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A monthly newsletter for members and friends of University Presbyterian Church January 2015

## Pastor's Column

This holiday season our church received two cards which I wanted to share.

The first was from Getrude Chimhungwe, a student who was part of the manse program a few years ago. A citizen of Zimbabwe, Getrude graduated from the School of Pharmacy at UB and now lives in St. Louis, Missouri with her husband where she works as a pharmacist. While in Buffalo, she worshiped with us regularly and enriched our lives in so many important ways by how she witnessed to her faith. In return, the church offered many forms of support to her during her challenging student years. This was the content of her card:

“Each time I think about how far I have come, I realize that it wasn’t by my strength and that you were one of the people that played a big role to enable me to be who I am today. You and the lovely members of University Presbyterian Church. Thank you and please thank them for me again. I continue to be grateful for them this Thanksgiving and beyond. I hope you are all well by God’s grace. Love, Getrude.”

The second card was a Christmas card from a student named Gordon. Gordon was from China, was also a student at UB, and worshiped with us occasionally. Sometimes he attended pot-luck suppers. I don’t think many members from the congregation had many occasions to interact with Gordon or to get to know him. But every year for the last three years he has sent us a Christmas card. Obviously our congregation made an impression upon him.

These two cards bring to our awareness the important blessing we have in the students who join us. Sometimes they join us only for worship. Other times we get to know them well and they become our friends. Their presence and their talents and their faithful witness enrich our congregation’s life. And they also enrich us by offering us the opportunity to let Christ live in us as we reach out to them with support and care. This is the lasting meaning of Christmas: that Christ may find a home in us and live in and through us.

We give thanks for the students within our church’s life and for the blessings they offer us!

Shalom!

Tracy

## Worship Column ~ January 2015

### January 4<sup>th</sup> - 2<sup>nd</sup> Sunday after Christmas Day

**9:00 AM** Worship Service with **Communion**  
**10:00 AM** Education Hour  
**11:00 AM** Worship Service with **Communion**  
**Lectionary** – Jer. 31:7-14; Ps. 147:12-20;  
Eph. 2:3-14; John 1:(1-9) 10-18

### January 11<sup>th</sup> -Baptism of the Lord

**9:00 AM** Worship Service  
**9:30 AM** Deacons Meeting  
**10:00 AM** Education Hour  
**11:00 AM** Worship Service  
**Lectionary:** Gen. 1:1-5; Ps. 29; Acts 19:1-7;  
Mark 1:4-11

### January 18<sup>th</sup> - 2<sup>nd</sup> Sunday after Epiphany

**9:00 AM** Worship Service  
**10:00 AM** Education Hour  
**11:00 AM** Worship Service  
**Lectionary:** 1 Sam. 3:1-10 (11-20); Ps. 139:1-6,  
13-18; 1 Cor. 6:12-20; John 1:43-51

### January 25<sup>th</sup> - 3<sup>rd</sup> Sunday after Epiphany

**9:00 AM** Worship Service  
**10:00 AM** Education Hour  
**11:00 AM** Worship Service  
**Lectionary:** Jonah 3:1-5, 10; Ps. 62:5-12;  
1 Cor. 7:29-31; Mark 1:14-20  
**Lectionary:** Isaiah 9:2-7; Psalms 96



## Let's Go Climbing!

We are planning an outing for the youth of our church. On March 1st we will be going to the Niagara Climbing Center in No. Tonawanda. It will begin at 1 pm immediately after church so there will be a pizza lunch when we get there and then after a lesson, there will be a 3 hour climbing session. Please sign up on the bulletin board in the hallway to the narthex. Bring a friend if you want. More details to follow.



### “The Network”

is published monthly for friends and members of University Presbyterian Church. If you wish to submit an article, please contact the church office.

#### Co-Editors:

Brian Belus  
The Reverend Tracy Daub

# Adult education sessions at University Presbyterian Church

January 18-February 8, 2015.

