

United
Presbyterian
Church
of Peoria, Illinois

The Chimes



Volume.16 Issue.12 December 4, 2019

December 2019 Worship Schedule

December 8 – Second Sunday of Advent – a Celtic Christmas
Walk with Randy

VIVID Christingle Service at 4:00 p.m.

December 15 – Christmas Festival – led by all ages at 10:00
Christmas Festival Funland during Fellowship

December 22 – Fourth Sunday of Advent – Lessons and Carols

December 24 – Services at 4:00 and 11:00 p.m.

December 29 - Service at 10:00 am
"Tell Me the Old, Old Story"
Sunday School on Break



*Please note: the Office will be open December
23, 30 and 31st.*

Looking Ahead:
January 5, 2019
Communion
Ordination/Installation of Church Officers
Distribution of Star Gifts

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Church Officers/Orientation

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Tai Chi Open House

Nature Connections

Church Leadership**Session****Laurie Hartshorn, Clerk of Session****Class of 2019**

Charlotte Cronin

Mary Jo Mays

Kathy Nordvall

Betty Pugh

Class of 2020

Tim Cole

Deb Hanson

Don Hartshorn

Pam Madden

Alexis Maloof

Class of 2021

Christie Cook

Ellen Grohovea

Judy Helm

Jerry Randall

Jim Sullivan

Board of Deacons**Class of 2019**

Theresa Bender

Ken Krancher

John Madden

Sue McGill

Rick Noetzel

Deb Paul

Nancy Pogue

Bev Ranson

Myrna Schwarz

Class of 2020

Judi Beck

Pat Bensing

Theresa Buley

Ann Gropp

Megan Marsh

Kathy Nixon

Nancy Thompson

Class of 2021

Alice Bremner

Eva Grubbs

Erin Heilman

Rich Lansdowne

Jan Mooberry

Kim Murray

Stephanie Randall

Mary Vetter

Julie Watson

Session Committee Moderators & Liaisons*

Church Life

Hospitality & Growth

Christian Education

Human Resources

Member Care

Mission

Properties

Stewardship & Finance

Worship & the Arts

Preschool

Nature Connections

Pastor Nominating Committee (PNC)

Foundation

Charlotte Cronin*

Ellen Grohovea*

Pam Scranton/Betty Pugh*

Pam Madden*/Deb Sullivan

Mary Jo Mays*/Deb Hanson*

Christie Cook*/Jenna Hague

Bob McDowell/Don Hartshorn*

Megan McKeighan /Tim Cole*

Mark Hanson /Jerry Randall*

Pam Scranton/Kathy Nordvall*

Judy Helm*

Les Boswell, Mark Hanson, Sean Jennings*, Nicole Livsey, Alexis Maloof*, Sally Maubach, Stan Strickler; *Co-Moderators

2019-Ellen Grohovea, Richard Kern

2020-Theresa Bender, Fred Roland

2021-Evan Hague, Rich Helm

The Pastor Nominating Committee is hard at work searching for who God will call to our ministry here at UPC.

For updates, check the Chimes or Weekly Ringer.

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

LETTER FROM LAURA

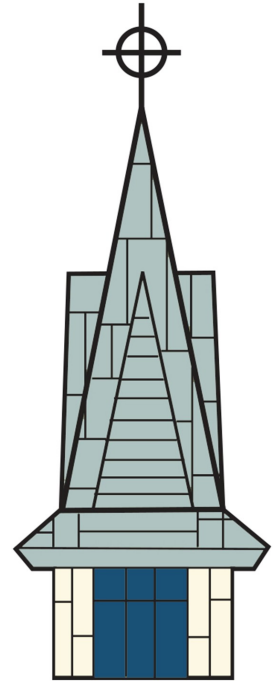
I've been involved in the Synod of Lincoln Trails (made up of the 8 presbyteries in Illinois and Indiana) since 1987. I love the mission of the Synod, which is to develop, nurture and support leaders in partnership with our presbyteries and congregations, and to coordinate Presbyterian mission strategy within the Synod. Whatever I do within the Synod refreshes and restores me for my everyday life and serving in congregations.

