

Worship Schedule

June 2 – 15th Anniversary, Music Sunday, Farewells

Featuring: UPC Handbell Choir,
UPC Worship Band,
Children's Choir, Celtic Ensemble,
UPC Chancel Choir, Solo by Aaron,
Congregational singing
Meditation on Ephesians 4:15 –
"He keeps us in step with each other"
Rev. Laura

June 9 – Day of Pentecost Wear red!

Genesis 11:1-9 and Acts 2:1-21
"Live from Jerusalem"
Rev. Laura

June 16 – Trinity Sunday Father's Day

Psalms 8 and Romans 5:1-5
"Peace with God"
Rev. Laura

June 23 Vacation Bible School All afternoon!

Psalms 42 and I Kings 19:1-15
"Sheer Silence"
Rev. Laura

June 30 Fifth Sunday

Psalms 5:1-8 and I Kings 21:1-21a
"Is God For Everyone?"
Rev. Laura



June 23rd

12:00—5:00 pm

"Yee-Haw!" will be a foot
stomping afternoon
of fun capped off
with a family cook out
beginning at 4:15 pm.
Ages 3-finish 4th grade.

- Registration forms are available on the website and the church office.
- Sign up sheets for ranch hands of various skills are in the fellowship hall.
- \$5 per child or \$20 per family

In this issue:**Page 2**

Church Leadership

Page 3

Letter from Rev. Laura

Page 4

Farewell Letter

Page 5 & 6

HR Update

Page 6

HR Update Continued

Thanks

Page 7

Prayer Corner

Worship & the Arts

Highlights

Page 8

Mission

Page 9

Mission Cont'd

Library Notes

Page 10

Faith Community Nurse Cont'd

Page 11

Church Life

Nature Connections

Insert

Calendar for June 2019

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

Audrey Beeney

Pat Bensing

Theresa Buley

Betty Downard

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

Pastor Nominating Committee (PNC)

Charlotte Cronin

Ellen Grohovea

Pam Scranton/Cindy Shipley

Pam Madden/Deb Sullivan/Betty Pugh

Mary Jo Mays /Deb Hanson

Christie Cook/Jenna Hague

Bob McDowell/Don Hartshorn

Megan McKeighan /Tim Cole

Mark Hanson /Jerry Randall

Judy Helm/Kathy Nordvall

Les Boswell, Mark Hanson, Sean Jennings*,

Nicole Livsey, Alexis Maloof*,

Sally Maubach, Stan Strickler

*Co-Moderators

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 Rev. Laura

We've been talking in recent Session meetings about stewardship and generosity. We realize that we are to give to God with a generous spirit and to live within what the old hymn teaches:

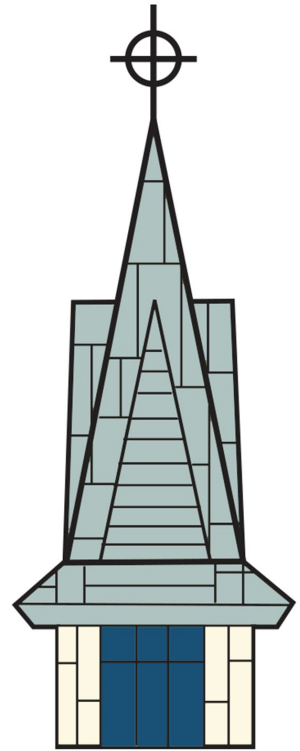
*We give Thee but Thine own, What e'er the gift may be,
All that we have is Thine alone, A trust, O Lord, from Thee.*

We also realize that for those of us who lie awake at night thinking about which bill to pay next and which one can be put off, moving towards making a faith commitment to the church can seem frightening, even impossible. Our responsibility as a Session is not to make people feel bad, but to teach and encourage each of us to be responsible before God for all we do (and fail to do) with what we have been given (see Matthew 7:1-12). Bearing witness to the joy to be found in trusting in God to provide all we need and encouraging practices of trust in how we then give of ourselves is our purpose. Often we learn these lessons young. What are some of your earliest memories of volunteering, sharing and giving?