**Depart from evil, and do good; seek peace, and pursue it.** (Psalm 34:14)

How might we hear God's call to seek peace?  
Is the Spirit of God calling us to take action in pursuit of peace?

Come to UPC's adult ed sessions, and hear how five people have responded to God's call to pursue peace. They represent a wide variety of styles and organizations, and all are committed to following the Spirit of God along whatever paths of peace are open to them.

Here are the dates and leaders and topics:

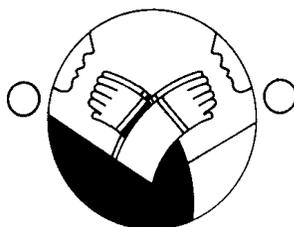
**Jan. 18, Kathy Hallborg**, Stephen Ministry: conflict resolution between individuals, or "How to deal with difficult people!"

**Jan. 25, Gladys Gifford**, League of Women Voters and Citizens for Regional Transit: recognizing systemic injustice and working for change as active citizens— "Just Transportation— to Eat or to Drive?"

**Feb. 1, Howard Henry**, participant in Women in Black and WNY Peace Center; **Linnea Ecklund**, set up campaign for human rights in her high school: "How to find the calling and the courage to take action"

**Feb. 8, Vicki Ross**, Peaceful Conflict Resolution Consultant; WNY Peace Center, Interfaith Peace Network; Buffalo Public Schools; "Teaching and learning the many ways of peace in metro Buffalo"

**The sessions are 10:00-10:50 am, in Room 101. All are welcome!**



## FOOD PANTRY BY THE NUMBERS

These numbers only tell part of the story of this important and meaningful ministry. It is the people behind the numbers, those who receive this food and offer us their thanks and their blessings, and this congregation who provide such generous support, both in time and in donations, that are the essence and the real story that these numbers represent. Our thanks to all of you.

<b><u>2014 November and Thanksgiving</u></b>		
<b>Infants</b>	<b>1</b>	<b>-</b>
<b>Children</b>	<b>60</b>	<b>45</b>
<b>Adults</b>	<b>153</b>	<b>101</b>
<b>Elderly</b>	<b><u>38</u></b>	<b><u>39</u></b>
<b>Total</b>	<b>252</b>	<b>185</b>
<b>Households</b>	<b>142</b>	<b>102</b>
<b>Equivalent Meals</b>	<b>2268</b>	<b>185</b>

**Please Help Us Recruit New Volunteers – New Pantry Volunteers are always welcome! But right now we are in great need of more folks.**

- Can you give us an afternoon a month?
- Do you know someone who might like to join us?
- Come and bring a friend along.
- Ask a neighbor.
- Post a flyer at work or at your library.

### When would I work?

- On a Tuesday or Thursday from 11:30am to 4:00pm.
- One afternoon a month (or as many as you wish).

### What would I do?

- You would work with 3 or 4 other volunteers.
- You might guide a client through our “store” to help them choose their groceries.
- You might greet and “check in” our clients.
- You might help to stock shelves.
- If you and a friend would like to work together, we can schedule that for you.
- You will feel good about the time you spend with us, helping our neighbors.



## January Birthdays

- 1 Dorothy Frye
- 3 Smitty Siegel
- 2 Jude Hammer
- 5 Christopher Safulko
- 6 Rose Hoffman
- 8 Virginia Coon
- 8 Erika Betz
- 10 Jean Masters
- 10 John Lopinski, Sr.
- 11 Janet Mazzaroppi
- 12 Sandra Boag
- 12 Marjorie Waldron
- 14 Bilquis Dass
- 17 Carolyn Harbison
- 19 David Patel
- 22 Grace Yockey
- 24 Erin Hershey
- 28 Elizabeth Lucas
- 29 Hans Spielberger
- 29 Eric Dass
- 30 Diane Walker

## YOUNGER PRESBYTERIANS

- 19 Kaylee Casseri
- 26 Mason Appleton

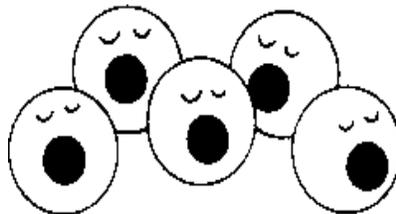


## My Blessings by Amy Erickson

Everyone was born with talents and gifts, and one of the talents I was given was the ability to sing. Although I'm not professional in my abilities, I can carry a tune which gives me some confidence when I'm up in the choir.

