



# Spirit News

January 16, 2020

United Church of Christ of Seneca Valley  
An Open and Affirming Congregation  
13421 Clopper Road, Germantown, MD  
Phone: (301) 540-3449  
Email: [UCCSV@verizon.net](mailto:UCCSV@verizon.net)  
Website: [UCCSenecaValley.org](http://UCCSenecaValley.org)

## Prayer Requests

- Ongoing Prayer for Mama Carmen Billones. She has liver cancer and it has metastasized into her pancreas. Dr. Ruel and Billy need your prayers for her comfort and wellbeing to heal (Billy Van Orman).
- Ongoing Prayer for Bill Hayes. Prayers for recovery after shoulder surgery (Suzanne Schmidt).
- Ongoing Prayer for Maggie's Dad. Continue to pray for my Dad who is recuperating well after his fall (Maggie).
- Ongoing Prayer for Dawn Oler, our dear friend, who is having surgery to remove a tumor. We pray it is benign and her recovery is easy (Terri & Dee Dee).
- Ongoing Prayer for Cheryl's grandmother who is in a coma; pray for Ben who is battling stomach cancer (Maggie).

**Ongoing Prayer Requests:** Please notify Nita at [uccsv@verizon.net](mailto:uccsv@verizon.net) should you wish to change your ongoing requests. Please note that ongoing prayer requests will be removed after one month. Feel free to resubmit your ongoing prayer requests.

## Havruta

Our adult bible discussion group on Sunday mornings at 9am is called Havruta, a Jewish term meaning that we seek to wrestle with God's word by studying, analyzing, and debating the text.

## This Sunday at UCCSV

A good foundation is key to being able to build and grow. Jesus reminded the disciples of this when he told the parable of the man who built his house on stone instead of on sand. Similarly we as a church need to build our community on a strong foundation of core values and beliefs that help guide us through all the seasons of our life together. This Sunday we'll present the new core values that the Strategic Planning Team developed as part of its work to update our mission and values and vision. Thinking about what we truly believe and why we do what we do both as individuals and as a congregation is key to making sure we are building our lives on a foundation that can last. Join us for worship at 10am as we consider core values and why they matter.

## Proposed New Mission Statement for UCCSV

For several months the Strategic Planning Team has been working on wording for a new mission statement and set of core values for our church. You will be asked to vote on the new mission statement at the Congregational Meeting on January 26th immediately after worship.

### MISSION STATEMENT

UCCSV is a progressive and inclusive spiritual community that centers itself in the belief that we are all beloved children of God. We seek to joyfully share Christ's message of hope through creative expression, deepening connections between people, advocating for justice, and serving our community.

## VALUES

We are a welcoming church that is open, affirming, and inclusive. A place where everyone can belong.

We are spiritually courageous and take risks to support the progressive ideals and values that come from our understanding of Jesus' teachings.

We value children and youth and the gifts they bring to the community.

We are innovative and open minded because we believe that God is still speaking and we continue to respond.

We actively care for, support and serve our community.

We believe in spiritual growth and transformation through education and reflection.

We joyfully and creatively express God's love through art and music.

We celebrate diversity as a reflection of God's family.

We actively pursue and advocate for social justice to promote equality and world peace.

We are active stewards of the environment to preserve God's creation.

We practice generous hospitality by sharing food together and feeding others.

## TAG LINES

**Include** all, **express** yourself, **connect** with others, **advocate** for justice, **serve** community. Include, express, connect, advocate, serve.

Come as God made you, believing as you do, and loving all.

