

ADVENT AND CHRISTMAS 2023

Join us for our Ministry and Mission this Christmas!!



See Mission article for details on page 10.



Advent Worship

10:00 am December 3, 10, 17, & 24

*Christmas Eve 2023
at UCCG*

7:30 pm

Traditional Candlelight w/Choir & Soloists

10:30 pm

A Service of Quiet Joy with Holy Communion

*Children included & welcome
at both services*



ADVENT HAPPENINGS AT UCCG!

Dec 10: Sunday School JAMMIES Christmas Party with all of their teachers, including breakfast and games!

The Children's Christmas Play, *Charlie Brown Christmas*, will be during worship on December 17.

December 24 is BOTH the 4th Sunday of Advent & Christmas Eve...

- No Sunday School on Dec 24.
- 10am Worship will be **Christmas Comfy Day!** Since most of us get all dressed up for Christmas Eve Worship, come in the morning however you are most comfortable (Christmas pajamas or sweatshirts etc.)



UCCG Children and Youth Present...

"That's what Christmas is all about Charlie Brown."
~Linus

A CHARLIE BROWN CHRISTMAS
December 17 during our 10am worship!

Christmas is sights, especially the sights of Christmas reflected in a child's eyes.

~ William Saroyan

Christmas is for children.

What better time could be to honor and love our children than the time the King of the Universe was himself a little child?

~ unknown



FROM THE DESK OF THE PASTOR

Happy Advent!

This is one of my favorite times of the year. I love the smells of pine and cinnamon, the decorations and lights everywhere, and the kind spirit and smiles of strangers as you pass them on the street or in the stores. Oh! And we can't forget the holiday movies and music!

What is your favorite part of this season?

But like most of you, I also feel the downside of this time. We can get overwhelmed by too much "Christmas." In an effort to do as many fun seasonal things as we can, we end up overscheduling. And in an effort to give the ones we love the best Christmas morning, we end up overspending.

Maybe your decorating, shopping and wrapping etc are already done. OR do you find yourself so busy with daily life that you end up scrambling at the last minute to decorate, shop, wrap and plan special get-togethers?? Either way, the season can produce feelings of being overwhelmed. Sometimes life just doesn't go as planned and that can be really hard for those type A personalities, causing feelings of disappointment and failure. Ironically, for those of us who feel like we don't have a good handle of everything (and planning ahead is not something you are good at), you might also experience the same negative feelings.

This season, let's all try to prepare our hearts for Christ by being more mindful of the gift of the present moment. In those moments, look for the gifts of the season: the hope, peace, joy and love around you. Give yourself permission to be still as often as you need to find yourself once again in the presence of God.

Peace and Blessings this Advent and Christmas Seasons!

-Pastor Janet

ADVENT SERMON SERIES: *Christmas Movies & Their Gifts*

December 3: Hope in *The Grinch Who Stole Christmas*

December 10: Peace in *The Santa Clause Series*

December 17: Joy in *Charlie Brown Christmas* (presented by the children)

December 24: Love in *Love Actually* *

***Disclaimer:** R-rated so you may not want to watch *Love Actually* with the kiddos, but it is a fabulous movie for those of us who are appropriately aged.

Ant's Corner



Being entrusted with my monthly article in "Echoes" is both an honor and a challenge, as I often create content on the fly. If you've been following along, you might have noticed that only a couple of articles delved into music and technology, the typical themes of "Ant's Corner." I appreciate your patience with my somewhat unpredictable approach.

This December, I want to revisit the topic I discussed in our last "Mental Health Moment."

At UCCG, we frequently explore opportunities and events that nurture healthy relationships, recognizing the divine presence in these connections. However, as I mentioned previously, we are imperfect beings, and sometimes our flaws lead to feelings of hurt and disappointment.

In recovery groups like AA, surrendering to a "higher power" is encouraged. For many, this higher power is God. The rationale behind this lies in our need for external support in navigating life's challenges and the assurance that we will never be "rejected" by God. God is a consistent, reliable, and perfect support in our lives.