When we called our current Synod Executive, Rev. Sara Dingman, in 2014, she came to us with the vision of developing a coaching culture within the Synod. The dream is now being realized thru a newly launched Coaching Initiative, starting with investing in 50 leaders to give them basic training and six coaching sessions for each of them. I was blessed to be chosen for a scholarship and have completed the initial training. While I have been intrigued with coaching, I had not realized how much commitment and study it will take to be certified. Coaching applied within the church has to do with helping others seek out their potential dreams, by imagining the future with them and asking what dreams need pursuing. The Spirit lurks in those dreams, and helps us imagine the steps it will take to get there. Coaching keeps us focused on following the dream, and not being sidetracked by the immediate.

Unlike therapy, which brings brokenness into focus and asks why we're broken and seeks healing for it, or mentoring, where questions are brought to the wise one for answering, coaching is about looking to the future and opening up to possibilities through the asking of questions. The appeal of coaching is its capacity to help us think bigger, dream fully. The question asked is "*What if?*"

I suspect UPC knows something of the value of coaching at an intuitive level already. Have you noticed how this year we've been asking "*what if?*" quite a bit? *What if* we come together for worship and then scatter to do hands on mission in a variety of places? Faith in Action Sunday takes a new form. *What if* we take our preschoolers' feeding of caterpillars, and watching them spin cocoons, which open to allow butterflies to emerge and share that with our neighborhood school and the whole church? We have Monarch Day – with something for everyone! *What if* we develop widespread participation in the hanging of the greens for Advent? Could doing the labor intensive piece of having the greens ready happen at a different time? The place was throbbing yesterday as we packed the December snack packs, shelved the Food on the Fourth, sorted for Family Christmas Shop, made Christmas cards, and visited, ate and fellowshiped. *What if* we have a Christmas Festival that includes everyone participating in worship leadership, followed by fun? I can hardly wait for December 15th. Continue to dream, UPC, and figure out how to make those dreams flourish. Open yourselves to the movement of the Spirit in your midst.

Blessings,
Rev. Laura



Worship & the Arts

Music is my life! It is who I am. With that, I take it for granted at times. I forget how special it is. Music is a direct gift from God to her people. Music has so many benefits. The following article states it perfectly. Please read it and ask yourself how you can add more music to your life.

*Many Blessings,
Alison*

It doesn't matter if you've always played or you're just getting started.

SIDNEY STEVENS

(As you read this article remember that the voice is also an instrument)

Turns out Mom and Dad were right: Those piano lessons and the endless hours in school band practice were good for you. From making you smarter to diminishing the effects of brain aging to improving emotional stability, it seems playing an instrument has a hand in reconfiguring your brain and enhancing it — permanently. And to be clear: Just listening to music doesn't cut it. It's the active work of bringing sounds to life that delivers the biggest benefit.

Researchers are still discovering all the ways that making music enriches your brain, but the impact is undeniable. So dust off that old guitar from college. Unpack your grade-school clarinet. Join a neighborhood jam or kick back at home, just you and your favorite instrument. And by all means encourage your kids to learn to play music, too, as it will bring all the benefits below [plus critical thinking skills](#).

Here are several reasons why you'll all be glad you did.

1. Enriches connections between the left and right brain

Studies have found music makers have more white matter in their corpus callosum, the bundle of neural wires connecting the brain's two hemispheres. This means greater communication between the left and right sides of the brain, which in turn may translate into numerous cerebral benefits, including faster communication within the brain and greater creative problem-solving abilities. Not all instrumentalists reap these cognitive advantages equally, however. Both age and amount of playing time matter. Research suggests kids who [practice more](#) seem to build a greater bridge between the two sides of the brain. Plus, those who start earlier— around age 7 is ideal — [benefit more than later starters](#).

2. Boosts executive brain function

More white matter may be why people with musical training tend to be better at making decisions, processing and retaining information, and adjusting course based on changing mental demands. That's good news for musicians, because these [executive brain functions](#) likely contribute more to academic success than IQ does. Some researchers even speculate playing an instrument could prove beneficial in helping kids with neurological problems that involve executive functioning, including ADHD (attention deficit hyperactivity disorder).

