



January 05, 2020

Year 2020, Issue 1

## WEEKLY CALENDAR

**Sunday, January 5th**  
**Epiphany Sunday**

9:30 AM Worship Service  
*\*Communion Sunday*

10:30 AM Fellowship Time

11:00 AM Sunday School  
 EVICTED Discussion  
 Interest Meeting

1:30 PM Friends Church

**Monday, January 6th**

3:00 PM Dartball - Home  
 (vs Ormsby Heights A)

**Tuesday, January 7th**

7:30 AM Men's Bible Study

10 AM - 2 PM Pastor's Office Hours

10:30 AM Tai Chi

1:00 PM PAL Committee Mtng

2:30 PM PAL Youth Center

6:30 PM Al-Anon Board Meeting

**Wednesday, January 8th**

2:30 PM PAL Youth Center

6:00 PM Bell Choir Practice

7:00 PM Chancel Choir Practice

**Thursday, January 9th**

2:30 PM PAL Youth Center

7:00 PM Boy Scout Meeting

**Friday, January 10th**

10 AM - 2 PM Pastor's Office Hours

2:30 PM PAL Youth Center

**Saturday, January 11th**

3:00 PM Friends Church

**Sunday, January 12th**

9:30 AM Worship Service

10:30 AM Fellowship Time

11:00 AM Sunday School  
 Confirmation Class

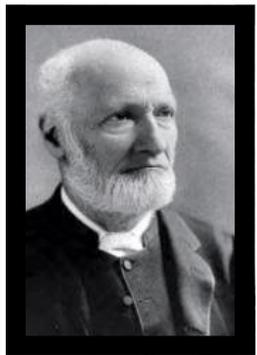
12:00 PM Consistory Meeting

1:30 PM Friends Church

**Philip Schaff:**
**A Christian Committed to  
 Religious Liberty**


Most church people do not fully understand the evolution of religious freedom in American history. Initially many of our colonial ancestors were narrow and self-centered. They protected religious freedom for themselves, but they did not support diversity. Fortunately, as the United States of America took shape understandings of religious freedom expanded.

Today, as views of religions are cultivating conflict, those of us in the United Church of Christ need to remember Philip Schaff (1819-1893). Schaff was born in Chur, Switzerland and educated in German universities. After finishing his studies in 1841, in 1843 he left Europe to teach at the German Reformed Theological Seminary in Mercersburg, Pennsylvania. Many of us know about the Mercersburg movement and the important writings of John Williamson Nevin and Philip Schaff (see the [UCC Roots June 2018](#) essay about Nevin). Schaff helped develop the new liturgy and hymnal for the German Reformed Church in the 1850s and translated a new edition of the Heidelberg Catechism.



Unfortunately, Schaff's work beyond Pennsylvania and Mercersburg is not well known. After the Civil War, he wrote a seven-volume history of the Christian Church, traveled in Europe and explored diverse understandings of religion. In 1870 he became a professor at Union Theological Seminary in New York City—teaching and writing about theology, scripture, and history until his death in 1893. In 1888, he founded the American Society of Church History which is still an active professional society.

In 1887 Schaff wrote book entitled *Church and State in the United States: The American Idea of Religious Liberty and its Practical Effects*. He argued that “our Constitution protects us against the despotism of a state church and guarantees to us the free exercise and enjoyment of religion, as an inherent, inviolable, and inalienable right.” Schaff believed that religion and liberty are inseparable, and both must be protected. The United Church of Christ upholds this legacy.

Source: [ucc.org](#)

Contributor: Barbara Brown Zikmund

**Making Your New Years Resolution Stick**


- 1. START SMALL.** Make resolutions that you think you can keep. Think baby steps.
- 2. CHANGE ONE BEHAVIOR AT A TIME.** Unhealthy behaviors develop over time. Thus, replacing unhealthy behaviors requires time.
- 3. TALK ABOUT IT.** Share your experiences with family and friends.
- 4. DON'T BEAT YOURSELF UP.** Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK.