But what about the idea that God exists in the people around us, forming part of our support system? What happens when human imperfections lead to failure and, consequently, the sting of "rejection"? Rejection, defined as the dismissing or refusing of a proposal, idea, etc., is an inevitable aspect of life.

Research, such as that from the University of Michigan, reveals that rejection activates the same brain regions associated with physical pain. The neural overlap between the pain of rejection and physical sensations emphasizes the genuine hurt caused by social rejection.

Acknowledging rejection as a facet of life, we can navigate its emotional challenges by considering the five stages of grief, as applied to rejection:

- 1. Denial:** Initially, disbelief may set in, questioning if there's a mistake or misunderstanding.
- 2. Anger:** Realizing the rejection is genuine, anger may arise, but expressing it directly at the person is discouraged for personal well-being.
- 3. Bargaining:** There might be a tendency to seek explanations or attempt to change the other person's decision, but respecting their space is crucial.
- 4. Depression:** Rejection brings a mix of emotions, impacting mental health. Recognizing these feelings as valid is essential.

5. Acceptance: Over time, emotions stabilize, allowing for a critical reflection on the situation and potential personal growth.

Dealing with rejection effectively involves embracing five healthy tips:

1. Recognize that rejection is a part of life: View rejection as an opportunity for positive change and personal growth.

2. Acknowledge and accept what has happened: Denying the impact of rejection prolongs the healing process.

3. Process your emotions: Understand and manage your feelings positively, avoiding expressions of anger towards others.

4. Treat yourself with compassion: Take time for self-care without self-blame, knowing that learning and growth will come in due course.

5. Don't allow rejection to define you: Understand that rejection does not determine your worth. Be true to yourself, attracting those who appreciate your authentic self.

In conclusion, while rejection may be a bitter pill to swallow, it can lead to positive transformations. Remember, you may be the sweetest peach on the tree, but not everyone likes peaches. Stay authentic, and you'll attract those who value everything you bring to the table.

Merry Christmas, everyone!



Our special music services are made possible through contributions to our SPECIAL MUSIC FUND.



Please continue to support the amazing music at UCCG!

Use a pew envelope and indicate "special music." Memo all checks the same. You can donate anytime by dropping it in the offering plate but on days when we have a guest artist there will be a basket at the entrance of the sanctuary.



If you have a prayer request and any updates, please contact Sue Borger or Pastor Janet.

ALWAYS REMEMBERING OUR HOMEBOUND FAMILY AS WELL:

Eleanor Limpar, at home
Mae Moyer (Fellowship Manor - Room 324A)
Doris Shaver (Phoebe - Room T313A)

Naomi Thomas, at home
Lois Tice, at home
Geri Yarnall (Phoebe - Room T311B)



Congratulations to Bri Borger and Matt Stalter,
who were united in marriage on Saturday, November 11, 2023.
Bri is the daughter of Ray & Sue Borger.



From Bri and Matt Stalter ... to Pastor Janet for officiating our wedding; to Anthony Newett and Ellen Hospador for providing the beautiful music, and to Grace Quinn for sharing her vocal talent and singing as Bri and her dad, Ray, walked down the aisle.

From Sue Borger ... for the continuous prayers, cards, and well wishes during her recent medical issues. Her second cardioversion was a success!

Spaghetti Dinner Dance Recap

The Evangelism and Outreach Committee hosted the 1st Annual Spaghetti Dinner and Live Music night in Fellowship Hall. The event was attended by 120 adults and children. After the delicious dinner, the attendees were treated to music by Ant Jams! The event netted a profit of over \$800! Special Thanks to Mark and Dave Adams who ran the kitchen, Ben Gulledge and Elle Miller who served the delicious food, the children of the church who were excellent with bussing tables and cleaning up in the kitchen. Thank you to all who attended. We can't wait for next year to be bigger and better!



NURSERY SCHOOL UPDATE:

*Nursery School office can be reached at 610-435-5467.