3. Strengthens speech processing

It's no surprise that making music helps your brain process musical sounds. But tickling the ivories or strumming guitar strings also aids in processing consonant and vowel sounds in speech. A [study from the Massachusetts Institute of Technology](#) (MIT) found that kindergartners who play piano can distinguish between different pitches and therefore are better at telling the difference between spoken words. Children in the study who played piano were significantly better at discriminating between words that differed by only one consonant.

Worship & the Arts Cont'd

There are positive benefits to piano education in young kids, and it looks like for recognizing differences between sounds including speech sounds, it's better than extra reading," said senior study author Robert Desimone.

A [study from Northwestern University](#) also supports the theory that music can help young children process words. Researchers measured brain performance in low-income kids who attended the Harmony Project, an after-school music program in Los Angeles. Kids who had two years of music instruction were able to process many more speech sounds — and with greater precision — than those who only had one year of instruction. Researchers speculate that music and speech share common characteristics — pitch, timing and timbre — and that the brain relies on the same neural pathways to process both. Sharper language skills, including reading, may in turn help kids learn better in all subjects, from math to social studies. A case in point is Harmony Project itself: More than 90% of its graduates have gone on to college since 2008, while the drop-out rate in the neighborhoods the children come from is 50% or higher.

4. Magnifies memory

Related to speech processing, those with musical training are also better at remembering spoken words (verbal memory). A [study published in Frontiers in Neuroscience](#) found that second-graders in Germany who spent 45 minutes a week learning a musical instrument recalled more words recited to them than kids who received no musical training or those who spent the same amount of time in science class. Music-making also seems to boost working memory — the ability to temporarily store and use information that helps you reason, learn or complete a complex task.

5. Promotes empathy

Musical training doesn't just upgrade your brain's sound-processing centers; it also lifts its capacity to detect emotions in sound. That is, musicians may be better at reading subtle emotional cues in conversation. In turn, this could equip them for smoother, more emotionally rich relationships. If true, musical training also bodes well for helping kids with emotional-perception problems, such as autism.

6. Slows brain aging

Brain gains made from playing an instrument apparently don't wane as you age. Studies show that speech-processing and memory benefits extend well into your golden years — even if your musical training stopped after childhood. A Canadian [study published in the Journal of Neuroscience](#) found that older people who had musical training when they were young could identify speech 20% faster than those with no training. In another [study published in Neuropsychology](#), people aged 60 to 83 who had studied music for at least 10 years remembered more sensory information, including auditory, visual and tactile data, than those who studied for nine years or less. Both groups scored higher than people who had never learned an instrument.

7. Fosters math and science ability

Musical notes, chords, octaves, rhythm and meter can all be understood mathematically. So playing music should raise your math game, right? The research is mixed, but there seems to be an underlying correlation between music-making and better math skills. For instance, a [study published in the Journal of Neurology Research](#) found that preschoolers who got keyboard lessons performed better on a test of spatial-temporal reasoning (the ability to mentally envision spatial patterns and understand how they fit together) than kids who got computer instruction or those who didn't participate in either activity. Researchers think elevated spatial-temporal reasoning leads to better math and science performance.

Worship & the Arts Cont'd

As researchers continue digging into these connections, the link is becoming clearer. A [study published in the Journal of Educational Psychology](#) added yet another area of benefit. In a study of about 110,000 students in British Columbia, those who took at least one instrumental music course fared better on exams for not only math and science, but also English — and it wasn't just a little bit better. Students who were highly engaged in music were, on average, academically more than one year ahead of the peers not engaged in school music.

8. Improves motor skills

We know playing an instrument requires good hand-eye-ear coordination (getting hands and fingers to translate musical notes on a page into sound). And for music-makers who start young enough, those heightened musical motor skills seem to translate into other areas of life as well. [Researchers at Concordia University in Montreal](#) found that adult musicians who started playing before age 7 had better timing on a non-music motor-skill task than those who started music lessons later. What's more, their superior motor abilities showed up in their brains. Scans revealed stronger neural connections in motor regions that help with imagining and carrying out physical movements.

