



The Chimes



Volume.16 Issue.10 October 30, 2019

November & December 2019 Worship Schedule

November 3 – All Saints' Day Service with Communion/Congregational Meeting

November 10 – Prayer Shawl Dedication at 10:00 am
VIVID at 4:00 p.m.
Chimes Deadline for December Chimes

November 17 – Stewardship Sunday, baptism of Brendan Foster
Please return your pledge cards today.

November 24 – Christ the King Sunday
Hanging of the Greens after Church
Oliver's Fundraiser for Youth Group Mission Trip at 4:00
Chimes Deadline for December/January Chimes

December 1 – First Sunday of Advent - Communion
Blue Christmas Service at 3:00 p.m.

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 Fun 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 Sunday School on Break

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

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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 Grohovena

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

Charlotte Cronin*

Hospitality & Growth

Ellen Grohovena*

Christian Education

Pam Scranton/Betty Pugh*

Human Resources

Pam Madden*/Deb Sullivan

Member Care

Mary Jo Mays*/Deb Hanson*

Mission

Christie Cook*/Jenna Hague

Properties

Bob McDowell/Don Hartshorn*

Stewardship & Finance

Megan McKeighan /Tim Cole*

Worship & the Arts

Mark Hanson /Jerry Randall*

Preschool

Pam Scranton/Kathy Nordvall*

Nature Connections

Judy Helm*

Pastor Nominating Committee (PNC)

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

Foundation

2019-Ellen Grohovena, 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 am thankful for so many blessings today.

I am thankful for family and friends.

I am thankful for work to do and the strength to do it.

I am thankful for the beautiful colors of fall and the views from Grandview Drive.

I am thankful for inspiring, committed and resourceful colleagues.

I am thankful for being able to visit people and rest in conversation and prayer with them.

I am thankful for my husband's life and all the interconnections created through our marriage.

I am thankful for my home and my landlord, who is kind and conscientious.

I am thankful for having all that I need.

I am thankful for the new – making new friends, and for new ways of being.

I am thankful my work at UPC is drawing closer to its ending –
we have done much together and it is good to see you so ready
for whatever lies ahead.

I too am ready for whatever lies ahead.

Being a pastor is a bit like the amazing work of parenting.

You have the privilege of walking beside other human beings
and sharing the best of yourself, learning and growing together.

It can also be consuming and exhausting.

There is a fair amount of dailiness in your life together,
sudden insights, tender moments, much laughter.

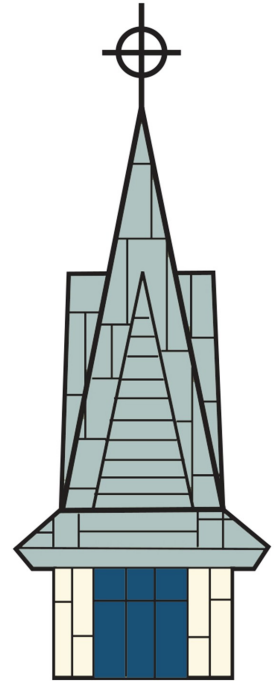
I am grateful for this season of growth, stretching,
redevelopment and exploration.

I was thrilled to hear Linda Kelley say a few weeks ago that the church is not the pastor, it's
the members. No truer words were ever said.

UPC is strong. Resilient. Creative and compassionate.

You are stepping up and supporting the ministries you want to have with your time, talents
and treasures. It is amazing that for the first time in 11 years we are supporting the oper-
ating budget from our giving. I am thankful for your understanding of what it takes to
thrive as God's good people in this time and place.

Blessings,
Rev. Laura



Mission



Family Christmas Shop

Family Christmas Shop is right around the corner on Saturday, December 7th from 4:00-6 :00 pm. 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. Last year we made a few updates to the event - namely moving the format from a shopping experience to having the families provide a wish list of items with an open house style event in December. It worked great! So, now we need your help!

