



Spirit News

January 25, 2018

United Church of Christ of Seneca Valley
An Open and Affirming Congregation
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Prayer Requests

- Prayer for all those marching at Womens March for justice on January 20. May there be peace and shouting that will help to facilitate change for God's good (Deb Anderson).
- Prayer for the people of Hawaii who feared for their lives due to an errant message of nuclear bomb heading toward them. Bring them peace. Continued prayers for those in California devastated by mud slides (anonymous).
- Prayer for Ulric Domingo for his fast and complete recovery from his right knee surgery to repair torn ACL. May he receive the blessings of patience and grace as he waits for the full use of his right knee (Domingo Family).
- Prayer for Charlie, a good friend of Kristin & Terrell, who is in a coma during his time teaching in China. Prayers for him to be able to recover and return home (Kristin Smith).
- Ongoing Prayer for Wayne Miller (Heidi's boss). Pray for health and healing for Wayne as he faces health challenges (Heidi Harmon).
- Ongoing Prayer (thru January) for Les Fraley. Prayers for Les as he reaches the half-way point in receiving radiation treatment on an aggressive tumor on his lip – bring him comfort (Bob Fraley).
- Ongoing Prayer for Women's Retreat and its participants (Shelly Moore).
- Ongoing Prayer for the political situation in Kenya as they are going through ethnic violence since post election (Maggie Nyamweya).
- Ongoing Prayer for the pain and suffering of so many in our congregation, DC metro area, and those impacted around the world by disaster, catastrophe and hunger (Shelly Moore).

- Ongoing Prayer for Stephen to find a job closer to home to shorten his long daily commute (John Bartkowiak).
- Ongoing prayer for Laurene Karimi who is battling stage 3 breast cancer with so much courage (Terri Molaski).
- Ongoing prayer for Phyllis Anderson and family. Phyllis is declining with dementia. Surround her and her daughters who are caregiving. Please grant them patience and peace (Deb Anderson).
- Ongoing Prayer for Patti and Gary Dennison who are suffering through severe illness and very difficult times (Andrea Dennison).
- Ongoing Prayer for Michelle Cohen – Has multiple myeloma (Terri Molaski).

Ongoing Prayer Requests: Please notify Nita at uccsv@verizon.net should you wish to change your ongoing requests. Please note that ongoing prayer requests sent anonymously will be removed in one month.

Prayers for Helen Hanes and Lois Sumser and a Reminder about Pastoral Care

Please keep Helen and Lois in your prayers. Helen continues to recover and gather her strength at the Wilson Health Care Center at Asbury Methodist Village in Gaithersburg. She is doing well but welcomes your cards, prayers, calls and visits. Cards can be sent to her home and if you need information about how to contact her or visit while she is in rehab please contact Holly at 202-247-8592.

Lois Sumser suffered a heart attack this past Tuesday morning. Thankfully she was able to get help right away and underwent surgery at

Shady Grove Adventist Hospital that afternoon. It is expected that she will make a full recovery, although it was quite the scare for her and Tom. Lois is expected to return home from the hospital this week. Cards and prayers are welcome.

These events offer a time for me to remind you that you are welcome to contact me at any time for pastoral care. I am happy to visit members and friends of UCCSV at the hospital or at home as needed. The best way to contact me in the event of an emergency is my cell phone (202-247-8592). You can either call or text me. Please do not be afraid that you will bother me. This is a part of my job that I am more than happy to do and if I cannot visit for some reason then I will coordinate with the Deacons to make sure you get the support you need. We hold each other up here at UCCSV as I know both Helen and Lois have experienced during their illnesses. Thank you for being a congregation that truly cares for its members and friends!

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.

For this Sunday our focus will be on Psalm 62:5-12, Jonah 3:1-5,10 and Mark 1:14-20

Community Office Hours

For the new year there is a change in Holly's Community Office Hours to try to allow for more congregational participation. You are welcome to join Holly for lunch and conversation (perhaps even about this week's sermon, or for any topic you prefer) on Fridays from 12pm-1:30pm at the Panera Bread on Century Blvd in

Germantown. If this date and time doesn't work for you or you would like a more private meeting, Holly is happy to meet in her office Monday, Wednesday or Thursday, or come to your home on your schedule. Please call to make an appointment.

Game Night!

Save the Date! Friday, January 19th is Game Night at UCCSV. Last year over 30 of us had a great time playing games together of all different kinds. So please come join us and bring a friend! We'll play from 7-9pm. We'll have snacks and drinks and some games. Bring a few of your favorite games along too!