9. Elevates mental health

Studies suggest fiddlers, saxophonists, keyboardists and other instrumentalists are more focused and less prone to aggression, depression and anger than non-musicians. In fact, creating music seems to prime their brains for heightened emotional control and concentration. In one study, researchers examined brain scans of kids aged 6 to 18. Those who played an instrument had a thicker brain cortex in regions that regulate emotions, anxiety levels and the capacity to pay attention (meaning they had superior abilities in these areas). Other studies suggest making music also relieves stress. In other words, musicians may suffer from fewer stress-related psychological and physical symptoms, including burnout, headaches, high blood pressure and lower immune function.

10. Sharpens self-esteem

Not surprisingly, mental-health gains from musical mastery (and maybe the camaraderie of playing with others) transfers into greater feelings of self-worth. In a [study published in the Psychology of Music](#), kids who received three years of weekly piano lessons scored higher on a measure of self-esteem than kids who received no musical instruction. Another [study of Florida secondary schools](#) suggested at-risk kids who participated in a music-performance group at school felt less alienated and more successful.

Nature Connections

Walk with Randy

December 8 After Church

Join Nature Connections Committee on December 8 as we premier the new video *"Walk with Randy: God's Natural World at UPC Campus"*.

An Introduction to the Natural World and History of UPC Campus"

We will be celebrating the legacy of Randy Saxon, Nature Ranger, in securing and developing the master plan for our wonderful natural environment at UPC. This summer Nature Connections created a new website video from footage of Randy guiding us on a tour. Mark your calendars to not miss church that day!



Mission

Family Christmas Shop

Family Christmas Shop is this week on Saturday, December 7th from 4-6 p.m.!!

This annual event provides gifts for families in our community at no cost to them.

In addition, the families are able to enjoy an afternoon of holiday treats, family photos, and activities for the kids.

Thank you to everyone who bought gifts for this special event. By the time you are reading this Chimes article, we are likely in the thick of things, but we will always take more volunteers for set-up this Friday evening, December 6th at 5:00 p.m. (pizza and childcare will be provided) as well as the afternoon of the Family Christmas Shop (volunteers arrive at 3:30). A volunteer sign up sheet is on the bulletin board in the welcome center or you can call the church office to volunteer.

MANY thanks to all who have donated time, energy, and resources to this annual event--the Mission Committee could not pull this off each year without your very generous support.

An Invitation to the Christmas Joy Offering- Collected December 22nd

We offer our own gifts during this Advent Season through the Christmas Joy Offering. We give these gifts because God shows us how powerful it is to "be with." Because God is with us, we see the potential of students of color who will become our leaders and we seek to come alongside them, to encourage them, to be with them. Because God is with us, we see church workers who have critical financial needs and we come alongside them, to assist them — we are with them. The power of "with" is the power God shows us in Jesus Christ. God's perfect gift: Emmanuel, God is with us. Let us share our gifts and be with those who have need.

By giving to the Christmas Joy Offering, you honor God's gift of Jesus Christ by providing assistance to current and retired church workers in their time of need and developing our future leaders at Presbyterian-related schools and colleges equipping communities of color. These generous actions bear witness to our faithful response to God's charge to love one another as Christ commanded.

- \$1.2 million of gifts from 2018 are being used to provide critical financial support and grants for current and retired Presbyterian church workers in their times of need.
- Housing supplements helped more than 262 households remain in their homes, afford assisted living, or long-term care.
- Shared and Emergency Grants helped more than 291 households facing times of great financial need or uncertainty due to unforeseen circumstances.
- \$1 million of gifts from 2018 are being used to provide education and leadership development skills at Presbyterian-related schools and colleges equipping communities of color.
- Many of the students attending Presbyterian-related schools and colleges equipping communities of color are the first in their families to enroll in higher education.



Mission Cont'd

Be A Snack-Pack Superstar!

Each week United Presbyterian Church provides snack packs to 45 Northmoor Primary School students. These packs are filled with non-perishable items for the children to eat over the weekend. UPC is fortunate to receive many items from Midwest Food Bank monthly, which are utilized in the packs. But often we have to supplement the stock of items. We run low on many items listed below and could use your help replenishing the supply. Any time you can help, please drop off items in office or in the storage units by the food pantry. Every 4th Sunday, volunteers meet in room 105 to assemble snack packs after service has ended. We could use your assistance with that project, as well. Thank you for your time and anticipated assistance. Together we make a difference!