Starting in early November be on the lookout for tags on our Christmas tree in the foyer with a wish list item from our families. Please return the item unwrapped and with the tag attached to make sorting as easy as possible. We hope this will make your shopping easier and is also a benefit for our families in providing gifts we know the children will enjoy. Monetary donations of any amount to purchase the wish list items are also greatly appreciated.

Volunteers are also needed in advance of the event and on the afternoon of the Family Christmas Shop. A sign up sheet will be in the welcome center in early November or by contacting the church office. Here are the areas of opportunity.

Sunday, November 24th at 11:00 am: Help us sort the gifts returned to the church by family and group them together in order to make pick-up run smoothly. Childcare will be provided.

Friday, December 6th at 5:30 p.m.- Help with the final sorting of gifts and setup for the event. Dinner and childcare will be provided.

Saturday, December 7th- Family Christmas Shop:

- Greeters/concierges- Welcome families at the door with a smile and direct to the check-in table. Assist families in navigating the stations, hold presents and help take to car, answer questions, provide amazing welcome and hospitality.
- Check-in Table- Check into the event and provide a list of instructions for the evening.
- Portraits- Assist photographer in family portraits area.
- Hospitality and Snacks- Set-up snack area and serve guests.
- Children's Activities- Assist children in making a gift/craft for their adults and playing while their adults pick up gifts.
- Nursery- Provide care for our youngest guests in the nursery (ages 2 and under).
- Gift Wrapping- Wrap gifts after families have picked up their presents.
- Gift Distribution- Distribute the gifts to the families that have been pre-sorted by family name.



Mission Cont'd

Peace and Global Witness Offering Thank You

Thanks to the generosity of the congregation, we collected \$1,000 for the Peace and Global Witness offering on World Communion Sunday. Gifts to the Peace & Global Witness Offering enables the entire church to collaborate in our proclamation of Christ's peace.

This offering will serve as an outreach to the Peoria community on the issue of gun violence with the 25% we retain for our own ministries of peace and reconciliation. The Mission committee is planning a screening of the Presbyterian Disaster Assistance produced documentary, *Trigger: The Ripple of God Violence*, along with a Q&A panel of community leaders on Thursday, November 21st at 6 p.m. at UPC. We will also be partnering with our local Moms Demand Action group to enable Peoria public schools to implement the Be SMART framework designed to help parents and adults normalize conversations about gun safety and take responsible actions that can prevent child gun deaths and injuries.

Projeto Amar Updates

Thank you for your generous support of Projeto Amar, the school in Brazil, through our VisionTrust partnership. One new child is now sponsored by members of the congregation providing, not only needed financial assistance, but an opportunity to share God's love and form a relationship. In addition, we collected over \$1,500 for teacher salaries at the school in our special offering. The Mission Committee decided to add an additional donation to provide \$2,500 total in financial support.

2019-2020 Peoria Interfaith Tour- Save the Date

Jointly sponsored by Peoria Interfaith Discussion Group and Interfaith Alliance - Central IL chapter.

- Sat Nov 16 2019 at 12:45pm - **Hindu Community**
Location: Hindu Temple, 4210 Temple Hill Rd, Peoria
- Fri Feb 7 2020 at 6:00pm - **African-American Christian Community**
Location: To Be Announced
- Tue May 5 2020 at 7:00pm - **Muslim Community**
Location: Islamic Center of Peoria, 4125 W Charter Oak Rd, Peoria

Praises to God and Prayer Requests from the students and staff at Projeto Amar

- The children and staff returned from the holidays safe and refreshed
- The camp was a blessing, as well as the visit from the VisionTrust mission team
- The music presentation at the theatre on September 1st was a huge success; about a year ago Projeto Amar was able to launch a music program through the support of a local bank and volunteer teachers. They performed at the Teatro Escola Basileu Franca – the event was well attended by the children's families and they were so happy to be a part of such a special event!
- The service to celebrate Father's Day on August 9th.
- For Denira and her family - She is the cook at Projeto Amar 1 - her husband died in July.
- For Cecília (sponsorship secretary at Projeto Amar 1) and her family – they have a difficult situation at home.
- For the health of the children and staff
- For rain in Goiânia – we've had four months without rain and the heat wave is increasing
- For the leadership of the local Brazilian board of the ministry



Church Life

Ladies Night Out

Place: Pizza Ranch

4114 N Brandywine Drive, Peoria

Date: Thursday, November 21, 2019

Time: 6:00 pm

Any lady is invited and bring a friend too. RSVP to Eunice Andrews @ 688-8458 or Betty Pugh @ 822-8500. Come early and visit. If a ride is needed contact Betty Pugh.