## Teachers Needed and Sunday School Curriculum Changes

There are some exciting new curriculum changes in the works for UCCSV's Sunday School for children and youth. We need already background checked teachers to sign up for a Sunday. If you have not had a background check but are interested in teaching, email Holly at [HollyRJackson@gmail.com](mailto:HollyRJackson@gmail.com) to start the process. We also need volunteers to assist Uriah in the Nursery in case we have a surplus of babies and toddlers on any given Sunday. Sign up here:

<https://docs.google.com/document/d/1Xa0KUbirC5Gs78ecsL2kCHOB6RhkPAumV3jw8XmbCAw/edit?usp=sharing>

**The Upper School Class (Grades 6-12)** has been working with new curriculum written by our own Molly Thomason. This is a curriculum that Molly continues to develop based on feedback from the youth about how they best learn and the topics they want to discuss to help they grow spiritually. Each month there is a set of two new lessons based on a bible passage and question. The first week the youth explore and discuss the passage and question and the second week they delve more deeply into the topic with more hands on ways of learning and spiritual practices. This month's lesson is about "What is Required of You" and focuses on the passage from Micah 6:8. On the 4th Sunday of the month the youth do a service project. This month they will be updating the children's worship bags.

**The Lower School Class (Grades K-5th)** starts a new curriculum this coming Sunday. We are moving to a "rotation model" style

curriculum. Each month the children will study a particular bible passage. Each week within the month different lessons will do a hands on style workshop around that passage. There will be art workshops, drama workshops, games workshops, science workshops, and music workshops depending on the week. For instance this month the class will be working on the parable of the man who built his house on a rock from the gospel of Matthew. Each week they will read the passage in a different way and this week there will be a music workshop exploring the story, next week will be games, and then on the 26th science. These lessons will be much more involved and hands on for the children (and fun for the teachers to teach) while also giving them a feeling of continuity even if they miss a Sunday or two a month.

## **Vision Board for UCC Seneca Valley**

As part of our ongoing strategic planning process starting this Sunday we will be creating a congregation wide Vision Board. Some of you may be familiar with personal vision boards. This is the same concept but we will all add to this board and we will be free to continue to add to it throughout the month of January. We will provide a variety of magazines for people to look through (feel free to bring more if you have them at home) and we will ask you to respond to the following questions:

1. What does a thriving church look like to you?
2. How can our church serve and transform our neighborhood and/or the world?
3. Where do you fit into this vision? What gifts do you bring and what does it look like for you to be a part of this community?

You can add pictures, words, or phrases. Look through the magazines with these questions in mind and see what things call to you or make you think. Cut them out without judgement. You may not even know why an image seems to

answer one of these questions, but yet you feel it does. Add whatever you cut out to the board. Look at what others have added and consider it throughout the week, see if new images or ideas come to you. Feel free to add them the next week. Let's see what we come up with together with God's help! The Strategic Planning Team will use this vision board to continue to create a strategic plan for UCCSV and provide recommendations to committees as appropriate.

## **Going Deeper Spiritually in 2020**

Pastor Holly is looking to create a small group of people, no more than 8-10, who are interested in taking a new journey together in the new year. This group would meet monthly and focus on a particular spiritual discipline. It might be a particular way of reading the bible or a way of praying or a way of interacting with people or a social justice task. During the meeting we would explore the discipline and talk about what it might mean to live out this practice in daily life. We would then commit to doing this practice for the next month relying on each other's support throughout the process. At the end of the month we would discuss our experiences and then explore a new discipline for the month to come. As this is trial group members would be asked to commit to meet once a month for 6 months and our meetings would be planned at a time and place best for the participants. The main idea is to create better connections between people and to allow people to explore all kinds of spiritual disciplines in a supportive atmosphere. Are you interested in learning more? Contact Holly at [HollyRJackson@gmail.com](mailto:HollyRJackson@gmail.com) for more information or to commit to being a part of this new trial group.

## **January Food Donations: Comfort Food Macaroni and Cheese**

During the month of January we will be collecting donations of Macaroni and Cheese for Germantown Help, a local food pantry that provides meals and other assistance for people in our area. In the dark, cold of winter we all love some comfort food like macaroni and cheese. The pasta dish is a staple of the food bags Germantown Help gives to all their clients. So this winter let's give a little comfort to our neighbors and provide them with boxes of macaroni and cheese.