- Individual milk cartons or boxes (white or chocolate)
- Individual juice boxes or pouches
- Individual fruit cups, applesauce or pudding
- Fruit snacks individually wrapped
- Hot oatmeal packets
- Hot chocolate packets
- Individual microwave soups, ravioli or other type of hearty items easy to prepare

Please remember we cannot use anything containing or processed where there are any type of nuts used. Please direct questions to Christie Cook, #309-678-3456.

PNC

PNC Update

We anticipate bringing a candidate to you in the New Year for election as the installed pastor of UPC.

Alexis Maloof, Co-Moderator
 Sean Jennings, Co-Moderator
 Les Boswell
 Mark Hanson
 Nicole Livsey
 Sally Maubach
 Stan Strickler

Church Life

Anna Circle

When: Thursday, January 9th, 6 pm

(no December meeting)

Where: Weaver Ridge

Lesson: Chapter 7, *It's Good to Be Queen*

Mission: Share the Warmth Blanket Ministry. Workdays are the 4th Saturday of the month at 9:30 am. (no workday in December)

Dining Tour Books

Dining Tour Books are available and will be for sale in Fellowship Hall on December 15th. They can also be purchased in the church office until the end of the year. The cost is \$30 and UPC receives \$10 from the proceeds of each book sold to support the Share the Warmth Blanket Ministry of Anna Circle. The books make great gifts. Get yours today.

Share the Warmth

The Share the Warmth Blanket Ministry is a mission project of Anna Circle. Fleece blankets are donated to agencies throughout the Peoria area. New agencies in need have recently been identified, and the need is great! Anyone interested in helping cut and tie fleece blankets is welcome to join the group on Saturday, January 25th at 9:30 am.

Thanks

Dear UPC family and staff,

My health journey over the last several months has had plenty of ups and downs. I would like to thank you from the bottom of my heart for all of your kind words, encouraging cards and visits. Your support has meant a lot to me and my family. May you and your families be blessed with joy of the upcoming holiday season.

With love and blessings,
 Pat Hagenbuch

Thanks to all for your prayers and concerns as I recovered from my accident. Thanks also for the meal train. I am so glad that I am part of such a caring congregation.
 Stan Strickler

Prayer Corner

Please keep the following people in your thoughts:

Eunice Andrews
 Marilyn Bain
 Theresa Bender
 Jack Bensing
 Karen Black
 Marlene Boeker
 Mary Buesing
 Penny Brower
 Dana (Jones)
 A'Miyah Eakle
 Mary Everett
 Friends of Jeni Freidman
 Carol Fuller
 Carolyn Gnepper
 Scott Grubbs
 Pat Hagenbuch
 Geneva Hall (Gulley)
 Jes Hall
 Mary Etta Hanson
 Pauline Harris
 Harrison & Ryleigh
 Carol Hicks
 Doug Jackson
 Mary Jermac
 Michelle & Terry Johnson (Kelley)
 Ann Jones
 Dwight Jones
 Larry Kamrath
 Betty Keller
 Mike & Linda Kelley
 Debbie Kutter
 Virleen Mach
 David McDowell
 Megan & Alicia's newborn
 Diane Morrill (Hultgren)
 Christy & Jeff Presseau (Maloof)
 Projeto Amar I and II
 Jerry Prusak (Bender)
 Toni Redlingshafer
 Jeff Rickett
 Kathleen Ross
 Janet Shepler



Dave Smith
 Jacquie Spaulding
 Carol Stalnaker
 Larry & Sara Stotts
 Stan Strickler
 Jack Umdenstock
 Felicia Vallosio
 Parker Waldschmidt
 Jim Weinkauff
 Richard West
 Jon Wrigley
 Ruthie Yingling

Prayers of Christian sympathy to the family of Betty Downard who passed away November 21, 2019.

Year End Details and Dates

Deposits

Last deposit for 2019 will be made before noon on Monday, December 30th. If you want something reflected on your 2019 giving statement, please submit it no later than December 30th.