Our Nursery School program began on Monday, September 11 with 19 students enrolled. We are enjoying our time together with the students, who recently presented a Thanksgiving play for their families.

We continue with two low maintenance fundraisers - collecting used clothing, bedding, shoes, purses and towels, etc. Last year we received a check for \$716.76 for this collection! Please continue to bring your items to church in plastic bags. We are also collecting soft plastics to earn our own trex bench for the playground! Collection bins are still located in the Christian Ed entrance and in the narthex/lobby for you.

Our next fundraiser is Matey's Pizzas. The sale will take place in January 2024. Thank you.

Finally, we continue the Weis for Schools Rewards Program (contact Sheri Stephens for more information on this program.)

As always we are truly grateful for the support to our school from our church members. ♥

UCCG Small Group Dining

The 2024 Small Group Dining experience will start up in February with new groups of 6-8 members meeting to share fun, fellowship, some intriguing discussions, and many laughs.

If you like to eat, this is the group for you!! Last year we had over 30 participants. Members are assigned a group and try to meet monthly (if possible) to share a meal and get to know each other on a different level.

Gatherings can be anytime of day, any day of week at the group's discretion.

In the past we have had groups meet for breakfast, lunch, or dinner. Some even met at members' homes.

If you want to sign up or need more information please call or text Karen Griffith 610 703-6826 or email at kgriff5@ptd.net.

Everyone will need to let me know even if they participated in 2023. I assume nothing.

**A meal shared with friends is a feast for the soul.
The laughter, the stories, and the flavors shared around
the table create memories that last a lifetime.**

~ unknown

DISCOVERY PROJECT UPDATE

"We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going" (TLB).

The date of December 21 has been set for the Judge of the Lehigh County Common Pleas Court to rule on our appeal application. There will be no testifying or arguments. The judge will review the transcripts and briefs presented by SWT zoning and UCCG and make his decision based on this information.

A positive ruling will see us back with the South Whitehall Township Zoning Hearing Board.

Should the judge rule against the appeal, we will be meeting with our attorney and representatives from Family Promise to discuss the next steps.

"We can only keep on going, after all, by the power of God, who first saved us and then called us to this holy work" (2 Timothy 1:8-9 MSG).

Karen Griffith

Library Clean-Out

The Library Clean-Out Team members are Nanci Snyder, Karen Griffith, Carla Lindenmuth, Annette Fatzinger, and Pastor Janet.

- A computer desk and printer table were taken by Linda Hebig-Summy for a very nice donation (\$200) in memory of her dad, Jerre Hebig.
- The computer and printer were taken to Staples by Donna McHugh.
- When the tower goes to Staples, we will receive a check.
- All the photos have been put into photo albums. Slides are in an envelope.
- We will be ordering archive boxes to store the large old bibles (one a Pennsylvania Dutch bible). A special ribbon binding was put around the spine on one old bible to protect it.
- We are still sorting books - some were recycled, some sent to Goodwill, and some were discarded.
- Historical records, directories, financial records, bibles, educational books, teaching books, children and inspirational books, etc. are being sorted out on the shelves.



**May this Holiday Season bring you the blessings
of Peace, Joy, Hope, and Love today and always.
Season's Greetings!**

O.M.G.!!

Outreach + Mission = GROWTH

CHRISTMAS MISSION FOCUS - BETHANY CHILDREN'S HOME



Have you seen the Christmas tree on the back wall of the sanctuary (left side as you exit)? It is filled with ornaments each containing an item on the Wish List of a Bethany Children's Home resident. Wish List requests range from gift cards to socks to toiletries to games/activities.

Would you consider removing an ornament from the tree and purchasing that item? Residents range from 10 to 21 years of age. There is a box in the narthex/lobby to place your new and unwrapped gift(s). Please return your gifts not later than Sunday, December 17, in order for them to be delivered to Bethany in time for Christmas.

Thank you for making Christmas merrier for a Bethany Children's Home resident!

