United Presbyterian News

JUNE 2023



Guided by the Word of God, led by the Holy Spirit, and motivated by the love of Christ and all his people, United Presbyterian Church, an intergenerational community, celebrates God's glory by fostering Christian growth.

Therefore, we value fellowship, Bible-centered messages, music, and faith expressed through worship, and commitment to our community.

A WORD FROM THE PASTOR

Dear UPC Members and Friends,

PASTOR One of the ways UPC can grow in faith and in community is through learning to listen empathetically to each other. It takes mature disciples

of Christ to empathetically listening to others. Not only is it a sign of your spiritual maturity it will assist others in growing in their own spiritual maturity. When we empathetically listen to others we give them the safe and inviting space to say out loud the things that are keeping them from receiving and sharing God's love-- their deep fears, hurts, and resentments. Being heard and felt brings healing to our broken trust system.

So how do we listen in such a way that people feel heard and felt enough to speak the truth about their lives? Here are three keys to empathetic listening:

1. Check your ego at the door. A 2013 study from the Max Planck Institute revealed that the main obstacle for having empathy is when we project our feelings on other people. This projection of our feelings is referred to as emotional egocentricity bias (EEB), which is the tendency to rely too heavily on one's own perspective and/or have a higher opinion of oneself than reality. The Apostle Paul wrote, "Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves." (Phil. 2:3)

I am not saying we are all egomaniacs, but we live in our own perspectives most of the time. Even our mood when we are speaking to someone can impact how we hear people. The 2013 study showed that if a person was in a happy mood that they assumed that everyone else they spoke to must also be happy. Our feelings and perspective color the way we see and hear others. We have to check our egos at the door and allow the other persons' perspectives to rise to the top of our perceptions.

2. Pay attention to feelings. While it is very important to listen to the words another is speaking, it is their feelings that carry the deeper meaning. We must tap into our ability to feel what other people are feeling to truly understand what is being said.

Being able to parse out another person's feelings from your own requires a degree of self-differentiation, the ability to distinguish your feelings from the feelings of others. We must be aware of our own feelings in the moment. This awareness then helps us to tap into another person's feelings without losing our sense of self.

3. Realize that transformation comes from their words about their life not your words. This is a hard thing for most of us to accept. We so often think we know better and so our tendency is to dispense advice and solutions.

Psychiatrist Curt Thompson wrote, "Transformation requires a collaborative interaction, with one person emphatically listening and responding to the other so that the speaker has the experience, perhaps for the first time, of feeling felt by another." Speaking and being heard and felt by another person leads to healing and ultimately transformation.

Nothing can replace the power of empathetic listening. It's less important what we have to teach others and more important to give others the space to speak the words they need to be heard with affirmation and encouragement.

If you need an empathetic ear, just give me a call. Pastor Paul

June 2023

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3
			8:30 a.m. Bread Ministry 3-4p.m. Chair Yoga 4:30-5:30.p.m. Yoga 9 a.m12 p.m. OUTREACH @	Office closed	
5	6	7	8	9	10
5:30 p.m. Inreach Mtg.		5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Hand- bells	8:30 a.m. Bread Ministry 3-4p.m. Chair Yoga 4:30-5:30.p.m. Yoga	Office closed	
12	13	14	15	16	17
5:00 p.m. Upreach 5:30 S&F 5:30 CYM 6:00 Property 6:00 Safety		5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Hand- bells	8:30 a.m. Bread Ministry 3-4p.m. Chair Yoga 4:30-5:30.p.m. Yoga	Office closed	
19	20	21	22	23	24
		5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Hand- bells	8:30 a.m. Bread Ministry 3-4p.m. Chair Yoga 4:30-5:30.p.m. Yoga	Office closed 6-8 p.m. Children's night	
26	27	28	29	30	
	6:30 Stitchery	5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Hand- bells	8:30 a.m. Bread Ministry 3-4p.m. Chair Yoga 4:30-5:30.p.m. Yoga	Office closed	
	5 5:30 p.m. Inreach Mtg. 12 5:00 p.m. Upreach 5:30 S&F 5:30 CYM 6:00 Property 6:00 Safety	5 6 5:30 p.m. Inreach Mtg. 12 13 5:00 p.m. Upreach 5:30 S&F 5:30 CYM 6:00 Property 6:00 Safety 26 27	5:30 p.m. Inreach Mtg. 12 13 14 5:00 p.m. Upreach 5:30 s&F 5:30 CYM 6:00 Property 6:00 Safety 19 20 21 5:00 p.m. Handbells 19 20 21 5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Handbells 26 27 28 5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Handbells 26 5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Handbells 26 5:00 p.m. Prayer Mtg. 5:30 p.m. Choir Rehearsal 6:15 p.m. Handbells	1	1

The Institute for American Church Growth asked 10, 000 people what led them to the church where they had an opportunity to enter into a relationship with Jesus Christ.

