

### Worship:

The one place in our culture where life is rightly ordered and God is at the center

Also the place where you can be transformed and fall in love with God all over again and again and again!



### August Worship Schedule

Worship begins at 10:00 am  
Fellowship Time at 9:30 am  
Streamed LIVE on Facebook and YouTube!

#### Sunday, August 4

THEME: *Unity in the Body of Christ who is the Bread of Life*  
Eph 4:1-16, John 6:24-35; Celebrating the Sacrament of Holy Communion

#### Sunday, August 11

THEME: *Shaping Community*; Ephesians 4:25-5:2

#### Sunday, August 18

THEME: *A Quest for Wisdom*; 1 Kings 3:3-14  
With the UCCG House Band

#### Sunday, August 25

**Outdoor Worship w/Back-to-School Blessing;**  
**Picnic to follow w/Live Music by *Ant Jams***

A graphic for an outdoor worship event. It features a chalkboard background with illustrations of school supplies (backpacks, pencils, a school bus) and falling yellow leaves. Text on the chalkboard includes: "Outdoor Worship at UCCG August 25 at 10:00 am", "Service will contain:", "A BACK TO SCHOOL BLESSING FOR ALL EDUCATORS AND STUDENTS", and "Plus Drivers, Nurses and all School Staff!". A red box at the bottom left says "School Supplies given out to children present at worship!".

**Outdoor Worship at UCCG**  
**August 25 at 10:00 am**  
**Service will contain:**  
A BACK TO SCHOOL BLESSING  
FOR ALL EDUCATORS AND STUDENTS  
Plus Drivers, Nurses  
and all School Staff!

School Supplies given out to children present at worship!

**Sign up in Lobby for Picnic attendance & food for lunch!**

## A Quiet Sanctuary??

This summer, we have tried to keep our worship space a quiet place for anyone needing a bit of peace on a Sunday morning from 9:30 to 9:55 am. For those wanting to catch up with friends and church business, we tried to keep the sanctuary doors closed until a few minutes before 10:00am.

*How did you feel this worked for you??  
Is there anything we can do differently or better?*

Please share your thoughts with anyone on our Music and Worship Ministry Team about this or any aspect of your worship experience. Oh and don't forget- the Prayer Candles remain available to you, before or after worship.

Blessings,

Linda Altrichter, *Coordinator*

Pastor Janet, Karen Adams, Larry Bear, Christy Dunbar, Ben Gulledge, Wendy Heiney, Lee Stephens



\*\*\*\*\*



### **FROM THE DESK OF THE PASTOR**

#### **Greetings UCCG Community!**

I hope this finds you all enjoying these summer months. This summer has brought a few changes for us. We said goodbye to our tenants who rented our Annex and our on-going rental relationship with Bethel House of God will come to a close this month. Pastor Rosa has decided to have BHG meet in their members' homes instead but has been truly grateful for our hospitality. We wish all of the Jones' family well as they make the next steps in their journey and may the ministry of BHG remain as impactful as ever!

Although these steps were positive for our partners, our monthly income is going to be affected. The good news is that we are already looking at potential new renters for next door so let's pray for a quick turn around. Also, this is as good a time as any to remind you that every gift you give to UCCG is absolutely necessary. When you get involved in the MINISTRY & MISSION of UCC Greenawalds, your talents, your time and, yes, even your dollars are all tied to one purpose: *to build up the Body of Christ.*

To put that another way, one that is special to who WE are as a congregation, let me remind you that the United Church of Christ Greenawalds Mission is to:

- Be a community that sustains continuous change and transformation as we grow in the likeness of Christ and the image of God.
- Proclaim the good News of Jesus Christ in word and action through worship, education, study and fellowship.
- Continually push ourselves to be open to people of all backgrounds, cultures and ethnicities. Exhibit care, love, understanding and hospitality to everyone.
- Establish ourselves as a known presence in the community.

For us to live into who we are called to be *for God* in this time and place. And to continue to grow and build up the Body of Christ to make new disciples and keep changing lives, YOU MATTER. If you believe in what can be possible for us, YOU MATTER. If you believe in what is possible with God, YOU MATTER. Let's all join together in our participation, in our giving, in our telling faith stories and our inviting, in our time and our efforts as ambassadors of UCCG who are ambassadors of Christ who really know what the UNITY in commUNITY is all about!

Securing the Future-together

Much love and respect,

~Pastor Janet



### Here we go again!

And congratulations to Larry Christman - our randomly chosen winner in the JULY Echoes. Larry also likes the Parkland Diner, and he received a \$20 gift certificate for the diner! Just think -

#### **YOU COULD BE OUR THIRD WINNER!**

Somewhere in this month's edition of Echoes, hidden amongst all of the valuable information and inspiring work we do in our church, is a name: the name of one of our wonderful brothers or sisters in our

#### **UCC Greenawalds faith community!**

It will be MID-SENTENCE, not the one listed as someone who wrote an article or is obviously named as someone who you are to call to volunteer for something.

So read all about what is coming up at UCCG and if you find YOUR NAME, YOU are the BIG WINNER! Contact Sue in the church office to claim your prize!