My four older sisters, my younger brother and I grew up in a big old Victorian gingerbread house on Main Street in Urbana IL. The block was originally owned by one of the six Busey brothers (of the banking family) and he kept half the block for himself and sold the rest of the block for three more houses to be built there. The yards were large and the Busey house's side yard was big enough for the 14 kids living on our block to play softball. It was a fantastic place to run, hide, climb trees and play. The neighbor on the other corner was a widow and one of her sons lived there too. I now realize he probably drank and perhaps didn't earn enough to live on his own and also pay his alimony, so he was back home. He was scary and mean and came outside only to smoke. When it snowed, we of course went out to shovel our walks and driveway, and we were also required to shovel all of our widowed neighbor's walks too. After a particularly heavy snow, when Mr. Crabby walked out on the path I'd shoveled to his garage without any thanks or even a glance, I thought my father needed to be reminded that there was an able bodied person living next door, so there wasn't a need for us to be shoveling over there. He just looked at me and told me we are to take care of the widows and orphans, and I'd be late for school if I didn't get back outside and finish. Today I am so grateful for parents who taught me that there are "right things" that we simply do without worrying about some notice or reward for it. When my neighbor cleaned my house so I could put it on the market after my husband died, through my tears I also realized we need to be willing to accept what others want to offer.

Watching the Hagues on Sunday have Owen and Bennett help sort and stack the Food on the Fourth offering on the food pantry shelves, I am thankful this day for faithful parents who taught me to do the right thing not for notice or reward, but because it is the right thing to do. It seems that many of us here know this lesson as well. Thank you for the amazing ways you have stepped up and helped us get the budget much closer to being balanced for 2019. We are deeply appreciative of how this helps us plan and lead.

Blessings,
Rev. Laura



Farewell Letter

During these past few weeks, I have had the opportunity to say goodbye to many of you face-to-face. There has been a combination of gratitude, sadness, and support in these interactions, and I have been deeply appreciative of the kindness you have shown me as Jenn and I prepare to move to Iowa.

As I have taken time to reflect on the work God has done through me at UPC, I wanted to share a few insights with you. First of all, this was the perfect place for me to be these last five years. This job brought Jenn and I to the same city as her family, this job allowed me to acquire new skills and develop the pastoral/musical/liturgical skills I brought in, and most importantly, UPC provided a welcoming, supportive, loving, and trusting space where I could take risks and creatively explore new ideas without the fear of them being rejected.

I cannot adequately communicate to you how important this has been for me as a Director of Worship. Music is notoriously divisive in the church because it resonates deeply with people on both a subjective/personal and communal level. Often times, congregations are not willing to compromise on musical preference because the age-old mindset of *"we have always done it this way"* prohibits any substantial maturation in spiritual development.

UPC is special in this way. Yes, people have their preferences. But here in this place, personal preference becomes subordinate to the communal expression of worship. The personal becomes absorbed into the congregation's diverse musical identity and takes on a brilliantly contextual worshiping culture that is United Presbyterian Church.

Thank you for the trust you have given me. I tried to both respect and honor the traditions of UPC while patiently inviting you into new realms of worship. Because of your love and care, I always felt 100% supported by you as we worked to preserve the past, honor the present, and dream for the future. Every Sunday people would find me after service and thank me for my contributions to the church. I regularly received cards with the sole intention of letting me know I am loved and valued. You have invited me into your homes for meals and shared stories of faith.

Friends, it has been an absolute honor to serve UPC, and I am so excited to see the wonderful work God will continue to do in your midst through the work of your hands. I will treasure the kindness you have given me and allow it to carry me forward into the future. God has truly done great things in all of our lives together, and I am confident the future of UPC's shared story is bright, life-giving, sacred, and beautiful.

With love,
Aaron Schultz

Update on UPC Staff Transition Plans

Sometimes, because we on Human Resources work so closely with the UPC employees, we might not remember that everyone at UPC doesn't know all the considerations we are balancing and the direction we are leading the church.

It was a sad day when we had to invite Pastor Patricia to look for a new call. With Pastor Stephen receiving a new call shortly after Pastor Patricia left, most of the staff picked up different pieces of their work. Some work was left undone. During this interim time, we have been asking what we want/need a pastor to do, and what we want other staff to be doing.

When Johnny and his wife moved to her hometown in Texas, we decided we want a clean building, safe sidewalks, consistent security, and light maintenance work done. By contracting with PHD for 30 hours a week of cleaning and carpet and tile cleaning as needed, we do not have to provide work supervision, buy new equipment or bathroom and cleaning supplies. We saved so much with the change, we are able to have Tom as our part time handyman for 15 hours a week with a budget lower than it was in 2018 and before.

Keli Briggs, our Faith Community Nurse, continues the same responsibilities as we've had in place for years, has helped develop the new Deacon structure fully in its second year, and brings her teaching and patient advocate background to all she does.