Anna Circle

When: Thursday, November 14, 2019 6:00 pm

Where: WeaverRidge

Lesson: Chapter 6, *It's Good to Be Queen*

Mission: Share the Warmth Blanket Ministry. Work days are the 4th Saturday of the month at 9:30 am. The final work day in 2019 will be November 23rd. All are welcome to join in on this ministry. No sewing skill is required.

Dining Tour Books Are Available

Dining Tour Books are now available. They will be for sale in Fellowship Hall on November 10th and 17th, and December 1st and 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.

BUNCO

When: November 8, 2019

Where: UPC Fellowship Hall

Time: 7:00 pm—8:45 pm

Come and join us for fellowship, good food and play BUNCO. Bring a friend, a snack, and a dollar for the prizes.

NOTE: New Chimes Holiday Deadline and Publication Dates

Deadline: October 20, mailed October 30

Covers: November and December

Deadline: November 11, mailed November 20

Covers: December

Deadline: November 24, mailed December 4

Covers: December and January



Fall Festival

2nd Annual

Church Life Event

Saturday, November 9, 2019

6:30 pm

Fellowship Hall

Get in the fall spirit early with an evening of fun, decorations, a silent auction, and door prizes.

Featured music by Sue Hulin.

The guest speaker is Lee Ranson.

Sign up to host and decorate a table of 7 (host plus 6 guests).

Each hostess is to provide: table cloth, place settings, center pieces and the dessert of her choice.

Hot cider, coffee, and water to be provided.

\$5.00 donation per guest.

Only 5 tables remain so sign-up today. If you don't want to be a hostess but want to come, sign-up also. There will be plenty of room for everyone. Contact Jan Mooberry at 309-692-5836 with questions or to reserve your table or space.

Everyone's welcome.

All proceeds go to reduce the principal on the mortgage.

RSVP by Sunday,
November 3, 2019



Faith Community Nurse

Diabetes

Type 1 and Type 2 diabetes are chronic conditions that can lead to serious health issues. Type 1 diabetes often appears in childhood or adolescence, but can occur at any age. Type 2 diabetes is more common in people over 40 but can develop at any age. Diabetes affects how a person's body uses glucose (blood sugar). Glucose is necessary for energy, and is the brain's main source of fuel. If glucose is unable to get into the cells, excess sugar (glucose) stays in the blood and can cause complications. Prediabetes is a condition in which blood sugar levels are higher than normal but not high enough to be classified as diabetes. As a result, prediabetes is potentially reversible.

Symptoms of diabetes vary depending on how much the blood sugar is elevated. People with type 2 diabetes may not experience symptoms initially. Those with type 1 diabetes tend to have symptoms that come on quickly and can be severe. Some of the signs and symptoms of diabetes include frequent urination, increased thirst, extreme hunger, unexplained weight loss, irritability, fatigue, blurred vision, frequent infections, and slow-healing sores.

While the exact cause of type 1 diabetes is unclear, it is known that the immune system attacks and destroys the insulin-producing cells in the pancreas. It is thought that type 1 diabetes is caused by a combination of environmental factors and genetic susceptibility. In prediabetes (which can lead to type 2 diabetes) and type 2 diabetes, the cells become resistant to the action of insulin, and the pancreas cannot make enough insulin to overcome the resistance. The sugar cannot move into the cells where it provides energy, and instead builds up in the bloodstream. Weight and inactivity are two important risk factors for prediabetes and type 2 diabetes. Fatty tissue causes cells to become resistant to insulin. Physical activity helps to control weight, uses glucose as energy, and makes cells more sensitive to insulin. Unlike age, race, or family history; maintaining a healthy weight and staying physically active are two risk factors that can be modified. Along with losing excess weight and becoming more physically active, eating healthy foods that are lower in fat and calories and higher in fiber can also help prevent type 2 diabetes.