Office and Building Hours

The church office will be **closed December 24th-27th which means the building is closed and no activities will be conducted during that time.** The office will be open on **December 23rd, 30th and 31st only.**

Finance Office

Please note: Kenton Bowles, our Treasurer, should be contacted **ONLY** at finance@unitedpc.org. Please delete any other email addresses you may have for him. Kenton is only in the finance office as needed and works remotely as appropriate. Since his time in the UPC building is limited, we ask you to make an appointment in advance if there is something you need to speak to him about directly.

Looking Ahead

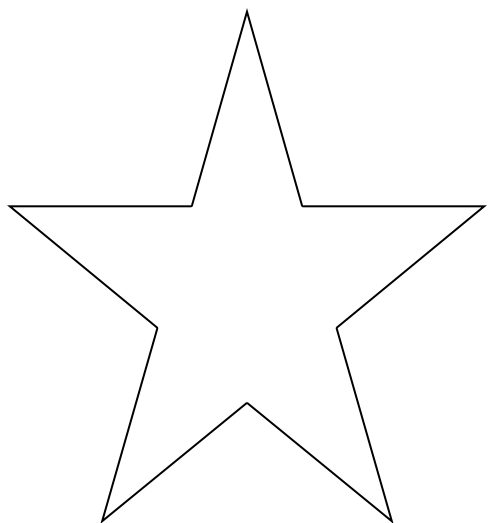
Star Gifts on Epiphany Sunday

On Sunday, January 5, we will have Communion, ordain and/or install our elders and deacons, and receive our Star gifts, a UPC tradition for several years. We distribute them on the Sunday closest to January 6th, which is when the Epiphany of the Lord is celebrated. The epiphany (manifestation) is when we celebrate Jesus being given to the whole world. The wise men follow the Star of Bethlehem and come to worship this new king.

A star gift is simply a star-shaped piece of brightly colored paper with a word printed on it. Every person who comes to church on Sunday, January 5th, receives a star gift and is asked to reflect on that word for the coming year. You are invited to ponder what significance this word might have in your lives, and how God might be speaking to you through that simple message. We draw from a list of more than 150 words, each with its own message and significance.

The star gifts are passed around using the same offering plates that we use later on in worship to receive your offerings. Help yourself to a star gift (without looking—just reach in and grab!) In this moment, you are not asked to give; you are invited to receive. It reminds us that this is always the order of things in God's realm—God always gives first, and then we are invited to respond with our gifts and ourselves.

Everyone who receives a star gift is encouraged to take it home and hang it up where they are sure to see it every day. It may be on your bathroom mirror, or next to your computer screen. Talk to others at UPC about



their star gifts and hear their stories of how the word they receive each year helps to guide their lives in the year they receive it. With this tradition, each year our congregation can rejoice in the reminder of our generous, giving God—one star gift at a time.

Annual Meeting on January 26th

We gather once a year, usually on the last Sunday of January, to receive both written and verbal reports on what we did as a congregation in the previous year. This year, we will meet on January 26th, after worship, and hold the Annual meeting. We will vote on the business of both the corporation and the congregation of United Presbyterian Church and hear about all that we did in 2019. We will turn our eyes to what lies ahead. We ask all the committees, boards and organizations of the congregation and all who use our facility to share the news of the past year with us. In order to receive all these reports, edit and collate them and prepare them for distribution on Sunday, January 19th, we ask that you turn in your reports by Friday, January 3, 2020, to the church office at upc@unitedpc.org.

We realize that financial reports cannot be ready that soon, but the written reports accompanying them can be and should be submitted before the financial reports. We ask that the reports be submitted in 12 point Tahoma, single spaced, and sent electronically. Illustrations that will reproduce well in black and white are welcome. We realize that in rare circumstances, no one in your committee can type up a report, so arrange to submit a hand written report to the office and we will type it.

Who gets this joy? If you are part of our mission in the world and are able to hold activities or meetings at UPC at no charge, we want to hear from you. If you invite church members to support your ministry, even if it's seasonal, such as the Mitten Tree, shoot us a few lines about it. If you organize a well-kept secret, such as the softball team, let us know what you did and how you came in second place in 2019! Invite us to come out and root for you in 2020 by providing a schedule to publish. If you chair a standing committee (or a subcommittee) of the Session, we want to receive a report from you. If you chair a board, such as the Deacons or Foundation, we want to know how your year was. We do a lot of amazing, fun, generative ministry under the umbrella of UPC and none of us know all the details of that. This is the opportunity to share, to remember and to inform.

