

Stewardship at Congregational

Let Your Light Shine!

God's Light is shining through us in amazing ways! During October, the church will celebrate that Light as we focus on Stewardship. We will lift up ways that our congregation is offering light, warmth, acceptance, and hope to others. We will look to the future: how we can keep that light shining brightly. Stewardship comes to the core of our lives. Stewardship is about how we use our time and our resources as a response to God's love. Stewardship is how we express gratitude for God's unfailing Light in our lives.



Each Sunday this month we will have a bulletin insert that will explore the different areas of our church life.

On Sunday, November 1, we will have a luncheon, when we draw all these elements together. The lunch will be as elegant as we can make it, and you will be served great food. Reservations are required; please let the office know you would like to come.

Then on Sunday, November 8, we will offer our pledge cards during worship, asking God's blessing on all that we give.

Another major emphasis for us this season is prayer. Stewardship is at the core of who we are, and at the core of Stewardship is prayer. The more we become a praying church, the more God's light shines through us. During October we invite you to pray for yourselves, for one another, and for our church. We actually began this last weekend at the church retreat, and 43 of us became well-versed in several styles of prayer. In addition, Julie is leading a study on prayer using a book by Kathleen Norris, *40-Day Journey with Kathleen Norris*. (If you are interested, you can still join over 30 others in the group. Participants will meet twice, once in the middle and again at the end of the study. So you just need the book and do some extra praying to catch up.) Need help with prayer? So did Jesus' disciples. We will make some of the resources we used on retreat available at our web site as well as some paper copies in Fellowship Hall. Here is another exercise: Each day, find something in your life for which you are grateful — a flower, a person, your favorite food, anything. Pick a time during each day you can stop everything for 1 minute. Take 30 seconds to calm down and to clear your head. Then take 30 seconds to think about what you are most grateful for, take a deep breath and exhale, smile, and give God thanks. Try that for one minute a day for a week. Next week, try it twice a day.

So we begin our Stewardship season with prayer. Pray, prepare, and participate, and help Congregational UCC's light shine!



Congregational
UNITED CHURCH OF CHRIST

Worship Schedule

General Assembly: 9:30 a.m.
Sunday School: 9:45 a.m.
Worship: 11:00 a.m.
Refreshments: 12:00 p.m.

Our Mission

As people of Congregational United Church of Christ, we seek to witness to the Gospel of Jesus Christ through the power of the Holy Spirit, accepting God's call to be a true community of love, compassion, and nurture.

Visitors

Congregational United Church of Christ is a warm, welcoming congregation that is always happy to receive visitors. To help you feel as comfortable and at-home as possible when you visit us, we've put together some information on what the Congregational experience is like. For details, check out our Visitor Page at www.congregationalucc.com.

CUCC is on Facebook!

Check us out at the following site: www.tinyurl.com/CUCCFacebook.

Our Next Newsletter

Deadline: Friday, October 9
Publication: Wednesday, Oct. 14

News and events can be sent to office@congregationalucc.com.

Can't wait for news? Check out the Congregational UCC web site at www.congregationalucc.com. It is up-to-date, relevant, interesting, lively, and available 24 hours.

Lectionary Readings

October 4, 2009

Job 1:1, 2:1-10;
Psalm 26
Hebrews 1:1-4, 2:5-12
Mark 10:2-16

October 11, 2009

Job 23:1-9, 16-17;
Psalm 22:1-15
Hebrews 4:12-16
Mark 10:17-31



Congregational

UNITED CHURCH OF CHRIST

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Rev. Julie Peeples
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Ms. Charlotte Evans
Congregational Nurse
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Drop-In Hours: 4th Sun. of the month,
10:00-11:00 am
Home Visits: Thursdays

Ms. Evelyn Blane
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evelyn.blane@gmail.com

Ms. Judy Page
Office Manager
office@congregationalucc.com
Office Hours: 9:00 am – 3:00 pm
Monday thru Wednesday & Friday

Ministries

- Bible Study
- Children & Adult Choir
- Handbell Choir
- Youth Programs
- Women's Fellowship
- Adult Fun Club

Outreach Programs

- Greensboro Urban Ministry
- Mobile Meals
- Habitat for Humanity
- Potter's House
- Higher Ground
- and many more . . .

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From the Pastor

Take, Eat, Stay Healthy



Quick. What do germs, pandemics, and grape juice have in common? A year ago you might have said, "Absolutely nothing."

But in the age of swine flu, they are now interconnected, at least for those who participate in Communion in any number of Christian denominations.