Unfortunately, the longer a person has diabetes and the less controlled the blood sugar is, the risk for complications increase. Some possible complications are cardiovascular disease (heart attack, stroke), nerve damage (especially in the legs), kidney damage, damage to the blood vessels of the retina, foot complications as a result of nerve damage, and increased susceptibility to fungal and bacterial infections.

Maintaining a healthy lifestyle is most important in preventing or delaying complications. Following a healthy diet, being physically active for at least 150 minutes a week, controlling blood pressure and cholesterol, not smoking, losing weight if necessary, taking medications as prescribed, and following up regularly with health care providers are all ways to prevent or delay complications from diabetes.

<https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444?p=1>

<https://www.cdc.gov/features/preventing-diabetes-complications/index.html>

Keli Briggs, MSN, RN
Faith Community Nurse

Prayer Shawl Ministry

In appreciation of everyone's busy schedules, the Prayer Shawl Ministry is moving to the home. Please continue to work on prayer shawls in your home, and bring to the church when you have them completed. If you would like to learn how to make a prayer shawl or have any questions, please contact Michelle Nielsen Ott. We thank Michelle for her past and continuing dedication to this ministry.

Dedication of Prayer Shawls

On Sunday, November 10th, there will be a dedication of the prayer shawls during the worship service.

Prayer Corner

Please keep the following people in your thoughts:

Eunice Andrews
 Marilyn Bain
 Jack Bensing
 Karen Black
 Marlene Boeker
 Mary Buesing
 Penny Brower
 Chris (Bender)
 Dana (Jones)
 Betty Downard
 A'Miyah Eakle
 Mary Everett
 Friends of Jeni Freidman
 Carol Fuller
 Carolyn Gnepper
 Pat Hagenbuch
 Geneva Hall (Gulley)
 Jes Hall
 Mary Etta Hanson
 Harrison & Ryleigh
 Carol Hicks
 Doug Jackson
 Mary Jermac
 Michelle & Terry Johnson (Kelley)
 Ann Jones
 Dwight Jones
 Larry Kamrath
 Betty Keller
 Mike Kelley
 Debbie Kutter
 Virleen Mach
 Mary (Bender)
 David McDowell
 Megan & Alicia's newborn
 Jack Mooberry
 Diane Morrill (Hultgren)
 Pennie and baby Willow (Bender)
 Dean Peoples
 Christy & Jeff Presseau (Maloof)
 Projeto Amar I and II
 Jerry Prusak (Bender)
 Jeff Rickett
 Janet Shepler
 Veronica Shumaker
 Dave Smith
 Jacquie Spaulding
 Carol Stalnaker
 Larry & Sara Stotts
 Jack Umdenstock



Felicia Vallosio
 Parker Waldschmidt
 Jim Weinkauf
 Richard West
 Jon Wrigley
 Ruthie Yingling

Prayers of Christian sympathy for Rich & Judy Helm on the death of Rich's brother, John Helm on September 29th .

Prayers of Christian sympathy for Judy & Rich Helm on the death of Judy's uncle, George Harris on October 2nd .

Congratulations to Floyd & Marlene Boeker on their 62nd anniversary.