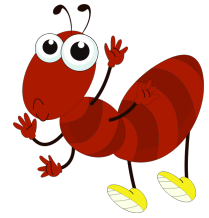




## *Ant's Corner*

### **Inside Edition, Part 5**

#### **“A Healthy Fear”**



I distinctly remember the day Pastor Janet introduced me to “Buddy Jesus” about twelve years ago. If you’re not familiar, it’s an image of Jesus with a big grin and a thumbs-up. While I thought it was a cool picture, a suppressed thought crossed my mind: could this be blasphemous? My internal filter stopped me from questioning Pastor Janet, who was on her way to ordination, and I allowed this new image of Jesus—the “pal” not the “punisher”—to sink in.

About a year later, Pastor Janet started a project at one of our former churches called “Flat Jesus.” This was a line drawing of Jesus that you would color, cut out, and take with you on vacations, cookouts, long car rides—anywhere you wanted! I even stretched the image horizontally on my computer to create my personal variation, “Fat Jesus”, to feel an even greater kinship with Him (no joke, Janet can confirm this). And, of course, just a few weeks ago, our Pastor gave us little figurines of Jesus, so we can all have “a little Jesus” with us wherever we go (she promised to save me one). The common thread in all of this is clear: We should all think of God as our friend!

You guys already know that before joining the UCC, I was raised in a fundamental religious group that instilled the FEAR of God into its members, promising death via the end of the world to those who didn’t join. Thankfully, my dad didn’t focus heavily on the scary stuff. Instead, he told me about Jesus through loving and colorful Bible stories. Nonetheless, I had a legitimate fear of being destroyed every time I snuck an unauthorized peanut butter cookie from the jar. If you look at the size of my belly, you’ll realize that I’ve survived a good number of near-death experiences. My Catholic friends weren’t much help either. While they weren’t end-of-the-world-centric, they were definitely afraid of God. The iconic statues, crucifixes, and paintings of a weeping, suffering Jesus didn’t help their imaginative, young minds.

I recognize that fear can be an effective tool in some cases. For example, I won’t get behind the wheel even slightly impaired ever again. I suppose we’d call that a “healthy fear,” for good reason. But does FEAR of God (in the simplest sense) really help us to conduct ourselves as Christ-like and loving as we are capable of being? I believe the answer is “no.”

I’ll be the first to admit that most of the Old Testament confuses me. I find it difficult to reconcile the punishing God prevalent in the Hebrew Scriptures with the loving, forgiving, and peaceful Jesus of the New Testament. However, I understand that good, loving parents must impose consequences when necessary while never faltering in their love. But that’s not exactly what I mean. To put it in a nutshell, I believe it’s healthier and ultimately more effective to fear the natural consequences of actions rather than fear the one who is imposing the punishment. But the question remains, does God want us to be afraid of Him?

The book of Exodus tells of the Israelites’ “fear” after receiving the Ten Commandments. Moses comforted them by saying, “Do not be afraid. God has come to test you so that the fear of God will be

with you.” What? Don’t be afraid, but be afraid? This is a perfect example of ambiguities in culture and language. In fact, the Hebrew word for “fear” has at least two meanings: an “extreme terror” (the popular understanding) and a “reverent awe” of our God. The latter makes all the difference.

Needless to say, my current situation brings a clear perspective of things to the front of my cantaloupe. I am truly afraid to conduct myself in a way that is not in line with what Buddy Jesus wants for me. I don’t necessarily have to live in fear of God, but I always want there to be a fear of the potential consequences of not having Him in my heart at all times. That’s the type of fear I never want to lose. As for the secondary Hebrew definition, we do well to always remember that our God is awesome, offering undying comfort and light in the midst of darkness. Whether little, flat, or fat, we all need our Buddy Jesus with us at all times!



Director of Music

\*\*\*\*\*



**LET US PRAY TOGETHER FOR:** Larry & Janie Bear; Charlie Roeder; Althea Blose; Lee Stephens (and Sheri); Nancy Saeger; Ray & Terry Ward; Anthony; for the Lakatosh and Berger families - Scott Lakatosh; Linda Lakatosh; Megan, Steve, Dallis, Parker-Jane and unborn baby, Raylee; Judy; Jenn; Dolly; Frank Keglovitz; Nelly; Stephanie Tlasek.

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

**ALWAYS REMEMBERING OUR HOMEBOUND FAMILY AS WELL:**

Eleanor Limpar, at home  
Doris Shaver (Phoebe - Room T313A)

Naomi Thomas, at home  
Lois Tice, at home

\*\*\*\*\*

**THANK YOU!**  
*thank you!*

**... from Linda Lakatosh** for your many cards and continued prayers.

\*\*\*\*\*

# UCC Greenawalds

## Summer 2024 Youth Group Activities

for ages 3rd thru 6th grade

Tuesday, August 6, 3-5 pm - Visit Horse Farm  
Tuesday, August 22, 3-5 pm - Kids' Choice

Those lazy, hazy, crazy days of summer are fleeting. Our Youth Group has gotten together a few times already this summer - we enjoyed an outdoor game night at UCCG, a hike and water fun at the Trexler Nature Preserve, and last week we met at the home of Dave & Karen Adams for a pool day / cookout. Even the adults had fun at the cookout.