## **Congregational Meeting Sunday, January 26th After Worship**

All members of UCCSV are requested to join us after worship on Sunday, January 26th for an important congregational meeting to discuss the budget for 2020 and also the proposed new mission statement for our congregation. All are welcome to attend this meeting, which will start directly after worship in our sanctuary. Members of the congregation will then be invited to vote on these crucial issues. Help shape the future of YOUR church by being a part of this process!

## **Volunteers Needed ASAP!**

We are in need of Liturgists and Ushers for February. If you are available, please sign up on the bulletin board outside the church office. Many thanks for all you do!

## **Interested in Learning More about Chautauqua Institution?**

Chautauqua Institution located between Erie, Pa and Buffalo, NY is often referred to as "America's number one educational, cultural, recreational, and spiritual vacation". The "season" is nine weeks each summer with a different theme for each week. The UCC has two guest houses located on the grounds. Dan Davis and Suzanne Schmidt have been taking in the delights of Chautauqua for over 20 years. They will be holding an information session during Fellowship Hour on January 19. So, grab a cookie and join the discussion about this remarkable place. (If you are interested in going this summer, housing applications for the UCC guest houses are due Feb. 1. You can apply later but the houses get full quickly.)

## **Accompaniment Training**

Sanctuary DMV  
Immigrant  
Accompaniment  
Training  
Sunday, Jan 19th, 1:30-  
3:30 pm  
at  
UCC of Seneca Valley  
13421 Clopper Rd,  
Germantown, MD  
20874



Sanctuary DMV is a volunteer group that advocates for immigrants and marginalized communities in DC, Maryland, and Virginia. The group resists policies and policy proposals that target and aim to deport millions of undocumented immigrants and discriminate against Black, Indigenous, Muslim, Latinx, and LGBTQ+ people.



There have been several cases of migrants being detained after going for a routine Immigration and Customs Enforcement (ICE) check-in. They literally disappear without being allowed to inform their friends or relatives, creating panic among their loved ones.

By volunteering to accompany migrants to ICE check-ins, immigration, and other court hearings, you are showing solidarity and helping to ease the anxiety of interacting with the legal system, reducing the likelihood of detention with your presence, and - if the person with you is detained - keeping relatives or lawyers informed and potentially activating deportation defense actions that Sanctuary DMV and their partners can take. All this will be a huge help to efforts to find ways to stop the actual deportation. Language skills other than English (especially Spanish), and access to a car, are highly useful but by no means necessary.

***Experienced Sanctuary DMV members will conduct "Accompaniment Training" for new volunteers to explain what to expect, and the roles and responsibilities of those who can accompany people to ICE check-ins or immigration court appearances in***

***Baltimore.***\* Appointments are during working hours on weekdays. In many cases waiting times are quite long, so you may need to block off several hours or an entire day.

Sanctuary DMV is particularly interested in broadening its team of volunteers in Upper Montgomery County. UCC of Seneca Valley is supporting their efforts by hosting a training session in Germantown, Maryland on Sunday, January 19, 2020 from 1:30 to 3:30 pm.

To register, please complete the form at: <http://bit.ly/germantown-accompaniment>

\* Sanctuary DMV Accompaniment Volunteers from other areas also support trips to the ICE

field office in Fairfax, VA and immigration court appearances in Arlington, VA.

## Women's Retreat!

Yes, the good news is we have a reservation for a Women's Retreat at Am Kolal for May 1-3 weekend! Please mark your calendars and watch for additional info closer to the date.

We had a retreat at this site several years ago and decided to return to this comfortable, nearby location this year. The price will be dependent on our numbers but will be less costly than last year as we will do our own cooking (yay, we already have volunteers).

Hope you can set time aside for this special time together with other women in our church family.

Check with Pam Van Prooyen or Susan Percy with questions.