Thank you

I would like to thank my UPC friends that took the time to send mail call notes for my honor flight in September. Thanks also to those that greeted me at the airport that evening. It was an exciting and humbling experience.
 Floyd Boeker

Dear UPC Friends,
 I want to express my sincere appreciation for the beautiful red rose, prayers, cards, calls, and texts received while my Mother, Carolyn Gnepper, recovers from a broken hip. Special thanks to Keli Briggs, Alice Bremner, Mike Kelley and Shirley Poshard for their visits while she was hospitalized and subsequently moved to Heritage Health for rehabilitation. I'm happy to report that she is in excellent spirits and has received good reports from her doctors. We have a goal of her being home by Halloween.
 Cheryl Gnepper

Thank you for allowing the Peoria Area Anti-Hunger Coalition to hold their annual meeting in your church fellowship hall. We appreciate your willingness to allow us to use your room. It was the perfect size for our group.
 Marjorie LaFont, Treasurer

Dear UPC Family,
 We would like to thank everyone that sent prayers, food, and supplies as we welcomed the newest member of our family. Baby, her brother, and her sister are doing very well. Your love and support this year has been critical on this journey.
 Love,
 The McKeighan Family

Christian Education



Confirmation Class Coming in January!

We will be adding a Confirmation Class beginning in January for kids in seventh & eighth grades, or kids who haven't been through confirmation yet. Classes will be on the second and fourth Sundays of each month during the worship hour. Betty Pugh will be leading the class, with guest speakers assisting. Our first class will be on Sunday, January 12, 2020. Please email Pam Scranton if interested in signing up your youth for confirmation.

Mission Trip Fundraisers

Oliver's North, on Willow Knolls Road, is a very gracious partner with us on fourth Sundays of the month. When folks from UPC dine in or carry out on those evenings, Oliver's donates 15% of their earnings to our Youth Group. It's easy—no supplies, no set-up, no clean up! Here are the evenings scheduled for 2019-2020:

- November 24
- No December—Christmas break
- January 26
- February 23
- March 22
- April 26
- May 24

News and Notes

Free to anyone who could use a good used electric stove. You must come and pick up. Contact the church office if interested.

Looking Ahead

Looking ahead:

- Nov. 3rd – All Saints Day Service/ Congregational Meeting
- Nov. 9th - Fall Festival at 6:30 pm
- Nov. 10th - Prayer Shawls Dedicated/VIVID at 4:00 pm/ CHIMES deadline for Dec
- Nov. 17th – Stewardship Sunday/Baptism of Brendan Foster/ Explore UPC
- Nov. 24th – Hanging of the Greens after worship; CHIMES deadline for Dec/Jan
- Dec. 1st – Advent begins – Blue Christmas service at 3:00
- Dec. 8th – Celtic Christmas; Walk with Randy; VIVID Christingle service at 4:00
- Dec. 15th – Christmas Festival at 10:00; more Festival fun at Fellowship time
- Dec. 22nd – Lessons and Carols
- Dec. 24th – Christmas Eve services at 4:00 and 11:00 pm
- Dec. 29th - Service at 10:00 Sunday School on Break

Office/Church will be open only on December 23rd and 30-31st



Matthew 19:14 (RSV) but Jesus said, "Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven."

I was raised in the church. Every time the doors were open I was there. I loved it! However, as I went to college and was first married I fell away. I wanted to sleep in and not think about God much. I wanted to do my "own thing". When my oldest was around 4 years old I suddenly had the urge to get back to church. I wanted nothing more than to be a good mother. I wanted the best for my kids. I knew church was a way that they could grow in wisdom and biblical truth. I wanted them to have a church family like I did and most of all I wanted them to know that they are never alone. God loves them and is always with them.

It was hard. My husband worked Sundays and I had no family nearby. Yet, I was determined. I laid out their clothes the night before and ironed my dress and set out everyone's shoes and hair bows. I had chosen a church that looked family friendly, so I thought. I arrived not knowing anyone. I found the Sunday school room for my oldest. There were some tears but she was able to handle it. When I arrived at the nursery it was a different story. My middle child immediately went for the toy kitchen. She was fine. It was my 9 month old baby boy that had to be peeled from me. He screamed and screamed. He had only ever been with family. I sat in the last row of the sanctuary so that the nursery workers could come and get me if he didn't stop. He didn't stop. We ended up in the hallway for the entire service. I was exhausted and hadn't ever been to church. He wasn't going to sit quietly in the service. He was traumatized. I so desired to teach my kids about church and God. I had to find another way.