Trish is being promoted to Office Manager. In 2018, she adopted and put into place wonderful organizational practices and created, updated and expanded our policies and procedures. Our office is far more efficient, effective and ready to welcome and support the new pastor. We remain thankful for the energy and people skills Trish brings to all she does.

We continue to have a gap created when Karen and her family moved to NC last July. Fortunately, our interim's doctorate is in Religious Education and she has been volunteering her time since August to do what's needed to support the CE Committee in sustaining the basics of programming this past year. With Cindy Shipley's support and our faithful and wonderful teachers, we have developed plans for the fall. Adding Pam Scranton as CE co-chair in 2019, gaining Betty Pugh as CE elder and tripling the size of the CE committee makes us confident that we can continue to build up children, youth and adult programming here and have a good foundation in place by the time the new pastor arrives. We dream of restoring this position.

In October of 2018, with the savings in mortgage interest payments we realized by your participation in UMM, we were able to hire a CPA, Kenton Bowles, to give us professional advice and guidance on better financial management. The new accounting practices that went into place January 1st have been worked on tirelessly by Kenton and S & F. Theresa Bender's willingness to volunteer 40+ hours per week to update our financial records and bookkeeping practices per plan and Trish's volunteering to run payroll are providing us much needed support as we move to contracting both payroll and bookkeeping services. Standardizing our practices and choosing a standard software means we will save about 50% on these costs in the future.

Pam Scranton is the founding director of UPC Discovery Early Learning Center which she was invited to create here in 2011 by Pastor Stephen and the Session. It's one of the best investments we've ever made. Endless hours of volunteer support and extra mile giving by many UPC folks means we now have a world class preschool that is once again preparing to expand. If you have not gone up and seen the new classroom under construction, be sure to join us on Wednesday evening, June 12th, to see the projects the BYT participants are presenting and run up to check everything out then. When Pam notified us of her plans to retire back in January, we chose Lora Taylor to replace her effective June 1st. Lora comes to us with a strong early childhood background, has been a volunteer coach at Becoming Young Thinkers' Institute (BYT) every year and is the ideal candidate to step into this role and continue to develop and expand our Preschool. We expect that she will continue all that's right about the preschool and oversee its expansion and any future development. She has been meeting parents since January, has been able to attend the preschool's spring events and is looking forward to joining our staff here at UPC.

Update on UPC Staff Transition Plans Continued

The transition is going smoothly, Lora is becoming familiar with the preschool's organization and will be supported by the well developed UPC Discovery and Nature Connections committees. Pam is becoming chair of the UPC Discovery committee and be continue as an active member of UPC. We are excited and pleased by how this is going.

While we are sad to lose Aaron, having benefitted from his skills, leadership, and team building abilities and warm personality, we cannot help but be excited for Aaron and Jenn in this new adventure they are undertaking in Des Moines IA.

We are often able to most completely assess an employee's value in his leave taking, as the results of his work become clear. Aaron has left us well situated. The teams he has formed to carry out the wide variety of responsibilities for worship are running well and can, for now, carry on under their own direction. A search team for a new worship director has been formed and has met twice. Chaired by Erin Cole, the other members are Joe Bender, Pat Bensing, Sue Hulin and Craig Mousty, with Pam Madden from HR and Rev. Laura as staff. They have had a general conversation about what is essential to continue in this role, the characteristics needed in the individual in the position and have interviewed Aaron for his insights.

During all these transitions, we have asked the same questions: what do we want to accomplish and what is the best way to get there? In contracting some services, we are standardizing practices, lowering our costs and increasing efficiencies. We believe we have made good progress in organizing the day to day operations of UPC with staffing updates this past year and are happy to answer any of your questions at any time.

Pam Madden and Debbie Sullivan, HR Co-Moderators

Thanks

Thank you to our church family for the beautiful white rose in memory of our Mom. We would also like to thank everyone for all the cards, emails and prayers during these last few months. We are blessed to have you all.