We, like many other churches, are discussing the ramifications for the coming flu months. Some of the churches which share a common cup, that is, each person takes the cup and drinks from it, have put a stop to that tradition for now. Others have said they are not changing anything, still others are making other adjustments.

The issue of how best to offer the bread and cup is under discussion by the deacons, with input from our congregational nurse and others. And while we will continue to keep a close watch on this and seek pertinent information from knowledgeable sources, I want to offer the following:

- The one thing medical/research experts are in full agreement on at this point appears to be the importance of preventative measures. We have installed hand sanitizing stations at all upper level entrances. Observe that sacred passage: *Blessed are the Purelled of heart and hands, for they shall be well.*
- Use common sense. Think you might be getting something? Stay home and rest. We'll be glad to send you a CD of the service, and will pray for you and welcome you back when you are all better. Be still and know God is God.
- The sacrament of Communion is one of the central parts of our

worship life. So we will maintain the integrity of the sacrament while we also use a degree of caution.

- There is only so much an individual, group, or church can do in preventing the spread of germs. (Heard recently we get far, far more germs from standing under the shower than we do from most other activities!!)

So with all that in mind, for now we will keep our practice of communion essentially as it is, with a few small changes. We will continue to have wafers and individual cups on the communion table for those who wish to partake that way. And we ask that if you take a piece of bread from the loaf, take a big enough piece that you won't get your fingers into the grape juice. Our congregational nurse, Charlotte Evans, is also writing about the flu viruses in her column, so read up!

Finally, allow me to make a very unscientific assertion. Granted I am biased, but I firmly believe there is far more good to be gained, more grace to be received from our worshipping together than there is risk of serious illness from passing a plate or dipping bread into juice. The benefits of our breaking bread together outweigh the concerns. So, don't panic. Use common sense. Pray that we will all survive flu season intact. I hope to see you at the communion table!

—Julie Peeples



Camera Sunday

Thanks to those who took pictures at our recent Camera Sunday. We'll put those shots to good use!

Education Notes

Book Sunday, All Church Retreat, Supper Study



Sunday, October 11th will be "Book Sunday" at CUCC. That day we will unveil new children's library books, and we

will be giving Bibles to our children grades 3 and up who have not received church Bibles. —Paul Davis



Wednesday Supper Study

Supper Study programs are held the first and third Wednesdays, unless a speaker's schedule or special event requires a change. All are welcome, but we need firm reservations or cancellations by Tuesday of the week of the program. Cost: \$5 for adults, \$3 for children (covered dish meals free). Childcare is provided.

October 7: The Middle East And Islam From The Eyes Of A Muslim

Masoud Awartani, active in local interfaith efforts, and owner of

Zaytoon's restaurant, will share his perspective. Menu: Covered Dish.

October 21: Our Annual Political Forum - Come meet the candidates, share a meal with your elected leaders. Menu: Lasagna.

November 4: Postcard From The Environment - What are the birds, bees and butterflies telling us? Dennis Burnette will be our speaker.

November 18: A Time to Laugh!

Brush up your routine, find some new (clean) jokes, and be prepared to laugh. All ages are welcome to channel their inner comedian and have a turn at the mike.



All Church Retreat

The All Church retreat at Blowing Rock Conference Center was a success. We had fun in spite of some really, really terrible weather Friday and Saturday. Thanks to all who came and to all who gave leadership:

Terri Vaughn, Karen Ritter, Barbara Rice, Paul Davis and Julie Peeples. One exercise we participated in was for small groups to write their own "corporate" prayer — one that could be used in a worship service.

Writing

by committee can be dicey, but we came up with some stunning prayers that we will share in the coming weeks. One example follows this article.



Dear God, We thank you for the joy of living, the majesty of your universe, and your unending grace in our lives. Work through us to spread your love and peace throughout the world. Amen.

2009 All Church Retreat



Health Fair, H1N1, Depression Screening, Dental Clinic



We have a lot happening this fall related to health ministries. Here is a recap of important information and dates.

2nd Annual CUCB Health Fair

October 18th, noon until 2:00 pm!
Exciting tables packed with great information! Maxim Health Care will be providing seasonal flu shots. The cost of the injection is \$30. Look for the sign up sheet in the Fellowship Hall. Maxim will accept the following insurance providers: Blue Cross/Blue Shield (all types), Etna, Gold, Humana, Medicare Part B, Partners.

Special note to those participating in the CROP Walk: Let us know and you will be moved to the front of the line!