Thank you for your assistance in preparing the Annual Report for 2019 on a timely basis.

The following slate was presented by the 2019 Nominating Committee to the Congregation on 12/1/2019 for election beginning to service 1/1/2020

For the office of Deacon

Class of 2020, 2 deacons to fill the unexpired terms of Audrey Beeney and Betty Downard

1. Mary Crain
- Rick Noetzel

Class of 2022, 9) deacons needed

1. Marcia Boyer
 2. Rose Dickerson
 3. Carol Kamrath
 4. Mike Kelley, (will be a visiting Deacon)
 5. Rich McClain
 6. Charlene Mousty
 7. Katie Pilon
 8. Bev Ranson, (will be a visiting Deacon)
- Dave Rouzer

For the office of Elder

Class of 2022, 5) elders needed

1. Skip Beck
 2. Andrew Harrison
 3. Linda Kelley
 4. Jim Pugh
- Stan Strickler

For the Foundation

Class of 2022, 2 members needed

1. Tom Gramkow
- Sharon Lansdowne

For the 2020 Congregational Nominating Committee

5 people needed from the Congregation at large

1. Nancy Jones
2. John Madden
3. Rob Murray
4. Gordon Selling
5. Cindy Shipley

Newly elected Elders and Deacons will participate in an Officer Orientation session with Rev. Laura, attend the December 17th Session Meeting, and be ordained and/or installed on Sunday, January 5, 2020, if not before.

We appreciate the diligent work of the 2019 Nominating Committee, co-chaired by Elders Jim Sullivan and Mary Jo Mays, and also including Deacons Alice Bremner and Jan Mooberry and members from the Congregation: Don Baker, Jennie Cordis Boswell, Jim Bremner, Linda Fortin and Shirley Poshard. They were very thorough in developing listings of potential officers and asking people to consider serving.

Thank you for your service.

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Worship Service: 10:00 am



We grow and nurture followers of Christ in a welcoming community.

Tai Chi Open House

Tai Chi Open House

You are invited to join The Taoist Tai Chi Society of the USA on Wednesday evening January 22, 2020 at United Presbyterian church, 2400 W. Northmoor Dr, Peoria from 6:15-7:30 pm for an open house in Room 100. We will have demonstrations of the tai chi set and serve tea. Come check out this graceful and gentle form of exercise with its series of slow movements. Tai chi has many health benefits -mind, body and spirit. The benefits include stillness, decreased stress and anxiety, improvement of energy and stamina, flexibility, balance and strength, concentration, circulation, posture, the central and nervous systems of the body, rhythm of movement, quality of sleep, and joint pain. It is low impact and appropriate for any age and fitness level. TTCS is a non profit charitable organization. Guests are always welcome to observe classes held on Tuesday and Thursday afternoons in the fellowship hall from 1:30-2:30 pm, or on Monday and Wednesday evenings in Room 100 from 6:00-7:30 pm.

Nature Connections

God's Natural World Photo Contest

Did you take some great photos on Monarch Day? Get ready for ***God's Natural World Photo Contest*** in March which is jointly sponsored by Nature Connections and Worship and Arts committees. Have you captured the beauty of God's natural world or people enjoying it on UPC campus? During the doldrums of January is a great time to dig out those photos and find your best shot! December and January are also good times to get out there and get winter photos. Searching for photo opportunities is a great excuse to get children and family members outside and active and

UPC campus is the perfect place to do it. Photographs must capture *God's Natural World* or people connecting with God's Natural World and must be taken outdoors on our property between January 1, 2019 and February 25, 2020. All photos are displayed on our professional display boards on *Nature Connections Spring Celebration Day*. The photos may include people but must also include nature or wildlife. Prize categories include Pre-school-2nd grade, 3rd- 8th grade, high school/adult and the People's Choice. The exhibit will be on display in Fellowship Hall in March. You may have a photo right there on your phone or camera that will be a winner! For rules and submission requirements pick up a brochure or contact Nancy Jones 688-6271 or email njones58@sbcglobal.net.