2%—Special need

3%—Walk-in

6%—Pastor's influence

1%—Home visit

5%—Sunday school

5%—Evangelistic crusade

3%—Special Program

79%—Influence of a friend or relative

For the safety of our children, <u>ALL people</u> who work with our children are put through a background check!



CHILDREN'S CORNER

The Saturday before Easter the church hosted an egg hunt. First the children went into the sanctuary to hear a book about the meaning of Easter read by Marcie Penland. She also taught them a song. The youngest kids then went with Melanie Marsh to the yard behind the church to find Easter eggs. The older kids found every egg hidden in the front and side yard within about 5 minutes.

Many thanks to members who filled the eggs with treats and those who "hid" the eggs. Special thanks to Marcie and Pat Penland for distributing flyers about the event to the apartments across from our church.



Blessing Box Food Pantry

We are continuing to collect food items for our food pantry. The most popular items appear to be pop top cans of ready to eat, nonperishable foods such as soup, peanut butter, Ravioli, Spaghetti O's, fruit cups and tuna. Also, with the summer heat approaching, please consider donating bottled water as well. Thank you for your ongoing support of this effort.

Father's Day Honorarium

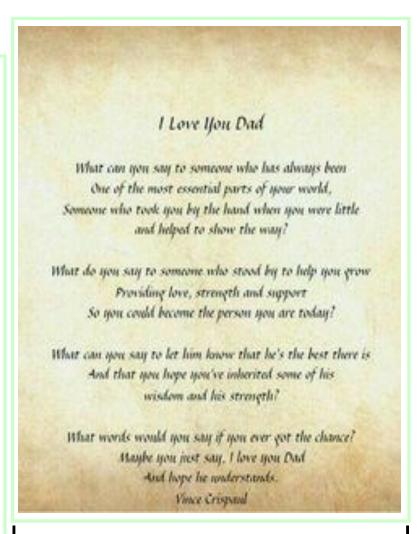
Once again, there will be an opportunity to honor your father, grandfather or any other man who has made a significant impact on your life. There will be a table set up in the Commons for you to place a photo of a special man and make a donation in his honor or memory. All donations will be given to Boys and Girls Club to help with scholarships for their summer programs.

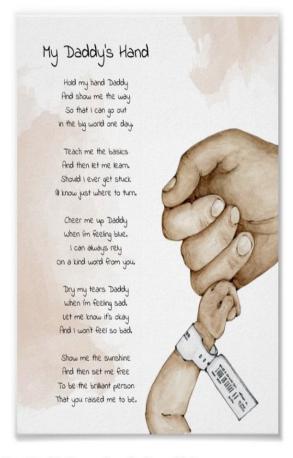
Noisy Offering

The Noisy Offering for the 2nd quarter will be the GISD Teachers' Supply Closet. You can either drop your coins in the bowls beginning April 9 (and every 2nd Sunday of the month) or donate from this list (or both).

The most needed items are:

Colored pencils (Crayola brand if possible)
Kleenex
Colored dry erase markers
Erasers for dry erase boards
File folder labels
Name tags (peel and stick)
Bulletin board decorative borders
Paper pocket folders with brads







CONGRATULATIONS UPC GRADUATES

AMELIA GEER, RAYNA PETTY AND

BRADEN CASTILLO

PICTURE ABOVE ARE:

Pastor Paul, Rayna Petty, Amelia Geer and Braden Castillo













Р	U	Ν	I	V	E	R	S	ı	Т	Υ	Т	Р
s	Н	0	U	Т	С	E	Р	s	E	R	s	F
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L	0	М	0	Т	Н	E	R	Α	Α	Н	Α	U
Α	-1	В	Α	G	E	L	С	R	L	G	Н	G
R	Т	L	Т	D	Т	Т	Т	L	G	- 1	×	н
E	Α	- 1	0	S	s	M	L	Z	I	Ν	E	т
G	R	М	Т	S	Α	E	Y	U	E	Р	0	Ν
Ν	Α	- 1	Α	J	Т	0	U	1	D	Н	s	R
Α	Р	Т	L	K	С	- 1	Т	s	E	Α	E	E
R	E	M	Α	- 1	Ν	Н	E	Α	L	Т	Н	F
R	S	U	Ν	S	E	Т	R	0	М	U	Т	E
Α	G	D	Р	R	0	Т	E	С	Т	0	R	R

adult	gala	mode	refer	start
alien	gasp	moon	remain	stick
arrange	gate	mother	repel	sunset
	glare		respect	
bagel		neither		taste
	health	night	sate	toast
	heart	nope	separation	total
eclipse		novel	shout	tumor
exhaust	limit		slur	
	lost	protector	solar	university
fought			speed	yeast