Jan 15, 2020 12:58 PM

[Matthew Fullen](#)

Greetings,

We are a team of researchers at Virginia Tech in Counselor Education, Marriage and Family Therapy, and Gerontology. As you know, Medicare recipients are unable to use their Medicare coverage to receive mental health care from Licensed Professional Counselors (LPCs) and Licensed Marriage and Family Therapists (LMFTs).

My colleagues and I are conducting a research study aimed at understanding the experiences of Medicare recipients who have attempted to seek mental health care from a LPC/LMHC or LMFT,

but who are unable to receive this care due to Medicare reimbursement issues. The goal of this research is to understand the impact this has on Medicare recipients, as well as any hardships that they face due to limitations to which mental health providers they can see. Ultimately, our work is intended to support professional advocacy efforts focused on helping Medicare beneficiaries get the mental health care they need and including LPCs/LMHCs and LMFTs in the Medicare insurance program. We are currently scheduling 60-minute phone interviews with Medicare beneficiaries. As compensation, we are offering \$20 to those who participate in the phone interview.

In order to conduct this research, we need your help! Do you know of any Medicare beneficiaries who may be interested in participating in our study? If so, we would greatly appreciate you forwarding this email and/or the attached study information sheet to those individuals for their consideration.

If you have questions about this study or would like additional information about what participating in it involves, please see the attached study information sheet and/or contact the lead researcher, Matthew Fullen, at [mfullen@vt.edu](mailto:mfullen@vt.edu), or 540-231-8652.

Thank you for your time and assistance!

Regards,

*Matthew Fullen, Ph.D., LPCC*  
*Nancy Brossoie, Ph.D.*  
*Megan Dolbin-MacNab, Ph.D., LMFT*  
*Gerard Lawson, Ph.D., LPC*  
*Jon Wiley, M.S., LPC*



**MEDICARE ADVOCACY**

**RESEARCHERS AT VIRGINIA TECH**  
 ARE INVESTIGATING THE IMPACT OF THE MEDICARE MENTAL HEALTH COVERAGE GAP

**1989**  
 Medicare mental health provider regulations last updated in 1989

U.S. Congress, COMMITTEE ON LABOR AND HUMAN RESOURCES, SUBCOMMITTEE ON DISABILITY AND ASSISTANCE TO PEOPLE WITH DISABILITIES, HEARING ON THE MENTAL HEALTH COVERAGE GAP, 100TH CONGRESS, 1ST SESSION, 1987

**MORE THAN 50%**  
 Practicing counselors reported turning away Medicare beneficiaries who sought access to mental health care

**NEARLY 40%**  
 Reported referring existing clients due to a client qualifying for Medicare

Fullen, M. E., Lawson, G., & Starnes, J. (in press). Analyzing the impact of the Medicare coverage gap on counseling professionals. *Journal of a National Association of Counseling & Development*.

**RURAL MENTAL HEALTH**  
 Rural communities experience compounded effects from LPC and LMFT exclusion from Medicare

Lawson, G., Fullen, M. E., Starnes, J., & Dolbin-MacNab, M. (2014). Supply and distribution of the behavioral health workforce in rural America. *State Policy Brief*. Seattle, WA: Western State Health Center, University of Washington.

**NEXT STEPS**  
 Talk to Medicare recipients who have attempted to seek mental health care from a LPC/LMHC or LMFT using Medicare benefits

**CONTACT:**  
 Dr. Matthew Fullen  
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 540-231-8652  
[agewellcounseling.org](http://agewellcounseling.org)

**PLEASE READ BELOW FOR MORE INFORMATION.**

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## Calendar

Mens Breakfast (9am) – Jan. 18  
 Learn more about Chautauqua Inst. (11am) – Jan. 19  
 Immigration Appointment Accompaniment Training  
 (1:30pm) – Jan. 19  
 One Anothering Group (10:00am) – Jan. 25  
 Congregational Meeting – Jan. 26  
 PFLAG (2:30pm) – Jan. 26  
 Trustees Meeting (6pm) – Jan. 26  
 Council Meeting (7pm) – Jan. 26