I kept going back because I wanted the best for my kids but I was miserable and as a stay at home mom I desperately needed to be with other adults and people older than me that could mentor our family. Eventually, he got used to it but I have no memories of church other than me wearing clothes that were too uncomfortable and impractical for the crying and screaming and climbing on me that would take place each week. There was one week that I wasn't called back to get him. I thought "finally". But when I arrived to get him his sister was furious. She stated in a very firm voice that she hadn't been able to play with the kitchen or a single baby doll. Her 18 month old brother made that poor 3 year old hold him the entire time. Needless to say, that didn't happen again.

Last month I attended my first VIVID Service here at UPC. I had a little tear in my eye as I saw how welcoming and easy going it is. It is truly a multi generational service. It doesn't really feel like a service at all. It feels like home. I thought back to my days as a young mother. How I would have LOVED such a place for my sweet babies and myself. It is the perfect place to meet God right where you are at the age you are.

I don't have any little ones anymore but I was blessed to have meaningful conversations with people of all ages. I worked on a project with a couple of teens and was served communion by a kindergartener and preschooler. I was able to break bread with those that are retired and have so much to teach. I enjoyed every moment of community and fellowship that night.

I left refreshed and hopeful for our world. It was beautiful to see all ages worshiping, playing and creating together. My only regret was that more people weren't there. I was there as a single woman and I had a blast. I can only imagine how a young family or retiree or young couple would be blessed by it.

Alison Meuth
Director Worship & the Arts



The Monarch Project by the Numbers

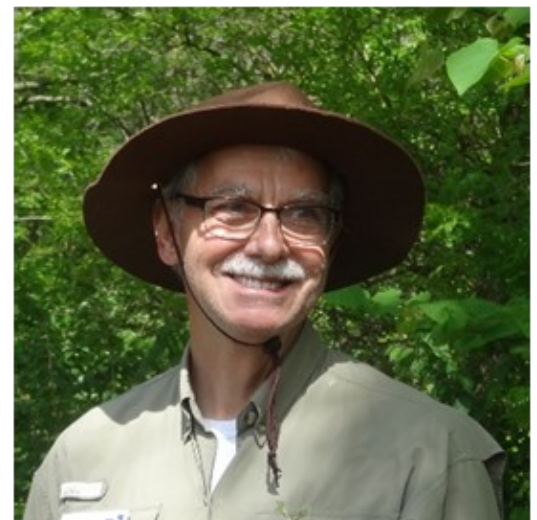
275 attended Monarch Day activities AT UPC on October 6 (displays, activities, video)
 270 homemade butterfly cookies made
 250 enjoyed the picnic lunch
 244 children raised monarch butterflies in their classrooms
 224 children interacted with Monarch Butterfly experts from the Monarch Task Force
 200 seed balls and monarch bookmarks distributed
 200 mini-brochures on UPC and UPC Website magnets distributed
 144 kindergarten and first graders from Northmoor School visited UPC
 September 19 for 2 hours for 5 hands-on engaged learning activities
 64 milkweed plants grown
 50 monarch butterflies released
 17 photos posted by Peoria Public Schools on their Face Book page
 1 segment on WMBD/WYZZ news



Did you get one of those **little dirt balls at Monarch Day**? (Look in your gift bag!) It is a seed ball for growing milkweed, the only plant that Monarch caterpillars can eat. **YOU NEED TO PLANT THAT THIS FALL!** Find a spot in full sun in your garden, the edge of a lawn or in a wild area. Just scratch a hole, stick it half way into the soil and if the soil isn't moist, pour on a cop of water. Practice a little "guerilla gardening" by planting your seed ball on an abandoned site or other area not being cared for such as a road side.

SAVE THIS DATE! DECEMBER 8, AFTER CHURCH

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!



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THE CHIMES

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Worship Service: 10:00 am



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