

Changes in the New Year

New Supper Study Format for Winter/Spring Term

January Supper Study programs have typically not been well attended due to the weather, so we have decided not to schedule programs for this month.

Looking ahead to February, there will be an Ash Wednesday service on the 17th with a simple supper followed by the service. For the five weeks following, rather than our usual Wednesday night format, we are encouraging folks to sign up for the small groups set to take place during Lent (see more information in the following article). These small groups will meet on various evenings of the week.

Then, after Easter, Supper Study will resume on Wednesday evenings. The schedule will be published in upcoming newsletters, but the Spring programs will include one on sustainable gardening, land conservancy, a Touring Theatre Ensemble presentation, and a Talent Show.



Julie and some of the children participating in our Christmas Pageant at the early service on Christmas Eve.

Small Group Studies

The Congregational Life and Spiritual Connections Ministry Teams are sponsoring study group discussions for those interested in exploring spiritual issues in a relaxed and small group format. During Lent, these small groups will meet once a week for just five weeks in a member's home for conversation and fellowship. We promise short reading assignments, evocative topics, and very good company. We will schedule these groups at different times during the week to accommodate a variety of schedules. More details are forthcoming. We look forward to seeing you during Lent.



Annual Report Deadline: Tuesday, January 12th

The Annual Meeting will be Sunday, January 31st at 9:00 am.



Boards and Council To Meet January 12th

Our boards and Church Council will meet on Tuesday, January 12th, rather than the usual fourth Tuesday of the month. **All out-going and new members are asked to attend!!** We gather at 6:45 pm for prayer, the boards meet at 7:00, and the council at 8:15.



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, January 15
Publication: Wednesday, January 20

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

January 10, 2010

Isaiah 43:1-7
Psalm 29
Acts 8:14-17
Luke 3:15-17, 21-22

January 17, 2010

Isaiah 62:1-5
Psalm 36:5-10
1 Corinthians 12:1-11
John 2:1-11



Congregational

UNITED CHURCH OF CHRIST

**400 West Radiance Drive
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Rev. Julie Peeples
Senior Pastor
julie@congregationalucc.com

Rev. William C. Smith
Pastor Emeritus

Rev. Paul Davis
Minister for Christian Education
paul@congregationalucc.com

Mr. Jimmy Buchanan
Choir Director
jrbsoul@aol.com

Ms. Edna Olayiwola
Director of Children's Music &
Bella a Cappella
olayiwe@gcsnc.com

Mr. Bill Herndon
Organist
rbbill@triad.rr.com

Ms. Charlotte Evans
Congregational Nurse
opendoornc@aol.com
Drop-In Hours: 4th Sun. of the month,
10:00-11:00 am
Home Visits: Thursdays

Ms. Evelyn Blane
Nursery Director
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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Greensboro, North Carolina

From the Pastor

New Year, Open Hands



As we enter the new year and the cold month of January, I will carry with me several things to keep my heart warm: the beauty

of the vibrant red poinsettias and the greenery and lights all around the sanctuary, the quiet candlelight of Blue Christmas, the enthusiastic singing of the congregation for our Lessons and Carols on that snowy Sunday morning, the shining faces of the children on Christmas Eve. Thanks to all of our wonderful volunteers who decorated, cooked, sang, played, delivered gift bags, and so much more. Thanks to our staff members who do so very much. Thanks to all for a wonderful and memorable Advent and Christmas season, and for all your kind and thoughtful gifts!

I'm not sure if many people make New Year's resolutions any more. No great loss, really; they are often forgotten by February. There are more helpful ways of approaching the clean slate of a new year, I think. One of my favorites is this

exercise: imagine you are holding two handfuls of light, silvery dust. This dust represents everything from the year past that you need to leave behind now. As the wind picks up, you slowly open both hands to release the dust to the breeze, allowing it all to blow back into the past where it belongs. Your empty hands are now open and ready to receive – what? Well, that's up to you! What is it you most need to open your life to in this coming year? Courage to start fresh? A new attitude? A healthier lifestyle? Greater trust?

Whatever you open your hands and heart to for the coming days, I encourage you – enthusiastically – to consider the small group opportunities set to begin in February. These will offer a wonderful opportunity to get to know other CUCC folk and engage in some great conversations. No matter what 2010 may bring, we can all use more companions on our journey!

May we hold one another in prayer as we embark on this new year, full of possibility and promise.

— Julie Peeples



Education Notes

A Stewardship Update



Our pledge information to date: 103 units have pledged \$243,961. This includes 19 new pledges. To compare, at this time a year ago

our totals were 97 units for a pledged amount of \$229,983. So we are doing very well! There is still time for you to turn in your 2010 pledge. Stewardship materials are outside the office and in the Sanctuary.

—Paul Davis



Middle School Youth

Here are the dates for our Middle School Youth Group for the winter and spring:

- Friday, January 29
- Friday, February 26
- Friday, March 19
- Friday, April 30
- Friday, May 21

All meetings are from 5:30 to 7:00 pm and include dinner. We will be in touch about additional service projects throughout the winter and spring as well.