Source: [apa.org](#)



## 2020 Pictorial Directory

It has been a number of years since we have created an up-to-date photo directory. Instead of having a professional directory company take pictures and pressure you to buying expensive photo packages, we have decided we will create our own directory in-house. Terry Conway will take pictures of you or with your family, then provide you with a few to choose from for use in the directory. You will also be given a digital photo file formatted in the picture size you select for printing by you if desired. The only cost will be the cost of printing the directory and that too can be done in-house.

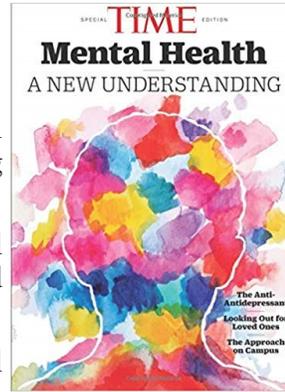
Pictures will be taken after Church and Sunday School in the parlor on January 19 and 26. No appointment necessary. You can dress as fancy as you want, or as casual as you want. The background is a textured light gray and you might want to think about wearing something that will complement the background. You can check it out in the parlor now to give you a better idea of what it looks like. It is anticipated the directory will be available in the spring. If you have any questions, please call Terry at 375-0616.

### TIME Magazine Special Edition: Mental Health A New Understanding

TIME magazine recently published a special edition all about mental health. The edition is packed with new information on understanding mental health, feeling better and helping others.

The magazine delves into depression, addiction and other mental health issues while also telling of new treatments, new research and innovations in the field of mental health.

This TIME special edition is a very informative resource in mental health education. You can pick up a copy wherever TIME magazine is sold or check out a church copy from the Church Administrator's office. We will also be sharing articles from the magazine in the weeks to come.



### EVICTED Book Discussion Group - Interest Meeting, January 12th

Kirby O'Bannon will be heading up a discussion group for the book, *Evicted*. The group will begin sometime after January 12th. If you are interested in being part of the discussion group, there will be a brief meeting this Sunday to discuss meeting times and dates.

### The Christmas Fund Special Offering

Lynnhurst gave **\$1274** for the annual Christmas Fund special offering. The money collected will go toward supporting current and retired UCC pastors. Thank you for your generosity toward this worthy cause!

### In It Together: Statistics on Mental Health

*Acknowledging the widespread experience of anxiety and other mental illness could help pave the way to better care.*

- ◆ **18%** of US adults - some 40 million people - have anxiety disorders, the most prevalent mental illness.
- ◆ **43%** of US adults with mental illness have received mental health services within the past year.
- ◆ **85%** of US adults with a personality disorder have at least one other mental illness.
- ◆ **2 to 4** - times as likely that offspring of depressed parents will develop depression
- ◆ **1 in 22** US adults has a serious mental illness that limits or interferes with major life activities.
- ◆ **\$6 trillion** - projected annual global cost of mental disorders in 2030 - more than the combined cost of diabetes and cancer.
- ◆ **1:1** - Ratio of men to women with social-anxiety disorder
- ◆ **17 million** US adults have experienced at least one major depressive episode in the past year.
- ◆ **50%** of all lifetime cases of mental illness begin by age 14. Three quarters of them begin by age 24.
- ◆ **1** - Depression's rank among the most common causes of disability in the US. The condition is more prevalent in women

Source: TIME Magazine

### SAVE THE DATE!

**EVICTED Discussion Group Interest Meeting**  
January 5th

**PAL Committee Meeting**  
Tuesday, January 7th  
@ 1 PM

**Consistory Meeting**  
Sunday, January 12th  
@ 12 PM

**Pastor Monica Out of Office**  
January 14-18

**PAL Service Day**  
January 20th

**Directory Pictures**  
January 19th & 26th

**Elvis Concert - Troop 209 Fundraiser**  
April 26th

### Birthdays & Anniversaries

#### January

#### Birthdays

- 01/01 Brandalyn Tabor** (PAL Asst Dir)
- 01/05 Mike McConnell**
- 01/06 Lucille Craig**
- 01/10 Mark Bowling**
- 01/11 Kirby O'Bannon**
- 01/13 Nena Whitaker**
- 01/30 Nancy Shannon**

#### Anniversaries

- Dennis & Jennifer Kraha** (8 Years)
- 01/08 Michael & Sherry**
- 01/10 Spencer** (49 Years)
- Jim & Cynthia**
- 01/30 McFarland** (48 Years)