

# THE WEEKLY COURIER

A weekly newsletter brought to you by Cheshire United Methodist Church

VOL. 9 ISSUE 6

FEBRUARY 8, 2026

## Coming soon to our sanctuary . . .



Join us on Sunday for worship at 10:00 a.m.



The Trustees will meet on Tuesday at 7:00 p.m.



Chicken Pot Pie Assembly will take place TOMORROW at 9:00 a.m.



Check out our new YouTube channel — link on our website.



### From Our Pastor:

#### Fight, Flight, or Flock?

I don't need to explain how emergencies work. When people call me in moments of crisis, my body reacts before my mind catches up. My heart races. My muscles tense. I feel the pull to act fast or get away. That reaction is human. It is how we are wired to survive.

Our bodies have a built-in alarm system often called "fight or flight." It is like a gas pedal that revs the engine, speeding up the heart, raising blood pressure, flooding us with adrenaline when danger feels near. This response is automatic. The trouble is that for many of us today, the gas pedal seems to be pressed all the time. Even when the threat is not immediate, our bodies stay on high alert.

That is why the body also has another system, a kind of brake, that helps us slow down and settle. Deep breathing, gentle movement, prayer, moments of praise, or grounding practices like noticing what we see, hear, and touch all help bring us back into balance. These are not luxuries. They are part of how we survive and stay human.

We often think our only choices are to push harder or to shut down, fight or flight, gas or brake. But there may be another option.

Think of a clutch in a car. It is not the accelerator and it is not the brake. It creates a pause. It briefly disconnects power so the driver can choose the next gear. That pause is not inactivity. It is space for awareness, discernment, and intention.

In the car we are all riding in together, our shared society, that clutch looks like something deeply human. It looks like choosing to pause and gather rather than react alone. It looks like "flocking" together. Not to deny pain or danger, but to see one another face to face, to remember that every life is precious, and to ground ourselves again in the truth that we are made in the image of God.

In a divided world, this may sound unrealistic. Yet that is precisely why it matters. Flocking creates a pause long enough for us to remember who we are, and who we belong to, before our fear decides for us.

Rev. Dr. Steve (Young Dong) Kim  
Senior Pastor  
Cheshire United Methodist Church

### Our Week at a Glance . . .



February 08 Worship, 10:00 a.m.  
 10 Church Council, 7:00 p.m.  
 14 Shelter Now, 8:30 a.m.

### Our Church Family Celebrations



10 Jack Hanke  
 11 Michael Bova  
 12 Daniel Desmond  
 13 Paul Bellagamba  
 14 Laurie Bellagamba



9 Ned & Gerry Connelly

### Church Council—February 10th



Church Council will be meeting in the Fellowship Hall on Tuesday, February 10th at 7:00 p.m.

### Shelter Now—February 14th



Shelter Now in Meriden: making breakfast for the men, women, & children staying at the shelter. The time commitment is from 8:30-10:00 a.m. Contact Jennifer Roeder for more info or to sign up. Cell: 203-444-4067; Email: [jllynroeder@aol.com](mailto:jllynroeder@aol.com).

### PowerPoint Help Needed!



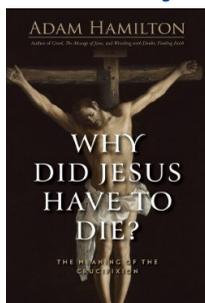
We are in need of additional volunteers to assist with enhancing the PowerPoint presentation used in worship. This role primarily involves creative embellishment—bringing beauty, cohesion, and visual warmth to our slides. If you have a gift for design or visual presentation, or are even just willing to learn, we invite you to consider sharing your time and talents to help make our worship experience even more meaningful and engaging. Please see Matt Heafy or Pastor Steve for more information.

## Pastoral Visitation



If you are interested in scheduling a pastoral visitation with Pastor Steve, you are invited to sign up for a time that is convenient for you! Please click [here](#) to view the available time slots. An additional sign-up sheet will also be set up outside of the sanctuary to fill in your desired slot. If you are unable to attend worship in person and would like to arrange a visitation, you may contact the church office or Pastor Steve directly.

## Lenten Study



Pastor Steve will be leading a Lenten Bible Study entitled “Why Did Jesus Have to die?” The study will meet on Monday evenings at 7 p.m., beginning February 23rd and concluding March 30th. The cost of materials is \$20. You may make checks payable to the Cheshire United Methodist Church with “Lenten Study” noted in the memo line. Registration is required and may be completed through the church office. Please note space is limited.

## Sign ups for Altar Flowers and Fellowship:



We have many open sign up slots for Altar Flowers and Fellowship hour. Sign-up sheets for **altar flowers** can be found just outside the sanctuary and **coffee hour hosts** sign-ups can be found in Fellowship Hall. Ask someone to host fellowship time with you! Flower orders are \$65.



## From our Technology Committee



We have a new YouTube channel and we encourage you to check it out. Links are available on our church's website to access both our worship services in real-time as well as archived services beginning this past July. **Open YouTube, search Cheshire United Methodist Church, then hit Subscribe for easy access.** You can turn on Notifications to be notified when a new service is uploaded. Let's up our subscriber count.



Please keep in mind that Fridays are the Pastor's Sabbath. Unless it's a pastoral emergency, please call the church office (203-272-4626) if you are in need of something on Fridays. Thank you.

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