A while ago I read an article about the benefits of singing with a choir. I can say that those benefits are true for my experience in the UPC choir. It stated that singing allows deep breathing, which is good for circulating oxygen throughout the body. Singing also releases endorphins in the brain which creates a pleasant mood change and that is always a welcome change for the better. But the one I appreciate the most is the point of how important it is to have the weekly gatherings of support and friendship. Although our goal every week is to perform to the best of our ability, it's an added bonus that we care about each other and share personal stories in our private lives. This weekly friendly group gathering was shown to have a positive impact on the individuals' lives outside of church.

So if you enjoy singing (regardless of how much talent you have) you may want to consider joining the choir in 2015. If not consider another group that meets regularly to share common interests and reap the benefits of friendship and camaraderie.



## **“Donate Your Sole”**

Hearts for the Homeless **“DONATE YOUR SOLE”** program

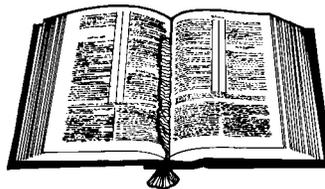
It’s a brand new year and time to think about giving some of your older shoes, boots, sneakers and slippers (that were replaced by Christmas gifts?) to help those in need. Hearts for the Homeless welcomes gently used and new footwear of all kinds and sizes. Please take a moment to clean out the old and make way for the new and think of others during this winter season. As always, your donations are very much appreciated.

## **Duffield in Need**

A ‘wish list’ has been developed by members of the Summer staff, only a part of which, follows: **Work Gloves, Golf Cart, Hand-held tools, Dryer, Washing Machine, Microwave, Dorm size refrigerator, Room fans, Microphone, Speakers, Plastic tablecloths (or rolls), First aid supplies, Flashlights, Batteries of various sizes, Bed linens, Sleeping Bags, Towels, Blankets, Toiletries.** If you have any of the above to give to Duffield, please let me know. Many thanks for your consideration of the above. (716-652-6548 or [jswsings@roadrunner.com](mailto:jswsings@roadrunner.com))



**Bible Study ~ Intergenerational-International  
with Rev. Stuart Buisch  
Bible Study will be held on  
Wednesday, January 21<sup>st</sup>  
5:00 – 6:30 pm ~ a light meal is served.  
Open to everyone and all are welcome.**





*First Friday*  
AT UNIVERSITY PRESBYTERIAN CHURCH

*Too many of us lead hectic lives.*

*Our communities are filled with violence and suffering.*

*Our personal pain and struggles can overwhelm us.*

*How do we respond? How can we cope?*

University Presbyterian Church welcomes Christians from all traditions to unite in a special contemplative worship experience as we seek spiritual strength for the living of our days. Based on the style of worship practiced in the Taize Christian community in France, these services offered on the First Friday of each month provide an oasis at the end of the week for all who are weary, troubled, or rushed. Special music from guest musicians, meditative songs, prayers, candles, and scripture readings allow each of us to find a quiet place of prayer and spiritual centering.

We invite you to join us on **Friday, January 2nd from 5:30 – 6 p.m.** University Presbyterian Church is located at 3330 Main St., Buffalo (across the street from UB South Campus) with parking available in the church lot off Niagara Falls Boulevard. The church is also conveniently accessible using public transportation by taking bus or train to the University Metro station. Questions can be directed to the church office at 836-7660.

*A Taize Service of Prayer, Music, and Meditation*

[www.upcbuffalo.org/firstfriday](http://www.upcbuffalo.org/firstfriday)

## THE NETWORK CALENDAR January 2015

**Thursday, January 1<sup>st</sup> 2015**

Happy New Year Everyone!