—Beth Hoagland & Karen Ritter

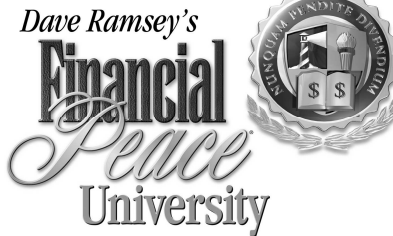


Year-End Financial Matters

There is still time for you to turn in your 2009 financial gifts, but you must act quickly. Such checks should be dated for 2009 and submitted by Sunday, January 10th. Year-end giving statements will be ready shortly after mid-January.

Offering envelopes for 2010 may be picked up in the Fellowship

Hall. Many have indicated that because they enjoy online bill-pay, electronic transfer of funds, annual giving, etc., they do not use the weekly envelopes. If you find that you weren't assigned a box and would like one, please see Pam Aldridge.



Imagine Yourself . . . Debt-Free!

Take some steps toward that goal ... with *Financial Peace University!*

**Sundays, January 17 – April 25
4:00 to 6:00 pm
First Lutheran Church
Fellowship Hall**

Financial Peace University is a biblically-based, video-driven small group study that teaches people how to beat debt. Money management expert Dave Ramsey is the video presenter; experienced teachers Jeff Mitchell and Winston McGregor will facilitate locally. Benefits include lower financial stress and better communication with others on money and priorities.

To register, contact Frank Moore by Wednesday, January 13, with name, address, phone, e-mail, number of children needing care, or if a partial scholarship is needed (292-9125, extension 102 or frank@firstlutheran.com).

The cost is \$99 per couple (married or parent/child). Make

checks payable to First Lutheran Church, with "FPU" on the memo line. Place payment in Frank Moore's mailbox in the church office or mail to First Lutheran Church, Attn.: Frank Moore, 3600 W. Friendly Ave., Greensboro 27410.

Tell your friends! This is a great way to learn and practice solid money management. This course also is available at other nearby churches at various times. Go to www.daveramsey.com and type in your zip code to find them.



CUCC Business

Volunteers

January 10

Lay Reader: Alice Franks
Nursery: Anne Barton
Coffee Hour: B. & S. Whitener

January 17

Lay Reader: Marjorie Liles
Nursery: Beth Mulberry
Coffee Hour: TBA

Ushers

Joann Myrick, Sticky Burch, Clyde Humphrey, Mike Dorko



Financial Reports

Weekly Income	12/20/09	12/27/09
Pledged Offering	\$11,778.00	\$1,564.76
Unpledged Offering	1,256.00	1,182.10
Use of Church	60.00	---
Poinsettias	64.00	---
Christmas Fund	275.00	1,432.02
Miscellaneous	350.00	---
Mobile Meals	---	100.00
Total\$	\$13,783.00	\$4,278.88

Budget Income/Expense Summary

	12/1-27/09	2009 YTD
Income	\$43,178.29	\$333,581.33
Expense	32,709.47	334,623.07
Surplus/(Deficit)	\$10,468.82	(\$1,041.74)

S.A.D. Days – Seasonal Affective Disorder

The winter months, for some, can be more difficult than just enduring the cold, gray skies and short days. Seasonal Affective Disorder (S.A.D.) is a condition which individuals experience depression as a result of seasonal variations in sunlight. S.A.D. is a form of depression that occurs in relation to the seasons, most commonly beginning in winter.

The cause of S.A.D. is unknown, but evidence suggests it is related to hormonal changes such as a decrease in melatonin. The symptoms include:

- Afternoon slumps with decreased energy and concentration
- Carbohydrate cravings
- Decreased interest in work or other activities
- Depression that starts in fall or winter
- Increased appetite with weight gain
- Increased sleep and excessive daytime sleepiness
- Increase in anxiety
- Lack of energy
- Slow, sluggish, lethargic movement
- Social withdrawal

As with other types of depression, antidepressant medications and talk therapy can be effective. Light therapy, using a special lamp to mimic light from the sun may also be helpful. Symptoms commonly get better on their own with the change in seasons.

S.A.D. is more than the “winter blahs” or “cabin fever. Those suffering with this condition experience a pattern every winter season of depressive symptoms. Coping becomes difficult and life’s problems harder to manage. There is a generalized sadness and low energy. One may experience an increase in anxiety and a change in sleep patterns. The symptoms can become

severe and lead to a depressive disorder.

The good news is, there is help! If you or someone you know is experiencing S.A.D., the following might be helpful:

- Seek out a professional evaluation to determine a diagnosis. Your physician may determine short-term treatment with an antidepressant may be the best course. Your physician may also suggest a specialized light, as light therapy may be helpful.
- Get regular exercise. Exercise is a natural way the body can produce endorphins, which elevate mood.
- Be mindful of your diet. Diets elevated in carbohydrates and fats can make symptoms worse.
- Cognitive therapy and stress management might be helpful with managing troubling thoughts or difficulty coping.