H1N1 (Swine Flu)

Everywhere we go there are discussions and questions about H1N1. Some important updates:

- The H1N1 influenza virus is the predominant influenza virus in circulation world wide. This means if you are experiencing symptoms such as cough, fever, chills, flu like symptoms, it is MOST likely to be the H1N1.
- The CDC is recommending a three step approach to fighting the flu (seasonal or H1N1).
 - Take time to get vaccinated! CDC recommends a yearly sea-

sonal flu vaccine as the first and most important step in protecting against the flu. Note: the seasonal flu vaccine does not protect against H1N1

- Take everyday preventive actions.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often. Use alcohol-based hand-rub frequently. Carry a small bottle with you and use, use, use!
 - Avoid touching your eyes, nose and mouth. Germs spread that way.
 - Try to avoid close contact with sick people.
 - If you are sick with flu-like symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone.
 - While sick, limit contact with others to keep from infecting them.
- Take flu antiviral drugs if your doctor prescribes them. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body.

H1N1 Vaccine: Current Status

- Approximately 45 million doses of vaccine are expected to be available by mid- October, and doses will continue to become available through December.
- The vaccine will be made available to *high risk* groups *first*. Individuals considered high risk include:
 - Pregnant women
 - Persons providing care or living with infants less than 6 months old
 - Healthcare and emergency medical services personnel

- Children and young adults aged 6 months to 24 years of age
- Persons aged 24 -64 years who have medical problems.
- If you are not “listed” in one of these groups, discuss with your health care provider about receiving the vaccine. Once those in the high risk category are vaccinated, then more flexibility will be given to other individuals.
- It is still unclear as to whether or not individuals will need one or two doses.



- Vaccine sites are being set up by our local health department. Details about locations and times will be made available once these sites are determined.
- Flu vaccine and people age 65 and older
 - Younger people are more likely to get infected with the H1N1 virus than those 65 years and older. Therefore, younger persons are recommended to receive the first available doses of H1N1 vaccine before persons aged 65 years and older.
 - CDC’s priority for people 65 and older is to have them get their seasonal influenza vaccine as soon as it is available.
 - While people 65 and older aren’t included in the high risk groups to be prioritized for vaccine, they can get the vaccine as soon as the high-risk groups have had the opportunity to be vaccinated.

Congregational Nurse Notes Continued

Depression Screening: October 8

October is Depression Awareness Month and free depression screenings will be offered at Congregational on October 8 from 4:00 to 7:00 pm in the Parlor. If you or a friend has concerns about depression or if you just want to learn more about the symptoms, this is great opportunity.



FREE Dental Clinic! Nov. 6 & 7

This event will take place at First Presbyterian Church, 627 North Elm Street in Greensboro.

- Free basic dental care will be provided to adults (18 years and older), whose income is 200% of the federal poverty guidelines: \$21,660 for singles, \$29,340 for married couples and \$44,100 for a family of four.
- Services will be provided on a first-come, first-served basis.
- Please be prepared to wait in line regardless of the weather.
- A picture ID and proof of income is required.
- No childcare will be provided.

Volunteers Needed for Free Dental Clinic!

- This is expected to be very large event which will require many volunteers. If you are able to help (no experience necessary!), please complete the form located at the Nurse's Station in the Fellowship Hall.
- Volunteers are needed for patient registration, data entry, directing

traffic and parking, translators, patient escorts, runners, patient check-out, set up and tear down.

- Volunteers are needed for the following shifts:
 - Thursday, November 5: 1:00 pm to set up (could be as late as 6:00 pm)
 - Friday, November 6: 6:00 am - 12:15 pm and 11:45 am - 6:00 pm
 - Saturday, November 7: 6:00 am - 12:15 pm and 11:45 am - 6:00 pm
 - Saturday, November 7: 3:00 pm until space is ready for Sunday worship
- Contributions are needed! The cost for this service is approximately \$10 per patient. If you would like to make a contribution, please make out a check to CUCC and mark it "Dental Clinic."

Come by and see the new Nurse's Station in the Fellowship Hall!

As always, stay healthy!
—Charlotte



Hand Sanitizer

Our campaign to have clean hands in church seems to be catching on. Seems like everywhere you go you see dispensers of gel or foam. O.K., we can only accept partial credit, but we will press on, literally, and ask you to use some goo when you come to church and when you leave church. To help you de-germify, we will be installing new dispensers just inside all of our entrances. And to help you remember, we are beginning our own ad campaign. Here is one idea: "Germs? Gone. Sins? Wish it was so easy. So at least wash your hands." Send in your witty sales pitches, and maybe you'll help keep us healthy.