Church office is Closed, Thursday 1/1/15 and Friday, 1/2/15

<b>Friday 2<sup>nd</sup></b>	<b>5:30 pm</b>	<b>TaizÈ service</b>
<b>Saturday 3<sup>rd</sup></b>	<b>10:00 am</b>	<b>Grief Support Meeting @ Family Tree</b>
<b>Sunday 4<sup>th</sup></b>	<b>2<sup>nd</sup> Sunday after Christmas Day</b>	
	<b>9:00 am</b>	<b>Worship Service with Communion</b>
	<b>10:00 am</b>	<b>Education Class - Adult &amp; Youth</b>
	<b>10:00 am</b>	<b>Worship Service with Communion</b>
<b>Tuesday 6<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
<b>Thursday 8<sup>th</sup></b>	<b>12 – 4 pm</b> <b>7:30 pm</b>	<b>Food Pantry</b> <b>Choir Practice</b>
<b>Sunday 11<sup>th</sup></b>	<b>Baptism of the Lord</b>	
	<b>9:00 am</b>	<b>Worship Service</b>
	<b>9:30 am</b>	<b>Deacon's Meeting</b>
	<b>10:00 am</b>	<b>Adult &amp; Youth Sunday Education</b>
	<b>11:00 am</b>	<b>Worship Service</b>
<b>Monday 12<sup>th</sup></b>	<b>12:00 pm</b>	<b>Presbyterian Women's Meeting</b>
<b>Tuesday 13<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
<b>Thursday 15<sup>th</sup></b>	<b>12 – 4 pm</b> <b>7:30 pm</b>	<b>Food Pantry</b> <b>Choir Practice</b>
<b>Sunday 18<sup>th</sup></b>	<b>2<sup>nd</sup> Sunday after Epiphany</b>	
	<b>9:00 am</b>	<b>Worship Service</b>
	<b>10:00 am</b>	<b>Adult &amp; Youth Sunday Education</b>
	<b>11:00 am</b>	<b>Worship Service</b>
<b>Tuesday 20<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
<b>Wednesday 21<sup>st</sup></b>	<b>5:00 pm</b> <b>7:00 pm</b>	<b>Bible Study w/Rev. Stu Buisch - Holzwarth Rm.</b> <b>Session meeting in Holzwarth Room</b>
<b>Thursday 22<sup>nd</sup></b>	<b>12 – 4 pm</b> <b>7:30 pm</b>	<b>Food Pantry</b> <b>Choir Practice</b>

<b>Sunday 25<sup>th</sup></b>	<b>3<sup>rd</sup> Sunday after Epiphany</b>	
	9:00 am	<b>Worship Service</b>
	10:00 am	<b>Adult &amp; Youth Sunday Education</b>
	11:00 am	<b>Worship Service</b>

<b>Tuesday 27<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
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<b>Thursday 29<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
	<b>7:30 pm</b>	<b>Choir Practice</b>

**Preview of first week in February**

<b>Sunday 1<sup>st</sup></b>	<b>4<sup>th</sup> Sunday after Epiphany</b>	
	9:00 am	<b>Worship Service with Communion</b>
	10:00 am	<b>Adult &amp; Youth Sunday Education</b>
	11:00 am	<b>Worship Service with Communion</b>
	<b>Following 11 am Service</b>	<b>Annual Congregation &amp; Corporation Meeting</b>

<b>Tuesday 3<sup>rd</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
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<b>Thursday 5<sup>th</sup></b>	<b>12 – 4 pm</b>	<b>Food Pantry</b>
	<b>7:30 pm</b>	<b>Choir Practice</b>

<b>Friday 6<sup>th</sup></b>	<b>5:30 pm</b>	<b>Taize Service</b>
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<b>Saturday 7<sup>th</sup></b>	<b>10:00 am</b>	<b>Grief Support Meeting @ Family Tree</b>
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