Rob & Kim Murray

The Family of Mary Eulalia Murray

Thanks

To All of our UPC Family,
Thank you to all who kept us in thought and prayer for the loss of Dan's only child, Keri M. Dickerson. She passed, Feb. 28th. It has not been easy on Danny, as it has been a struggle knowing she is not here. It has been most difficult on the three children she left. Mariah, Nick and Adrianna are still trying to cope; it will take a long time. We say thank you to Pastor Laura and Mary Jo Mays who kept us in thought and prayer at the visitation. Thank you to Trish Deppermann and Ron Kirchgessner for the use of tables for the yard sale fundraiser. We raised \$179.50. Their grandmother Teri, did so appreciate that. Thank you Linda Kelley for the offer of clearing Keri's apartment. You are so thoughtful and kind. If we did not have our church family, we would be so lost. The pain is so much; but with your prayers we know the Lord is with us every day. Please keep those young children in prayer. Thank you to all of our family at UPC.

God Bless each one,
Rose and Dan Dickerson

Dear UPC Family,
Thank you for your prayers, calls, cards, Keli's visit and the beautiful red rose during my short stay in the hospital. How lucky we are to have such a loving and caring church family. Thanks so much. All my prayers,
Shirley Poshard

Thanks to Julie and Bev for the Easter gifts and cards on my eye surgery. Also thanks to Aaron and Rev. Laura for their concern. I sure appreciated all the cards and prayers.
Betty Keller.

Thank you to Keli for her visit and the beautiful red rose during my recent hospital stay. I am so thankful for all my church family.
Jack Umdenstock.

Prayer Corner

Please keep the following people in your thoughts:

Eunice Andrews
 Mary Buesing
 Penny Brower
 Betty Downard
 A'Miyah Eakle
 Mary Everett
 Pat Hagenbuch
 Geneva Hall (Gulley)
 Jes Hall
 Harrison & Ryleigh
 Kent, Dawn & Ryan Higgins
 Doug Jackson
 Mary Jermac
 Ann Jones
 Dwight Jones
 Betty Keller
 Mike Kelley
 Debbie Kutter
 Michelle Martin
 David McDowell
 Larry Mercier
 Dean Peoples
 Christy Presseau (Maloof)
 Projeto Amar I and II
 Jeff Rickett
 Joan Sathoff
 Janet Shepler
 Larry & Sara Stotts
 Josh Swank
 Emmanuel Tetteh-Kwao
 Jack Umdenstock
 Felicia Vallosio
 Cal Vobroucek
 Richard West
 Jon Wrigley
 Ruthie Yingling
 Young man battling cancer



Congratulations to Steve & Kathy Nordvall on celebrating their 50th wedding anniversary.

Prayers of Christian sympathy of Sean, Aaryn, Camden, & Clea Jennings on the death of Sean's father, David on May 4th.

Prayers of Christian sympathy for Bill and Nona Huber on the death of Bill's sister, Ellen Palladini on May 11th.

Prayers of Christian sympathy for Christie Cook and her sister, Becky Dalton on the death of their father, Charles Cook on May 20th.

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.

Worship & Arts

Slides for Worship Services

Have an upcoming event you need a slide to be displayed before worship services? Complete the form on the link below and turn it in. Thank you for help during this transition time.

<https://forms.gle/sT2bPMUtAJtgbQNd9>

Highlights

Looking ahead:

June 1st – Lora Taylor starts as UPC Discovery Director
 June 2nd – 15th Anniversary, Potluck and congratulations and farewells
 June 2nd-4th – UPC and Rev. Laura hosting the Synod's Hope & Clarity Retreat
 June 9th – Pentecost Sunday – wear red and bring your smile!
 June 11th-13th – BYT. Come to PechaKucha Night on Wed, June 12th at 6:30 pm
 June 23rd – VBS – noon to 5:00, ends with cook out
 June 30th – Fifth Sunday
 July 26th – Municipal Band Concert at 7:00
 July 27th – Faith and Family night at Peoria Chiefs – pay for tickets by 7/14
 July 28th – Faith in Action Sunday – Mission projects all over Peoria
 July 29th – Aug 3rd – Rummage Sale
 Aug. 4th -- Corn Boil
 Aug. 18th – Vision Trust/Projeto Amar/School supplies dedicated

Missions

Special Offering Update

Thank you for the contributions to One Great Hour of Sharing. The congregation collected over \$2,700 to support Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People.

UPC is on our way to being recognized as a Four for Four congregation by receiving all Special Offering opportunities to support the Presbyterian Mission Agency throughout the year including One Great Hour of Sharing, Pentecost, Peace & Global Witness, and Christmas Joy. "A Four for Four congregation declares its connection with the ministries of the Presbyterian Church (U.S.A.) and joins in the efforts of Presbyterians around the corner and around the world to share God's grace and endless love."