This Sunday at UCCSV

Sometimes when we see the world around us and all its struggles, it's tempting to think that God is far away, that God has maybe given up and moved on. But the Bible reminds us that God is ever present, and ever interested in the world God created. In fact, God is often trying to communicate with us, to call us to new and abundant life. In this week's scriptures we will hear about Jesus calling the disciples and Jonah calling on the people of Nineveh and their immediate responses. It's easy to celebrate these stories but more difficult to live them. Could we listen to God's call on our lives and then drop everything to respond to it? What might that be like? How do we even begin to take the first steps towards hearing the call? Join us this Sunday for worship and find out! Holly will preach. The choir will sing about responding to God's call. During Children's Time we will fish for fish and people. Warm your soul during this cold winter and be a part of a community where all are welcome.

Annual Budget Meeting

This year's Annual Budget Congregational Meeting will be held after service this Sunday, January 21, 2018.

Lent Devotionals

Order your 'Lovers and Fools' Lenten Devotional directly from the UCC.org website and receive free shipping! Cost is \$6.50.

<https://www.uccresources.com/products/2018-lent-devotional-the-stillspeaking-writers-group?variant=1580696240143>

Ladies Night Out

Save the date! Monday, January 29, we will be having Ladies Night Out at Mama Lena on Clopper Rd starting at 7pm. We usually dine on pizza & salad. The price is typically \$12-\$15, beverages are extra. There is a signup sheet on the "Coming Attractions" bulletin board near the Gathering Room.

UCCSV is an inclusive community. Members who identify in any way with the Ladies of our community, you are encouraged to come.

Life Line Screening

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? If you answer "yes" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build-up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause



of stroke. We are pleased to host this Life Line Screening event 2/2/2018 at United Church of Christ of Seneca Valley. Register for a Wellness Package with Heart Rhythm for \$149. All screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441 or go to:

www.lifelinescreening.com/communitycircle or text the word **circle** to **797979** for more information or to pre-register.

Confirmation Class

We kicked off this year's confirmation class with 10 youth! We can't wait to see how this class evolves and what they learn and in turn teach us about God and community. Now it's time for you to become part of this amazing process. **Please sign up on the "Coming Attractions" bulletin board to help provide lunch for our confirmands and teachers.**

Be sure to ask the confirmands what their experience has been so far and be sure to share with them a story of your faith journey. This is a church wide effort as these youth are all our children. Make a difference and get involved today!

One Anothering

On Saturday, January 20, the One Anothering Women's group will be hosted by Luz Granada.

We have a light brunch and discuss the scripture that will be used in Sunday's service and usually address a question posed by the host to spur discussion. It's a good time for fellowship and a time to get to know each other outside church. We meet once a month and take turns hosting.

We are open to new members - just please let me know you will be coming by sending an email to luzmagranada@gmail.com or giving me a call.

-Luz Granada

Women's Retreat Update!!!!

Am Kolel Retreat Center, Bealsville, MD
March 2nd through 4th

Ladies mark your calendars! The Committee for the Women's Retreat has been working hard planning a weekend of renewal and fellowship. This year's theme will be, "OWNING OUR GIFTS."

The cost of the retreat is \$100.00 which will include lodging, all food and materials for the weekend.

Registration forms are available and accepted with payment. Because there is a limited amount of space we encourage sign-up as soon as possible. Scholarship funds are available if needed; please see Pastor Holly. We are working on "Annex" plans if we find that there is a resounding interest; we don't want anyone left out.

Please see Pam Van Prooyen regarding registration.

Calendar of Events

Family Game Night (6:30pm) – Jan. 19
Men's Breakfast (9:00am) – Jan. 20
One Anothering (10:00am) – Jan. 20
Annual Budget Congregational Meeting
(11:30am) – Jan. 21
Lord's Table at St. Martins (1:00pm) – Jan. 23
Social Action Committee Mtg. (11:15am)
– Jan. 28
Sunday School Teacher Training (11:30am)
– Jan. 28
PFLAG (2:30pm) – Jan. 28
Ladies Night Out (7pm) – January 29

Pulp Pilgrims Book Group

Pulp Pilgrims Book Group is currently reading *Born a Crime: Stories from a South African Childhood* written by Trevor Noah and published in 2016. Save the date: February 18 at 11:30am in the Narthex.

Volunteers are Needed

We need your help! Havruta leaders and Ushers are needed for February. Please consider signing up this weekend on the bulletin board outside the church office.