Wishing each of you a very happy and healthy New Year!

—Charlotte Evans



Women’s Resource Center Programming

Women’s Support Group

Meets from 11:00 am to 12:30 pm every Wednesday at the Women’s Resource Center (WRC)

Are you longing for understanding, compassion, and support? Often times you can find the care you need among others who share your situation or outlook. Whether you are coping with a mental health condition or trying to change your life for the better, there’s nothing like sharing your experiences with others on the same path. Please join the WRC and Mental Health Association of Greensboro for this

weekly meeting. Registration required for each session (275-6090).

Emotional Wellness Screening with the Mental Health Association of Greensboro

Wednesday, January 13th

1:00 – 2:00 pm

Wellness Screenings can help detect mental health conditions before they become serious. The WRC partners with the Mental Health Association of Greensboro to offer monthly screenings. Call 275-6090 to schedule your screening.

Recognizing Anger & Expressing It Appropriately

Tuesday, January 19th

Noon - 1:30 pm

Unresolved anger can be corrosive. Join facilitator Penelope Bowie for this workshop and learn how to cope with your anger in safe and healthy ways! Call 275-6090 to register.



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.

Holiday Thanks, Address Changes and More



Christmas Sock Tree

Thank you again for the 250 pairs of socks taken to Greensboro Urban Ministry to help feet stay dry and warm these cold days! Thanks!



Note of Gratitude

Dear CUCC Family,

I would like to extend special thank to everyone for the many Christmas greetings sent my way. I really miss you all, but this weather is playing havoc on my asthmatic bronchitis and makes it difficult to get to church. I look forward to seeing everyone come the first of our spring weather!

—Irene Fenn



Rebecca Moore-Painter shares her musical gift at the early service on Christmas Eve.

From the Staff

A warm thank you to the congregation on behalf of all our staff for the Christmas bonuses and the many cards and gifts so generously shared.



A Litany of Remembering: Candles lit by participants at our Blue Christmas Service on Wednesday, December 16th.



Our Condolences to the Williams Family

Marie Williams, a long time member of CUCC, died on December 28th. She had been in poor health for quite some time. The funeral service for Marie took place here at the church on December 30th with the committal following in Ramseur, NC.

Marie was diminutive in size but large in spirit. One very snowy Sunday, when only a few people ventured out for church, in came Marie. When asked about the driving conditions in her Glenwood neighborhood, she paused and smiled, and said she walked to church that morning. She would have walked home as well, but she reluctantly accepted a ride.



Congratulations To Cameron And Stephen Paschall!

And welcome to Walker Linton Paschall, born at 1:01 am. on January 1, 2010! Steve and Cameron have been visiting with us for several months, and Steve has been singing in the choir.



Address Changes

Lawrence and Eleanor Lambert
Heritage Green
801 Meadowood Street #202
Greensboro, NC 27409
336-218-8043

John and Joann Taylor
925 New Garden Road #502
Greensboro, NC 27410
336-547-0064



January Birthdays

- 1 Tandy Brown
- 5 Bill Pressmann
- 7 Virginia Bright
- 7 Sadie Covington
- 8 Harold Ashworth
- 10 Matina Kalconnis-Rueppell
- 11 Grace Barber
- 13 Mac Mackenzie
- 14 Susan Shroyer
- 16 William Scarborough
- 19 Jonathon Hertlein
- 19 Faith Pressman
- 20 Rick Bardolph
- 22 Alana Patterson
- 22 Katherine Williams
- 23 Jamie Anderson
- 26 Sankey Moore-Painter
- 27 Meredith Moore-Painter
- 29 Jon Patrick Nance



Congregational

UNITED CHURCH OF CHRIST

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

January 6, 2010

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Church Women United Annual Meeting



Friday, January 15, 2010

10:00 am

**Abbotswood
3504 Flint Street
Greensboro**

All are invited to this ecumenical gathering of women of faith as we explore together ways we can become stronger advocates for ourselves, our families, and others in the community.

Registration will be at 10:00 am followed by Church Women United's annual business meeting which will include committee reports and the adoption of a budget for 2010.

The morning's program will then continue with Marilyn Brooks as our guest speaker. She is a curriculum facilitator for the Guilford County Schools and the author of the recently published book, *Come Out of Your Cocoon*.

Following her presentation, a fellowship luncheon will be served in the Abbotswood dining room. Your reservation must be made before January 12 by calling the CWU Treasurer, Babs Gordon, between 9:00 am and 5:00 pm at 454-4277.

She will know the cost which may be paid at the time of registration on January 15th.

Because of limited parking, it is suggested we carpool. If you have questions or want to plan transportation, please call Eileen Stirling, 852-0170, between 7:00 and 9:00 pm.

Resolve to start the New Year by discovering ways women of faith can work together toward the common goal of a more caring, just, and peaceful society. Join us!

"Agreed To Differ, Resolved To Love, United To Serve"

Church Women United, USA