Up next- Pentecost Offering- June 9, 2019

Each year on Pentecost Sunday, we celebrate the gift of the Holy Spirit and the birthday of the church. The Holy Spirit remains with us still, connecting us with the church of the past, continuing to inspire the church of today, and pointing us to the church of the future. Each year, this celebration is marked by receiving the Pentecost Offering which nurtures the faith of those who are the church to come — children, youth, and young adults.

Forty percent of the Offering stays within our own congregation to support ministries that help youth and children at risk. This year we will utilize our funds in our partnership with The Forgotten Initiative in their work with foster children, foster parents, and agencies. The remainder is sent to the Presbyterian Mission Agency to support other programs that help youth and young adults and advocate for children at risk.

Your gift will support participants in the Young Adult Volunteer program who engage in a year of service while discerning how best to love God and neighbor. As Presbyterians, we believe that serving others is more than just something good to do, it is foundational to our faith formation and teaches us about God and about ourselves.

Your gift makes it possible for more than 5,000 youth to gather at the Presbyterian Youth Triennium to worship, learn, and serve together. As Presbyterians, we believe that the Holy Spirit moves among us when we gather together. The Holy Spirit draws us into meaningful relationships and powerful understandings of what God is doing in the world.

By giving to the Pentecost Offering, one of the four Special Offerings of the Presbyterian Church (U.S.A.), we are nurturing the faith of those who are the church to come; children, youth, and young adults. We invite you to join with the worldwide church in building for our future, in building individual lives of faith.

Missions Continued



Library Notes

The library has recently acquired several new books, both donated and purchased. You will find them displayed on the tables. If you have any interest in learning about the Amish and their traditions, then be sure and read "Rosanna of the Amish," written by Joseph W. Yoder. This is a restored text edition published in 2008. The original book was published in 1940.

"The Wednesday Letters," donated by Ann Gropp, is also a very good read. It is Christian Fiction about family and forgiveness. It has an unusual ending (no peeking!). You may start your own tradition of writing Wednesday letters. I found it to be well worth reading and we thank Ann for the donation.

Stop by the library soon.

Faith Community Nurse

Dementia

Dementia is not a specific disease. It is a group of symptoms which affect thinking, memory, and social abilities to the extent of interfering with activities of daily living. While dementia often involves memory loss, experiencing memory loss alone does not mean a person has dementia.

Some common signs and symptoms of dementia can include difficulty with communication and word finding, difficulty with reasoning, problem-solving, planning, and organizing; difficulty with coordination and motor function, difficulty with visual and spatial abilities, and disorientation and confusion.

Physical changes may include inappropriate behavior, anxiety, depression, personality changes, agitation, paranoia, and hallucinations. When a person experiences memory loss or other related symptoms, it is important to see a health care provider to determine the cause.

Dementia occurs when the connections between nerve cells and the brain are damaged or lost. The resulting cognitive and physical changes may vary depending on the area of the brain that is affected.

The most common cause of dementia is Alzheimer's disease. This disease causes plaques and tangles in the brain which damage healthy neurons and the fibers that connect them. Vascular dementia is the second most common type of dementia. It is caused by damage to the vessels which supply blood to the brain. People with vascular dementia may experience slowed thinking, problems with focus and organization, and difficulty with problem-solving. These symptoms are often more noticeable than memory loss.

In Lewy body dementia there are abnormal clumps of protein found in the brain. Lewy bodies can also be found in people with Parkinson's disease and Alzheimer's disease. Some common signs and symptoms of Lewy body dementia are visual hallucinations, problems with attention and focus, and acting out one's dreams during sleep.

Frontotemporal dementia is a group of diseases in which there is a breakdown of nerve cells and their connection to the temporal and frontal lobes of the brain. Behavior, thinking, judgment, personality, language, and movement can be affected.

There is also a possibility that a person may have mixed dementia which indicates a combination of causes such as from the various dementias previously discussed.

There are some conditions which may cause dementia or dementia-like symptoms but can be reversed. These include infections and immune disorders, nutritional deficiencies, medication side effects, metabolic problems, endocrine abnormalities, poisoning, brain tumors, and subdural hematomas.

Risk factors that can contribute to dementia are age, family history, diet and exercise, alcohol use, depression, diabetes, smoking, sleep apnea, hypertension, high cholesterol, obesity, and nutritional deficiencies.

Dementia can affect many body systems and interfere with daily function. Possible consequences of dementia include poor nutrition, safety concerns, inability to perform self-care, pneumonia, and death in late-stage dementia.