HARVEST HOME



Thank you for your support of our Harvest Home collection. Thanks to your generosity, 203 non-perishable food items and a few toiletries were delivered to the Ecumenical Food Bank on Monday, November 20 in time for Thanksgiving disbursement.

LITTLE FREE PANTRY



Our Little Free Pantry continues to see increased usage. We are in need of **CANNED MEATS and TUNA**. As always your support of this important ministry is very much appreciated!

We recently received a generous donation to our pantry from a group of retirees from Muhlenberg College. Thank you to the MUHLENBERG SISTERHOOD for their caring support.

RESURRECTED LIFE CHURCH

Twelve (12) large bags of clothing/shoes have been delivered to Resurrected Life Church in Allentown. They continue to be grateful for these donations. Thank you!



Our next host week is May 26 to June 2, 2024 (due to the increased number of host churches, we'll only be hosting two times in 2024.) Our other week is December 15 to 22, 2024. There are currently four families in the group - Emily, Prince and Leilani; Angel and Azariah; Thimara and Ezekiel; and Natasha and Jasiah.

Upcoming events for Family Promise:

- Designer Purse Bingo - January 20, 2024 - 11:00 am to 2:00 pm at Jordan United Church of Christ. Tickets are \$30 in advance and \$35 at the door (for 20 games); \$5 for 5 special games.
 - For tickets or if anyone would like to donate a designer purse or donate a monetary amount toward a designer purse, please contact Sue Roth at 610-554-2781
- Homecoming '24 – March 23, 2024 @ The Club at Twin Lakes.

Bus Drivers Needed:

Family Promise continues to be on the lookout for bus drivers to help transport our families in the 14-passenger van/bus. You do not need any special license. Families are picked up at the congregations at 6:00 am and at the Day Center at 6:00 pm, except Saturday and Sunday mornings, with pick-up at 7:00 am. Congregations are within a 30-minute drive of the Day Center ... some just minutes away. If you can sign up for one or two shifts per week, please contact Rosalyn at director@fplehighvalley.org. Thank you.



LADIES IN FAITH TOGETHER

Our LIFT Group (Ladies in Faith Together) was created a few years ago. **If you are interested in getting emails about LIFT, please contact the church office!**



**Sight & Sound Theatre, Lancaster, PA
Thursday, May 9, 2024
11:00 AM**

Seats have been reserved for the above show!
Adult: \$75 pp; Child (age 3-12): \$42 pp

Contact Sandy Lakatosh, 610.570.3421 or
sjlakatosh@rcn.com, to make a reservation.

A minimum of \$25 pp is required to hold your reservation.

Balance is due by Sunday, March 17, 2024. Checks should be

payable to Sandy Lakatosh. This is not limited to LIFT members; invite your friends and family, too! **Note that you will be responsible for your own transportation to the theater. Carpooling is encouraged.**

A WISE Beginning for UCCG



Dear UCC Greenawalds Family and Friends:

UCCG is beginning an exciting journey in which we as a church family seek to become informed advocates for individuals struggling with mental health and addiction challenges.

In doing so, we will become part of a national effort by the UCC to choose to become **WISE**. This acronym means we are **Welcoming, Inclusive, Supportive, and Engaged** around issues of mental illness. The Mental Health Team of UCCG will be drafting a covenant for your review in January. The purpose will be to name our mission and action steps in helping, educating, and breaking the stigma and stereotypes for mental health challenges such as, but not limited to, mental illnesses, brain disorders, addictions, and trauma. This covenant is a key step to officially become a WISE congregation.

We say we welcome everyone, no matter where they are on life's journey. Becoming WISE is a way to live into this "welcoming and accepting" quality we strive to achieve. This is where YOU come in.

Your input is vital to our getting this right. This must be a process that serves ALL of us right where we are, including the good, the bad, the ugly!

We have created an anonymous survey you are invited to take.

It is a living, evolving document. We realize that what is true now may not be true or necessary six months from now, but this gives us a place to start. Also, we are a small church already immersed in many vital ministries, and our ability to tackle all the needs revealed in this survey is likely to be beyond our capacity, at least in the short-term. But just because the task is overwhelming, we have NEVER shied away from moving into the places of pain, heartache, and need, and we're not about to start now!

