

# THIS WEEK AT UPC

## Sunday, September 16

9:00a Adult Sunday School begins  
10:00a Worship Service  
11:25a Children's Sunday School begins

## Monday, September 17

Noon Bible Study  
6:15p Book Study: *Just Mercy*

## Tuesday, September 18

4:30p Worship Team meeting  
5:00p Community Meal (Team 3)

## Wednesday, September 19

9:00a Sewing Group  
7:00p UPC Choir rehearsal

## Thursday, September 20

2:00p Personnel Team Meeting

## Sunday, September 23

10:00a Morning Prayer Service  
4:30p "Dinner Church" Worship Service  
& Potluck in Library Lounge

### Adult & Children's Sunday School starting Sunday, September 16

Our Sunday School classes follow the same *Seasons of the Spirit* curriculum that we also use for our worship services.

The Adult class meets before worship at 9:00am. Led by class members on a rotating basis, we discuss the scripture passage of the day. All are welcome.

The children's classes meet after worship at 11:25am. We have classes for children ages 3 and up. We hope you'll join us!

## Looking Ahead

### Monday, September 24

Noon Bible Study  
1:30p Property Team meeting  
7:00p Lecture by Bryan Stephenson at  
SUNY Oneonta

### Tuesday, September 25

*Pastor Becky away at a conference  
through Monday, October 1*  
9:30a Tai Chi for Arthritis & Fall Prevention  
5:00p Community Meal (Team 4)

### Wednesday, September 26

9:00a Sewing Group  
7:00p UPC Choir rehearsal

### Sunday, September 30

9:00a Adult Sunday School  
10:00a Worship Service  
11:25a Children's Sunday School  
11:45a United Ringers bell choir rehearsal

### Monday, October 1

Noon Bible Study  
6:15p Book Study: *Just Mercy*

### Tuesday, October 2

9:30a Tai Chi for Arthritis & Fall Prevention  
5:00p Community Meal (Team 1)

Do you have extra plastic  
grocery bags floating  
around your house?

We need them for our  
Community Meal – they're  
used when we give people  
take-out meals. If you want to  
donate yours, please bring them  
to the church office. Thanks!

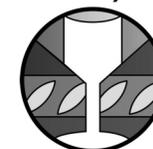


## *This Week in Faith*

**September 19 – Yom Kippur (Judaism)**, literally "Day of Atonement," is the holiest and most somber day of the Jewish year, first mentioned in the Bible in Leviticus 23:26-32. On this day Jews abstain from eating, drinking, wearing leather (a sign of comfort), and even sex in order to focus not on physical needs, but on spiritual ones. The holiday begins with everyone being absolved of all of the ambitious vows made in the past year which they could not fulfill on account of human frailties. On Yom Kippur, everyone has the opportunity for *teshuvah* or returning to the divine way of living. We are obligated to seek forgiveness from God and from those we have hurt. We recite litanies of sins we have committed, always saying "we have sinned" rather than "I," reminding us that we are always part of the community and responsible for communal transgressions, no matter how we pursue the benefits individually.

**September 21 – St. Matthew:** Called Levi in the gospels of Mark and Luke, Matthew was a toll or tax collector. Such individuals raised money to maintain the occupying Roman army, and tax collectors were paid a commission or percentage of the money they took in. Thus it was assumed – although not necessarily true – that they were cheats, and they were regarded as outcasts if they could not meet the purity regulations of the temple. Jesus called people like Matthew, and in doing so modeled the way his followers were to be accepting of those rejected by others. Matthew is considered the patron saint of accountants, bankers, bookkeepers, customs officers, security forces, security guards, stockbrokers, and tax collectors.

*Everyone is welcome here*



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## Educational Offerings ~ Special Notices ~ Service Opportunities

### Monday Evening Book Study continues – Sept. 17 and Oct. 1, 6:15–7:30pm *Just Mercy: A Story of Justice and Redemption* by Bryan Stephenson

Read, then join us for a three-week book study. This terrific book is about the legal war the author has waged against cruel, unjust sentencing practices in this country for over three decades now. His history of founding and working for the Equal Justice Initiative in Montgomery, Alabama, is told through real case histories of people who were subjected to degradation and inhumane treatment that will shock you, anger you, and bring you to tears.

He will be giving the 2018 Mills Distinguished Lecture at SUNY Oneonta on September 24 at 7pm; we hope to go to the lecture as a group.

Copies of the book are available for purchase from the church office. We hope to see you there!

### Congregational Retreat – Friday, Oct. 12, through Sunday, Oct. 14

We hope that all of you will join us for this year's congregational retreat, October 12–14 at Stony Point Conference Center.

The theme is “Radical Hospitality” – openness to “the other” and “the stranger”. Stony Point co-director Rick Ufford-Chase will lead us in reflection and discussion, teaching us about Stony Point's “Community of Living Traditions” and helping us to think about our goals.

The program runs from dinner time Friday through worship on Sunday morning, and includes the opportunity for a river cruise on Saturday afternoon. Come for as much as you can. Families are welcome!

Sign up as soon as possible, with only a \$25 cost to register. **Space is limited to 24 people.** To learn more about the retreat, talk to one of the pastors or Marilyn Myers, or contact the church office.

### “Connections” Dinners

The Spiritual Formation Team is sponsoring a season of congregational hospitality in September and October. Several people in our congregation will host small gatherings for lunch, supper, or dessert so that we can know each other better. The host will provide a simple main dish and guests will offer sides/drinks to complete the menu. We will plan these opportunities so that our congregation can get to know new people better and deepen our connections with old friends. We hope that many of you will participate.

### Tai Chi for Arthritis and Fall Prevention – Tuesdays, Sept. 25 – Oct. 24, 9:30–10:30am

Tai Chi is an art and an exercise from ancient China that was created based on the laws of nature. Most people practice Tai Chi for health and relaxation. Evidence has shown that the slow gentle movements of Tai Chi can help people with arthritis increase their strength, flexibility and stamina, reducing their pain and improving their balance to prevent falls.

Tai Chi for Arthritis and Fall Prevention uses gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for beginners. This program has been developed by Dr. Paul Lam in collaboration with the Arthritis Foundation and is recommended by the Centers for Disease Control and Prevention.

The Tai Chi class is off this week, but continues after that for five more classes. This free program is designed to not only be relaxing, but enjoyable, too! It's not too late to join if you're interested. To register, call the church office at 607-722-4219 or send an email to [office@upcbgm.org](mailto:office@upcbgm.org).

**Instructor:** Cindy Burger, certified by the Tai Chi for Health Institute to teach Tai Chi for Arthritis and Fall Prevention.  
[www.taichiforhealthinstitute.org](http://www.taichiforhealthinstitute.org)

### *Prayer of the Week*



Precious Holy,  
Thank you for opportunities to take time out,  
For time with old friends and new,  
For time to spend with you, in silence, and emptiness,  
in nature, in wide open spaces.

Precious Holy,  
Thank you for busyness and schedules, and diaries,  
and appointments.  
For time with others,  
planning and sharing, meeting and exploring,  
for all the things that make us who we are.

Precious Holy,  
Whatever we make of this day, may it be this day,  
not yesterday, or tomorrow, but this day.  
In this time, and this moment, may we, you and I,  
share together, all the things.

All  
The  
Things.  
Today,  
Amen.

—Julie Rennick