your president, I can't help but think about all the work our Board did. What a great team! Thanks to the Ad Hoc COVID protocols group, we thoughtfully and carefully lifted the masking and disinfecting requirements. As a Board, we made strategic decisions about our financial assets through the volatile stock market. Most of all, we've been strong for the future of our church. Decisions haven't always been easy, some positions and roles have been clarified, we've looked into church safety protocols, and worked at being more inclusive in our meetings.

As I step down from being your president, I want to thank all of you on the board and in the congregation for your strong support all year. Thank you!

On January 22nd, we will conduct our annual charge conference (all church meeting) where we'll elect new officers and other business. This is important. We'll be in the sanctuary and on Zoom. Please mark your calendar for attending and look for details coming up. Your vote and your voice are both important.

In Christ,
Tanya Sorenson



CHRISTMAS DAY - IMPROMPTU NO REHEARSAL PAGEANT



Christmas Eve

Christmas Eve service - Chris & Neva reading the Christmas Story, Symbolic Christ Child parade & singing Silent Night by candlelight



(Photos by Judy Thierry and Pastor Cathy)



Time Together

Preparing for Christmas Eve ...



Attending Tacoma Youth Chorus featuring Wes & Emma Berry ...



Pastoral visit to Carol Shogreen in Phoenix, AZ



December Fellowship Time



Remember a year ago . . .

Tanner's Eagle Scout bench is still much used today (minus the snow).



Readerboard . . .

Still spreading messages to the world.



Happy Birthday!

- 1 Jim Fohrman
- 11 Joyce Demarest
- 16 Randi Byrd
Elizabeth Scherman
- 20 Hadi Dadashia
- 28 Michelle Wallace

Interfaith Advocacy Day

in Olympia, Thursday, February 9, 9am-3pm.

Thanks to the generosity of our donors, there is no cost to attend this year. We will be gathering in person at The United Churches of Olympia in the morning and meeting with legislators in the afternoon. We are unsure at this point which portions of the day we will be able to offer for online participation; we will provide updates about that and registration for any online activities as more is known.

Please register to attend IN PERSON by January 29 at

<https://fanwa.ourpowerbase.net/civicrm/event/info?reset=1&id=247>

Please join us to raise voices of faith and conscience in our State Capitol!



Family Housing Network
a programmatic arm of
Catholic Community
Services has long been a
mission and benevolence

for UCUP. In the Christmas spirit UCUP members provided two families gift cards for items of their choice with additional funds going to FHN for last minute needs. FHN serves families with infants, young children, school age youth and veterans. At this printing a total of \$600 was collected. Kristi (right) and another FHN staff are pictured.



Family Housing Network



Walk - Sharing the Journey

While we are taking a short winter break from our monthly walks we can meet for a stroll after church if you are interested.



Book Club

We are meeting once a month at Happy Duo Cafe in University Place each month. Contact Judy Thierry for information.



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Welcome here.

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University Place**

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Weekly

Sundays

10am LIVE & ZOOM Worship
JOIN US!



***We are United with God,
United in Love,
and United to Serve Others***

Monthly

1st Sunday of the month
Communion during worship
1st Tuesday of the month
1pm Alzheimer's Support Group
3rd Tuesday of the month
6:30pm Men's Discussion Group
on Zoom



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