



# Spirit News

January 25, 2018

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

- Pray for Claudine that she is able to see the orthopedist and he will be able to help her so she can have some quality of life and not live in constant pain (anonymous).
- 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](mailto: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.*

## 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 Deuteronomy 18:15-20 and Mark 1:21-28

## This Sunday at UCCSV

As a kid you probably heard the saying, "Sticks and stones may break my bones but names will never hurt me." Most of us, as we grew up, realized that this was a lie. For words are powerful. Names are powerful. And they can help or hurt. This Sunday at UCCSV we will explore what it means to be a prophet and how words make a difference and can bring pain but also healing and hope. Holly will preach. The choir will sing a beautiful classical piece called "How Lovely are the Messengers". Don't let the winter doldrums get you down. Come to church and find your purpose and joy in community and God. Stay after worship to meet with the Social Action Committee or to attend Teacher Training for Sunday School teachers and youth leaders. Make a difference in your life and the lives of others this Sunday!

## Facebook and Social Media

Are you on Facebook? Are you a member of UCCSV's group page? Are you connected to our public Facebook page? We share a lot of information on both pages. We share prayers and devotionals that keep our community connected and make you think. We announce events and tell you what is happening at church. We post photos that celebrate who we are and how we feel called to work in the world. If you are on Facebook but are not interacting with our church pages, you are missing out!

Facebook recently announced that it will be changing the things you see in your newsfeed to show you more posts from your friends and family and less from pages by businesses or organizations. If you would like to continue to see what is on the church's pages, please set your notifications to alert you when we have a new post and/or regularly interact (comment, like share) with the posts you do see so that Facebook will be sure to show you more of them. Interaction with any post makes it more visible to everyone.

Also a reminder that I am on Facebook and am happy to be your friend but only if you request it. I will not friend request you in order to give you the power to control your feed and whether your pastor sees what you post or vice versa. Just FYI, on my personal page I may be more political and I post lots of pictures of my family goings on. But I am happy to have you be a part of that if YOU want to. So request away, or don't, and I won't be offended at all.

Finally, if you are a Social Media person and would like to help contribute to our FB feed or help us expand our media reach to other platforms like Twitter, Instagram, Pinterest, and more, please let me know. I would LOVE some help! - Pastor Holly

## Lent Devotional - Lovers and Fools

Every Advent and Lent the UCC Still Speaking Writers group puts out a special devotional to help you get more out of the church season and help you go deeper on your spiritual journey. This year's Lent devotional is entitled *Lovers and Fools* (a nod to the fact that Ash Wednesday is on Valentine's Day this year and Easter Sunday is also April Fool's Day). The church will be ordering a number of these devotionals for distribution to those who would like them. Please sign up on the bulletin board at church and we will reserve one for you. Do not email the office please. We will just be going off the sign up on the board. (Yes, this is a cheap way to make sure you come to church on Sunday. If you are too sick to come to church and it is an emergency then email Holly to get on the list.) This year instead of asking you to pay for each devotional we are ordering a number of copies and you can get them first come first served as you sign up on the board. We ask that in return you put an extra \$5 donation in the offering plate on Sunday but you do not need to label it at all. If you do not have the funds, the book is yours to enjoy regardless. If you would like to order a book to be delivered right to your home, please feel free to order one for yourself at the link below. Shipping is free!

<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 sign-up 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](http://www.lifelinescreening.com/communitycircle) or **text** the word **circle** to **797979** for more information or to pre-register.



## Pasta Month at the Food Bank

The rate of food insecurity in Germantown is among the highest in Montgomery County.

That's just one reason why the UCC of Seneca Valley has supported the Germantown Help food bank for years. If you haven't made a donation before, it's easy. Just bring healthy, non-perishable food items to church and drop them off in the basket in the narthex next to the coat closet.

This month we hope to gather as many boxes or bags of pasta as possible.  
Thanks for your support!

## Free Concert Opportunity!

Come and enjoy an afternoon of music at UCCSV with Kristin Smith and Ginnie Lum on Sunday, 2/11/18, at 2:00 pm! Kristin and Ginnie will share their music as they prepare for an upcoming concert in Pennsylvania at Kristin's parents' church. Flute and piano repertoire of a variety of genres will be performed to warm you up on a winter afternoon! Invite friends, family, and guests to join us!

## 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!

## Women's Retreat

Am Kolel Retreat Center, Bealsville, MD  
March 2<sup>nd</sup> through 4<sup>th</sup>

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.

## 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.

## Calendar of Events

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  
Lifeline Screening (8am) – February 2  
CE Committee Meeting (11:30am) – February 4  
Confirmation Class (11:30am) – February 4  
Deacons Meeting (7pm) – February 5  
Chili Cook-Off (11:30am) – February 11  
Free Concert (2pm) – February 11  
Pizza Night at Ledo's – February 13  
Ash Wednesday Service (7pm) – February 14  
Men's Breakfast (9am) – February 17  
Pulp Pilgrims Book Group (11:30am) – February 18  
Church Council Meeting (6pm) – February 19  
Lenten Soup-ers (6:30pm) – February 21  
Social Action Committee Meeting (11:30am)  
– February 25  
Confirmation Class (11:30am) – February 25  
PFLAG (2:30pm) – February 25  
Lenten Soup-ers (6:30pm) – February 28