THE FORCE WAS WITH UPC MAY 21ST CHILDREN'S SERMON

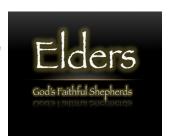






"In the darkest days, when I feel inadequate, unloved and unworthy, I remember whose daughter I am, and I straighten my crown."

JUNE PAT PENLAND

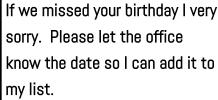


Children's Church is being held for children from the ages of 4 through 5th grade. Following the Children's Sermon children will go with the leader to the children's area for worship.

Children's Church

Parents are asked to pick their children up after the worship service is over.

JUNE BIRTHDAYS





9 Ann Jarvis

11 Jeff Wasson

13 Austin Sanders

23 Jace Kilmer

29 Chrysteen Watts



GREETERS FOR JUNE

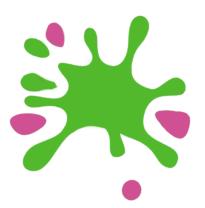
June 4 Sharon Leonard June 11 June 18 Kathy Hogue June 25 Jane Goulding

TRIVIA NIGHT WINNERS TEAM SECOND GUESSERS KATHY HOGUE, SUSIE GEER AND RAY LANCASTER



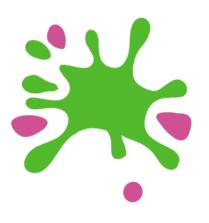












Safety Team Members

John Wasson - Leader

John Hill
Silas Hill
Jon Geer
Anthony Morgan
Bob Mudie
Vicky Stauff
David Williams



Medically Trained Congregation Members

Tannie Brooks Stephanie Hogue Rachel Lancaster Joe Rutherford

Safety Team Member Responsibilities

Two Safety Team members will be designated to perform certain duties in the sanctuary, commons area and church perimeter. These members will be listed in the bulletin insert and will wear safety team badges.

Sanctuary Team Member – This team member knows the locations of fire extinguishers, fire alarm pull boxes, first aid kits and the Automated External Defibrillator (AED). They are knowledgeable of escape routes and sheltering procedures in case evacuation is necessary. If a medical emergency occurs, they will assist medically trained personnel as directed and call 911 if necessary.

Commons/Perimeter Team Member – This team member will ensure the nursery is safe and will lock doors not used as primary entrances. All locked doors can still be opened from the inside. The safety checks include other areas such as the kitchen, classrooms and open closets. This member will remain in the commons area during the service and occasionally check the parking lot.

NOISY/QUIET OFFERING

The noisy offering for April, May, and June, 2023 will go to the GISD Teachers' Supply Closet. You can either drop your coins in the bowls every 2nd Sunday of the month or donate from the list (or both). The most need items are:

Colored pencils (Crayola brand if possible)
Kleenex
Colored dry erase markers
Erasers for dry erase boards
File folder labels
Name tags (peel and stick)
Bulletin board decorative borders
Paper pocket folders with brads

MENTION

SECOND QUARTER 2023 NOISY OFFERING



The noisy offering for April, May and June, 2023 will go to the GISD Teachers' Supply Closet. You can either drop your coins in the bowls beginning April 9, (and every 2nd Sunday of the month).



Don't forget. . .

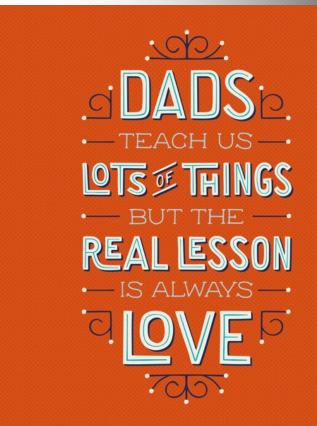
The third Sunday of the month to support Goodland Academy

Don't forget to like the church's Facebook page! Search United Presbyterian Church - Greenville follow and like. Then invite all your Facebook friends!



Upper Room Devotional Books

The Upper Room daily devotional is available for free at www.upperroom.org. Perhaps church members who use their computers daily would rather use an electronic device to read the upper room.