While some risk factors cannot be changed, there are some ways which may help prevent dementia. Suggestions are to keep the mind active, stay physically and socially active, quit smoking, manage high blood pressure, high cholesterol, diabetes, and weight; treat health conditions such as depression and anxiety, eat a healthy diet, and get enough sleep.

*Please see associated information on dementia and support for caregivers in the Welcome Center.

<https://www.mayoclinic.org/disease-conditions/dementia/symptoms-causes/syc-20352013>

Keli Briggs, MSN, RN
Faith Community Nurse

Medical Equipment Loan

Just a reminder that UPC has a wide variety of medical equipment available to anyone who may need it. You are welcome to use the equipment for as long as necessary. If you have questions or would like to borrow some equipment, please contact Trish or Keli in the church office.

Grief Camp for Grown-Ups

A free educational grief seminar offered by UnityPoint Hospice Services for those who have experienced the loss of a loved one. The seminar is focused on understanding the special challenges of grief and finding positive ways to cope. The seminar will take place Thursday, June 6, 2019, from 5:30 – 7:30 pm at the Methodist Atrium building, ABC Conference Room located at 900 Main Street in Peoria. RSVP at 309-672-5746 by June 3, 2019.

Church Life

BUNCO

BUNCO will not meet again until September. Enjoy your summer off.

Anna Circle

Anna Circle will not be meeting again until Thursday, September 12th. If you would be interested in joining the group in the fall and would like to order the book, It's Good to Be Queen, please see Trish in the church office and she can assist you. Share the Warmth Blanket Ministry will also not meet again until fall. Please watch The Chimes for future work dates beginning in September.

Ladies Night Out

Place: Jubilee Cafe

7127 Kickapoo Edwards Rd, Kickapoo 691-7778

Date: Thursday, June 20, 2019

Time: 6:00 pm

Come for homemade pie if not for the meal. Their pie is one of the best. This is also one of the best groups to visit and have fun with. Any lady is invited and bring a friend too. RSVP to Eunice Andrews @ 688-8458 or Betty Pugh @ 822-8500. Come early and visit.

Take Me Out to the Ball Game

Join your UPC family for "Faith and Family Night" as we watch the Peoria Chiefs beat the Burlington Angels on Saturday, July 27th. Game starts at 6:35pm. Post-game Christian concert with Austin French *and* FIREWORKS! First 1,000 people receive a Baez Bobblehead. What more could you ask for on a warm summer night?



Reserve your tickets with your payment of \$9 per person in the church office by Sunday, July 14th.

Nature Connections

Feeling Stressed or Depressed?

Connect with God's Natural World

Researchers have known for some time that being outside in nature reduces ADHD symptoms, stress and depression. Some physicians have even begun to write nature prescriptions that tell patients to spend time connecting with nature; however, no one knew how long or what activities would work. Researchers from the University of Michigan solved that problem by measuring stress hormones in research participants' saliva before and after time spent in nature. They determined that just 20 minutes in nature is long enough to significantly reduce cortisol, the bad stress hormone. Time of day, duration, and place of the nature experience doesn't matter but it must be done in daylight and during this time there should be no aerobic exercise, and no use of social media, internet, phone calls, conversations and reading. Just sitting is fine. Reducing cortisol levels aides healing, reduces blood pressure and increases happiness. You might ask, "Where and when can I do that?" Your Nature Connections Committee has an answer – right here at UPC! Our campus has short trails for walking (one by the garage and one access to Big Hollow Creek), a gazebo to sit in, benches all around the property, and picnic tables on the patio. Come early for your meeting, stay after church, or stop in on a beautiful day. Parking is always free and close. Just walk around or find a spot and enjoy God's "nature pill" he has so thoughtfully provided for us. Nature nurtures!

Published Monthly by
United Presbyterian Church
2400 W Northmoor Rd
Peoria, IL 61614-3343

THE CHIMES

POSTAGE
PAID
AT
PEORIA, IL
USPS 198-140
PERIODICAL

309-693-2002
FAX: 309-693-7290
E-mail: UPC@unitedpc.org
www.unitedpc.org

CHANGE SERVICE REQUESTED

Postmaster: Send address changes to:
CHIMES
United Presbyterian Church
2400 W Northmoor Rd
Peoria IL 61614-3343

ATTENTION POSTMASTER: DATED MATERIAL, PLEASE DELIVER PROMPTLY

Education Hour 9:00 am (Sept-May)
Worship Service: 10:00 am



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