Third Quarter

Giving Statements

Giving Statements for the third Quarter are now available. Please find the box in the fellowship hall where envelopes are alphabetized for your convenience. In order to save postage, statements will be mailed only upon request. It will be helpful if each donor will pick up the individual statement as soon as possible. Folks who pledge are reminded to check progress on meeting personal goals. If you have questions, contact Pam Aldridge at 674-0910.



CUCC Business

Volunteers

October 4

Lay Reader: TBA
Nursery: B. Fleischer/ N. Prairie
Coffee Hour: M. Caviness/ B. Kuester

October 11

Lay Reader: TBA
Nursery: T. Sutter/ B. Mulberry
Coffee Hour: Sharon Harper

Ushers

J. Myrick, S. Burch,
C. Humphrey, M. Dorko



Financial Reports

Weekly Income	09/13/09	09/20/09
Pledged Offering	\$4,183.63	\$5,400.00
Unpledged Offering	386.00	642.00
BRAG Deposits	150.00	---
Pastor's Disc. Fund	150.00	100.00
Work Trip	25.00	---
Supper Study	---	108.00
Neighbors in Need	---	24.92
Total	\$4,894.63	\$6,274.92

Budget Income/Expense Summary

	9/1-9/26	YTD
Income	\$18,372.12	\$241,054.65
Expense	27,525.28	231,821.57
Surplus/(Deficit)	(\$9,153.16)	\$9,233.08

Benefit Concert, School Supplies, Food Drive



**Saturday, October 17
7:00 – 9:00 pm**

**Presbyterian Church of the
Covenant - 501 S. Mendenhall St.,
Greensboro**

Bryan McFarland and Martha Bassett are joining forces to present a night of outstanding musical entertainment. The event is entirely FREE, though a \$5 donation is suggested and all proceeds will benefit Greensboro Urban Ministry to help us feed the hungry in our community.



Keep in Your Prayers ...

In order to protect the privacy of the individuals on our Prayer List, this information is not available in the online version of our newsletter.

Grocery Store Food Drive

Dear Friends of Greensboro Urban Ministry,

On behalf of the volunteers and staff at Greensboro Urban Ministry's Food Bank, we wish to express our appreciation for the cooperation and support of Congregational United Church of Christ during our Fall Food Drive. We are pleased to report that we received 72,845 pounds of canned and packaged food items from our grocery store food drives during this two-day weekend.

We are grateful for the time given by the volunteers of Congregational UCC in cooperation with the Leadership Greensboro Seniors Association in order to make this food drive so successful! Due to the work of so many people across our community, we are able to continue to provide help to the many who are in need. On a typical day, Monday through Friday each week, we provide an average of 50+ bags of food, each weighing 30+ pounds. In order to meet very basic needs, we provide approximately 7,500-8,000 pounds of emergency food each week.

According to our records, volunteers from your group collected 2,307 pounds of canned and packaged food items and \$75.51 from the customers at the Harris Teeter store on Pisgah Church Road. Please accept our appreciation for those who worked so hard. This was such a wonderful gesture.

Grace and Peace,
*Pat Spain, GUM Food
Distribution Director*



School Supplies Drive

The Board of Christian Service would like to thank the congregation for the wonderful effort to supply school supplies to those in need. The Board would also like to thank Karen Ritter, Gayle Currie, Terri Vaughn and the Youth Group for their efforts in delivering the school supplies to the various organizations that were in need. Thank you all for your efforts in assisting the Board of Christian Service.

The following locations received the school supplies and each has sent thank you to show their appreciation:

Greensboro Urban Ministry
(\$300 estimated value)

Mary's House
(\$50 estimated value)

Family Services of the Piedmont, Inc. (\$65 estimated value)

Thank you again to the entire congregation for your support to this important ministry.

—*Cynthia Brewer
Bd. of Christian Service*

Among Our Members

Congratulations to . . .

- Steve Camp, who has accepted a call to Faith United Church of Christ in Hartford, Connecticut. He will be leaving us as Conference Minister for the Southern Conference UCC in late November to serve as pastor in the church he grew up in. Please keep the Camp family and our conference in your prayers during this time of transition.
- Emily Franks-North, who recently received a Young Peacemakers Award through Win-Win Resolutions, a non-profit organization in Greensboro. Win-Win Resolutions reduces violence and prejudice in schools and communities by teaching conflict resolution and positive social skills through interactive drama for youth and adults. Emily was nominated for this award by drama teacher, Tara Chappell. The following is Emily's acceptance speech:

First I'd like to thank everyone participating in Win-Win and who nominated the 39 nominee's and the 6 winners including my nominator Miss Chappell, because the teachers, parents, and positive role models that encourage our peers to show a more positive attitude and attempt to include everyone in day to day activities should also to be honored tonight for their outstanding job in organizing and supporting this.