A couple more thoughts: If the categories given do not fit your needs, please give us your own thoughts in the spaces provided. This is meant to be truly a reflection of your own perception of the mental health challenges we face. Do not try to fit your ideas into statements that don't work for you.

You may answer according to your own personal need as well as what you perceive to be the needs of the congregation based on your experience with it. With each checkmark or contribution you make, we ask that you rate it in importance against the other needs you have checked. This will help us determine priorities.

Thank you for taking the time to complete this survey. We recognize this may take you into some uncomfortable territory but we promise you are not alone!

Pastor Janet And the UCCG Mental Health Ministry Team
Christy Dunbar, Colleen Horlacher, Anthony Newett and Sue Sawyer

(The survey is attached at the end of this edition of *Echoes*.)

Friends of PNEC

Your gifts to OCWM or the Friends of the Conference provide:

1. Program and resource support for 125 congregations,
2. Coaching assistance for congregations in transition, conflict, or revising Procedures and Processes.
3. Search and Call support and resources for congregations,
4. Management and retention of records,
5. Financial resources to support congregation vitality grants and strengthen the church programs, and
6. Staff to provide support and resources for pastors, local congregations, teams, committees, and the conference as a whole.

When the phone is answered, when the problems are solved, when the leadership is located or supported, when information is shared, all this comes from the support you give to OCWM or Friends of the Conference.

To give on-line to OCWM - [Click Here](#)

UCC CHRISTMAS FUND



On Sunday, December 17 and 24, we will collect an offering for the UCC Christmas Fund. The Christmas Fund has been caring for active and retired clergy and lay employees of the United Church of Christ for over 100 years, providing emergency grants, supplementation of small annuities and health premiums, and Christmas “thank you” gift checks each December to our lower-income retirees. United Church of Christ congregations and members have blessed the Christmas Fund with their generosity for many years. This year, your care and compassion will be especially appreciated by those servants of the church who are facing a time of need. Envelopes will be available on the podium with the announcement sheets on December 17 and 24. Thank you!

2024 Sign-Up sheets for *Echoes*, bulletins and clip-art flowers are now available on the ledge in the lobby. Please pick your dates now. You may also call Sue Borger to sign-up (484-695-7954).

Let us increase our discipleship, increase our faith and increase the impact we have as a Body of Christ here at UCCG, all in the name of our amazing God who gave us everything.

Discipleship, Fellowship, Evangelism and Stewardship: Together, We Can!

Here is a report of where we are as of the end of OCTOBER 2023:

We are a bit behind, so please remember UCCG in your year-end holiday giving too!

Month	Budget	General Offering Income	*Other Income	Total Operating Income	Operating Expense	Net Income
Jan-23	\$11,716	\$10,519	\$3,132	\$13,652	\$9,444	\$4,208
Feb-23	\$11,716	\$8,529	\$2,995	\$11,524	\$14,830	(\$3,306)
Mar-23	\$11,716	\$8,702	\$2,162	\$10,864	\$13,729	(\$2,865)
Apr-23	\$11,716	\$9,887	\$4,497	\$14,384	\$11,943	\$2,441
May-23	\$11,716	\$8,785	\$2,892	\$11,677	\$14,050	(\$2,374)
Jun-23	\$11,716	\$8,777	\$1,772	\$10,549	\$11,936	(\$1,387)
Jul-23	\$11,716	\$9,075	\$1,866	\$10,940	\$10,714	\$227
Aug-23	\$11,716	\$8,917	\$1,127	\$10,044	\$14,791	(\$4,747)
Sep-23	\$11,716	\$8,737	\$951	\$9,688	\$10,815	(\$1,127)
Oct-23	\$11,716	\$10,111	\$1,588	\$11,699	\$12,027	(\$328)
Nov-23	\$11,716	\$0	\$0	\$0	\$0	\$0
Dec-23	\$11,716	\$0	\$0	\$0	\$0	\$0
Total	\$140,588	\$92,038	\$22,982	\$115,020	\$124,278	(\$9,258)