OFFICE HOURS

Monday - Thursday 9 am to 12 pm 1pm to 5pm

Wednesday 9 am to 2:30 pm

Friday office is closed

Special Event Checklist United Presbyterian Church

When preparing for a special event to occur on the UPC property, please be sure to:

Contact the administrative assistant to make sure there is no calendar conflict.
Send event information to the administrative assistant to be added to church communications in a timely manner.
If the event is open to the public, coordinate promotion as appropriate.
Notify the chair of the safety team to coordinate the safety needs of the event.
Identify someone to open and close the event. (Locks, lights, and alarm)
The sponsoring church group or member for the event will be responsible for setting up, breaking down, and cleaning up.
The sponsoring church group or member for the event is responsible for any necessary food and drink purchase, preparation, and clean up.
Coordinate any A/V needs with the Tech Team chair.
If you have any music needs, please contact the music coordinator.
If you have any receipts that require reimbursement, please fill out an Expense Voucher and turn it into the administrative assistant.
If this event involves fundraising, session approval is required first.
If the event is a non-church event whether from an outside group or members of the church, get a
building usage form from the administrative assistant. It must be submitted and approved by the session, prior to scheduling the event.

NOTES FROM THE OFFICE

OFFICE PROCEDURES:

Procedure for purchases or expense reimbursement

- 1. Member or staff person must obtain and complete an "Expense Voucher" and return it to the Administrative Assistant prior to purchase.
- 2. Administrative Assistant will review and confirm that enough money is in the appropriate budget category.
- 3. Administrative Assistant will make the purchase using church accounts thus saving sales tax and taking advantage of any church discounts.
- 4. If the purchase is going to be made by someone other than the Administrative Assistant that person should get the UPC tax number and present it to the seller to avoid paying sales tax.

EQUIPMENT AND FACILITY MANUALS:

Forms are in the office to be filled out for the follow:



Equipment checkout book (to keep track of equipment used/removed from UPC property)

Facility use manual (forms/information for parties, weddings or anniversaries etc.)

DEADLINES:

Newsletter articles need to be turned into the office by the 24th of each month.

GENERAL INFORMATION:

If you are in need of an IRS letter for taxes, please turn in your receipts to the office and a letter will be mailed to you.

OFFICE HOURS

Monday, Tuesday, and Thursday
9 am to 12 pm
1pm to 5pm
Wednesday 9 am to 2:30 pm
Friday OFFICE CLOSED

Dad

Missing you on Father's Day

A dad's love is special
A gift beyond compare
You only know the
meaning
When he is no longer there.

A special time
A special face
A special dad
I can't replace
With an aching heart
I whisper low
I miss you dad
And love you so.

www.facebook.com/LiteACandle



SOUL CARE

When a garden has been well planned, well tended, and maintained, it becomes a work of art. And it obviously requires work. Young trees have to be staked so they grow strong and tall, undeterred by the forces of wind and rain.

Hedges must be trimmed and shaped rather than allowing them to grow at odd angles.

Flower beds require weeding to make sure that only the desired blooms receive the nourishment the soil has to offer. Gardeners know their tasks produce health, beauty, and fruit in the plants and trees they're devoted to nurturing.

Our Christian faith requires the same kind of attention. We need nourishment from God's Word, the light of His presence, and the Living Water of Christ's love. We also need pruning from time to time, straightening and correcting. We must weed our temptations and harmful influences that would pull us away from our first love.

As every gardener knows, their craft requires daily practices. Today, make sure that you're tending your soul with all that it needs to flourish and bloom.

"So, then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Colossians 2:6-7



Dear God,

Whatever doesn't look like you that is magnifying itself in me, whatever doesn't show your grace that is magnifying itself in me, lord take it away. Today I surrender all to you because I can't do it on my own. Your word says not by power nor by might but by your Spirit. Lord, let your spirit guide me. Lord, when I fall I know you are there to pick me up. Pick me up from this lowly place, pick me up from this dark place, pick me up from the dry season. Father, show me the way to go, lift off the veil that has kept me blinded from seeing the great things you have for me. This is my time of restoration, my time of regaining all that I lost, my time of triumph, and my time of victory. You will cause me to sing a new song this season because you have prepared a table before my enemies to see your great works in my life. Glory to your mighty name. This I pray in Jesus' name,

amen



JUNE OPENINGS AND CLOSING

June 4 Pat Penland June 11 Marsha Fincher June 18 Sonja Hill June 25 David Williams United Presbyterian Church
5905 Stonewall Street
Greenville, TX 75402

JUNE 2023 NEWSLETTER