Tonight I'd like to quote Robert Frost in one of his poems, "Road Less Traveled." My favorite line in this poem is, "I shall be telling this with a sigh, somewhere ages and ages hence, two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference." Robert Frost has a point, what I think he's saying is that if you take the road less trav-

eled, the road that makes you the way only you are, it makes a huge difference on how your life is lived. If you follow around the "popular crowd" then you'll make a smaller impact, and less likely to help out those in need and learn how to include everyone.

I believe I got this award because I've worked hard to try to include everyone, be friends with anyone that needs one, and lend a hand to anyone that needs one. All of my life I've been told that what you look like, where you grew up or who you're interested in doesn't define whether you are appropriate to be friends with. Everyone deserves a chance to be heard, and I've tried to give that to them.

Something else I'd like to bring up is that very recently "Rockband" has come out with a new collection of music, if you've been watching VH1 or MTV lately, then you might know that all of The Beatles albums are being put out on "Rockband." The Beatles have many inspirational songs. One being, "All You Need Is Love" and the title is all you need to know if you don't know this song. It's a great philosophy to take on life with, to have someone love you and to pass it on makes all the difference. I once heard that no matter what you do no matter what you say one person is a ripple in a pond. The way I see this is if you say something mean to someone then the ripple continues with hatred or misdirected anger, but if you show a positive attitude, and help someone or pass on good news, congratulations, or even a small compliment it could change their whole day and in turn they pass on the positivity. I love that analogy to ripples in a pond because the more you think about it the more it seems true.



Once in my drama class with my teacher, Ms. Chappell, she told us to stand in a circle and she gave the first person an apple and said, "Drop this apple on the ground and see what happens." So the first student dropped the apple on the ground, and the observation was that it bruised. So we continued this throughout the circle until it came back to her and she told us that this apple symbolizes a student that people make fun of and put down. Every time this happens a bruise appears not on the outside, but on the inside. After the apple gets through the circle, and after a person gets through enough insults, they break. Ever since that day in drama class I've thought about this and realized how true it is, and if you apply it to life it makes a huge difference with the people around you. In the end, you're the ripple that can make or break someone.

I'd like to thank every teacher I've ever had, whether they live here or in Idaho. I'd also like to thank my parents and my sister for the support and of course love they give me on a daily basis. And special thanks to Miss Chappell and Ms. Debra Vigliano for this whole experience! They were ripples that spread to me and made me who I am today.

—Emily Franks-North





Congregational
UNITED CHURCH OF CHRIST

Congregational United Church of Christ
400 West Radiance Drive
Greensboro, NC 27403

SEPTEMBER 30, 2009

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Upcoming Sermon Series

Julie will preach a series of sermons through the month of October. This series, "In Search of Last Place," will focus on some of the more difficult sayings of Jesus as related in Mark's gospel. Focus passage and titles are as follows:

- Oct. 4: Mark 10:2-16
Love Hurts, Love Heals
- Oct. 11: Mark 10:17-31
Why Follow?
- Oct. 18: Mark 10:35-45
The Jesus Cup
- Oct. 25: Mark 10:46-52
While Waiting for a Miracle

Join us as we explore the rich meanings and wellsprings of hope in these challenging texts!

CUCC is on Facebook!

If you haven't yet done so, take a look at www.tinyurl.com/CUCCFacebook.

While there, be sure to check out the Discussion, Gratitude. What are those things you are grateful for? What was the topic of your 30 second prayer of gratitude (see page 1)? Post at our Facebook page or you can share on a "Wall of Gratitude" in the Fellowship Hall.



New E-Mail Addresses

Ishmael Whitfield:
ishmaeldwhitfield@msn.com
Mary Beth Boone:
mboone4102@att.net

Please let the church office know if any of *your* contact info changes!

October Birthdays

- 1 Sherrill Hall
- 2 Arnold Johnson
- 3 Sally White
- 5 Wilson Rowe
- 6 Diane Brewer
- 8 Clara Scarborough
- 9 Earl Wang
- 12 Irene Fenn
- 13 Florence Hilliard
- 13 Trish Shroyer
- 13 Zachary Hertlein
- 14 Jo Fleischer
- 14 Anika Rueppell
- 16 John Cary
- 16 Helen Core
- 17 Parker Acrey
- 18 Bernice Driver
- 19 Lorie Tyson
- 19 John Heil
- 21 Courtney Kent
- 21 Walter Burch
- 24 Laura Yountz
- 24 Jeph Patterson
- 27 Tammy Heil
- 29 Ed Shroyer
- 30 Lynn Magyar