* Other income includes; Annex Rental, bulletin, flowers, bill tree and special income

Your 2023 Leadership Circle

Officers:

Moderator - Kerry Merkel

Vice Moderator - Larry Christman

Immediate Past Moderator - Sheri Stephens

Recording Secretary/Financial Secretary - Sue Borger

Treasurer/Finance & Budget Representative - Bonnie Marmon

Members-at-Large:

Linda Altrichter

Diane Borman

Jayne Christman

Nanci Snyder



December 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 9:00 am – Decorate Sanctuary for Christmas (all invited to help)
3 First Sunday of Advent 9:00 am Sunday School 9:30 am Fellowship 10:00 am Worship w/Holy Communion – Lighting the Advent Wreath – The Candle of HOPE	4	5 9:00 am – 3:00 pm Quilters in FH	6 10:00 am Small Group Book Study 7:15 pm Evangelism Team Meeting	7	8	9
10 Second Sunday of Advent 9:00 am Sunday School – JAMMIES DAY with breakfast and games 9:30 am Fellowship 10:00 am Worship Lighting the Advent Wreath – The Candle of PEACE	11 7:00-8:30 pm Boy Scouts	12 9:00 am – 3:00 pm Quilters in FH 6:30-8:00 pm Cub Scouts	13	14 6:30 pm Ant Jams	15	16 12:00 noon to 6:00 pm Private Rental of Fellowship Hall
17 Third Sunday of Advent 9:00 am Sunday School 9:30 am Fellowship 10:00 am Worship – A Charlie Brown Christmas - Lighting the Advent Wreath – The Candle of JOY 3:00pm – Piano Recital and Social time following in Fellowship Hall.	18 7:00-8:30 pm Boy Scouts	19 9:00 am – 3:00 pm Quilters in FH 6:30-8:00 pm Cub Scouts Holiday Party 7:00 pm Mental Health Team Meeting	20	21 10:00 am – 12 noon Nursery School Family Holiday Sing-a-Long in Sanctuary No Leadership Circle Meeting in December! 6:30 pm Ant Jams	22	23
24 Christmas Eve Fourth Sunday of Advent NO Sunday School 9:30 am Fellowship 10:00 am Worship (Christmas Comfy Day) - Lighting the Advent Wreath – The Candle of LOVE 7:30 pm – Worship – Traditional Candlelight Service w/Choir and Soloists 10:30 pm – Worship w/communion	25 Christmas Day 	26	27	28	29	30
31 New Year's Eve First Sunday after Christmas NO Sunday School 9:30 am Fellowship 10:00 am Worship	<p align="center">UCC Christmas Fund Offering will be collected on December 17 and December 24.</p> <p align="center">Thank you!</p>					

OUR STAFF

Pastor Janet Newett, Pastor	610.657.2189 cell
pastorjanetn@gmail.com	
Church Office/Main Phone	610-435-1763
Susan Borger, Church Secretary	484-695-7954 cell
Anthony Newett, Music Director & A/V Tech Advisor	215-805-4353
Lee Stephens	610-216-1664
Nursery School	610-435-5467
churchoffice@uccgreenawalds.org	

Pastor's Office Hours Vary
For a visit with Pastor Janet, please call her cell phone.
(Text messages preferred)

Church Secretary Office Hours are Wednesday, 9:00 am – 3:00 pm.
(Other hours, from home. Call as necessary.)

ECHOES is a monthly publication of the United Church of Christ, Greenawalds. Members, committee chairpersons leading a group and anyone with pertinent information are encouraged to submit information and upcoming events. Submit news by email to the church office at churchoffice@uccgreenawalds.org or to Sue Borger at borgersusan@yahoo.com no later than the 22nd of each month.

The **December 2023** Edition of *Echoes* is sponsored by:

Althea Blose

In loving memory of her beloved husband, Oliver (Ollie), on what would be their 73rd wedding anniversary on December 9.

Communication to our members is an important part of our ministry. If you cannot attend church regularly, or do not use a computer, you can remain connected with the news, our mission and upcoming activities through this newsletter.

Sponsors for the *Echoes* help to support the ministry of UCC Greenawalds to all members. Call Sue Borger 484.695.7954 to sign up for a sponsorship and include your dedication information.

Cost is \$20.00 per sponsorship.

Each Friday, in our email newsletter entitled, WEEKLY WORDS, we share all of our prayer concerns, weekly bulletin and upcoming events. If you would like to be added to our email distribution list, please email churchoffice@uccgreenawalds.org.

Let's Be WISE UCCG Survey

Please return by Sunday, January 7.

Mail to UCCG 2325 Albright Ave, Allentown, PA 18104

Or place in designated container in church lobby.

1. What are the feelings and experiences that are so distressing you wish you had help and support to cope? Please rank your choices 1-10, where Number 1 is your highest priority, 2 is your next priority, and so forth.

_____ General Anxiety

_____ Grief

_____ Depression

_____ Stress/Overwhelmed

_____ Insecurity, Low Self-Esteem

_____ Anger, Impulse Control

_____ Loneliness

_____ Suicidal Thoughts

_____ Fear

_____ Isolation

_____ Compassion Fatigue

_____ Social Anxiety

_____ Guilt and Shame

_____ Other: _____

_____ Other: _____

2. Following on the feelings you identified in Question 1, what topics would you like us to address? Please rank each choice from 1-10. Put a Number 1 by your highest priority, 2 is your next highest, and so forth.

_____ Parent Support. If so, for what age range? Circle one: 0-8, 9-12, 13-18.

_____ Parents and their Adult Children

_____ Teens in Crisis

_____ Occupational Struggles

_____ Chronic Pain and/or Illness

_____ Grief

_____ Caregiver Support

_____ Suicide Intervention

_____ Big Issue Anxiety (state of nation, world, planetary crisis)

_____ Financial Stress

_____ LGBTQ Issues (If so, what specifically, i.e: coming out, identity acceptance in a world that doesn't get it, other: _____).

_____ Relationship Struggles

_____ Men's Support

_____ Women's Support

_____ Teen Support

_____ Addiction Support

_____ End of Life Issues

_____ Living with Disabilities

_____ Finding Meaning in the midst of Despair

_____ Loss of Pet Support

_____ Domestic Violence Support

_____ Adjusting to Life after Prison Release

_____ Other _____

_____ Other _____

3. What activities would you like to see our church develop to address the mental health challenges? Check all that apply.

_____ Support groups

_____ Meditation

_____ Talks by targeted professionals

_____ Nature immersion—nature walks, retreats, forest bathing

_____ Laughter Yoga

_____ One to One Mentoring

_____ Seminars on Selected Topics

_____ A Library of Referral and Reference Material

_____ Other: _____

_____ Other: _____

4. We are a church, not a mental health facility. We cannot undertake primary treatment or counseling for any mental health struggle. Instead, we can act in a supportive role to embrace our sisters and brothers and ourselves in community and love.

If this ministry speaks to you, would you be willing to be part of our Mental Health Ministry Team which seeks to resource and educate UCCG in an effort to break the stigma and stereotypes for mental health challenges and to support our commitment to become WISE?

_____ Yes; if yes, please contact Pastor Janet at pastorjanetn@gmail.com since this survey is anonymous

_____ No

Thank you for completing this survey and returning it by January 7. Even though it is anonymous, it required you to think about your feelings and the struggles of people close to you. This is so helpful as we work to address the mental health needs of the congregation. Please know that we are together, that you are not alone—with any of the feelings you have identified. We as a family will be there for each other. At the same time, do not hesitate to seek professional help if you find your feelings are overwhelming. It is always okay to ask for help.

Pastor Janet

And the UCCG Mental Health Ministry Team
Christy Dunbar, Colleen Horlacher, Anthony Newett and Sue Sawyer