We have two more meetings before the kids head back to school. Please let Karen or Ashley know if your children will be participating.



# Evangelism & Outreach

**Community Yard Sale** - The Community Yard Sale held on Saturday, July 27, was a SUCCESS! There were 12 “vendors” and lots of buyer traffic throughout the morning. Thank you to those who worked hard to make this happen and to those who participated by working a shift or selling their “treasures.”

## **NEXT UP ...**

### **Sunday, August 25 - 10 am Outdoor Worship w/ *Back to School & Back Pack Blessing***

No matter how you are involved in the *back to school* activities, UCCG has a special blessing for YOU! Come to church and we will pray for you as you return to school for the 2024-25 school year. After worship, we will have lunch together. Then, back by popular demand...Live musical entertainment with the band, *Ant Jams!!* (You won't want to miss this!) (See the OMG report for more information on back-to-school supplies!)

### **Saturday, September 7 - *First Responder Appreciation Night***

UCCG will host an evening to show our gratitude to Woodlawn and Greenawalds Fire Companies!

***Dinner is by invitation only for these First Responders and Families. However, the movie is free and open to all who wish to join us!*** More information to come but please SAVE THE DATE!

6:00 pm BBQ for the whole family with activities set up for the kids

7:30 pm Recognition Time and Movie Concessions Open

8:00 pm Outdoor Movie featuring *Because of Winn Dixie* (2005)

(A mischievous dog befriends a lonely young girl in a new town and helps her make new friends!)

\*\*\*\*\*

## **Outreach + Mission = GROWTH**



**CLUBHOUSE**  
of Lehigh County  
A PROGRAM OF GOODWILL KEYSTONE AREA

1999 **25** 2024  
YEARS

The Clubhouse of Lehigh County is the 2024 recipient of 10% of any fundraising profits at UCC Greenawalds.

### **BETHLEHEM EMERGENCY SHELTERING**

**This opportunity has been postponed due to not enough volunteers :-( Maybe we can try again at another time?**

## LITTLE FREE PANTRY



Our Little Free Pantry continues to be a blessing to our food-insecure neighbors. We are currently in need of **CANNED VEGETABLES (not green beans) and SOUP**. Your contributions of food items are very much appreciated.

Our Little Free Pantry Fund is running low; if you would like to donate directly to the Pantry, please indicate “Little Free Pantry” on your check memo line or on the front of your envelope. THANK YOU!

## BACK TO SCHOOL SUPPLIES

We will again collect Back to School supplies for local school children (including UCCG’s Sunday School children).



- |                  |                  |
|------------------|------------------|
| Pens/Pencils     | Pencil cases     |
| Binders          | Folders          |
| Spiral notebooks | 3-ring notebooks |
| Calculators      | Erasers          |
| Art supplies     | Rulers           |
| Glue sticks      | Markers          |
| Crayons          | Colored Pencils  |

Supplies will be collected through Sunday, August 18. Please deposit supplies in the designated boxes in the narthex/lobby. These school supplies will be given to UCCG children at the “Blessing of the Backpacks” service on Sunday, August 25. Thank you for your donations.

## CHOW CHOW

Please continue to return clean, empty chow chow jars to the basket under the shelf in the lobby. We will sanitize and reuse them this fall. No jelly jars, please!

## SOUP KITCHEN

Each month, UCCG sends two teams of four volunteers to help at the Soup Kitchen. We can always use a few more - either on a regular basis or on an as-needed basis when some of our regulars are on vacation or unable to help. If you are willing and able to help, please contact Linda Roeder or Bonnie Marmon. Thank you!



**SIGHT & SOUND DVD SHOWINGS -**



**ALL ABOARD THE ARK!**

With a catastrophic storm on its way, Noah is given a monumental task: Build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God’s promises run deeper than the rising waters around him?

We’re bringing the production of **NOAH**, the third of our Sight & Sound showings, to the theater room at Horizons at the Village at Whitehall (behind Whitehall High School stadium) ... at **6:00 pm on Thursday, August 22, 2024.**

The showing is FREE; however, you must make a reservation because seats are limited (seats are comfortable and cushy!). Reserve your seat on the Sign-up Sheet on the shelf in the lobby.

**FISH Team Request**

The FISH Team is in need of a coordinator. Sue Sawyer has led this group for quite a few years and would like to take a break. In case you don't know what the FISH Team does - the coordinator receives referrals for UCCG individuals/families experiencing a time of personal difficulty and who would benefit from receiving meals or restaurant gift cards.

After a request is referred to the church office or to the coordinator, the coordinator makes a phone call to the family. From the conversation, it is determined if they have allergies or food dislikes and how many will be receiving the meals. The coordinator then calls the team to see who is available to supply a meal to the individual or family and schedules their date to cook.

If this is something you may be able to do, please contact Sue Sawyer. She has notes to pass along to the new coordinator. Thank you.

\*\*\*\*\*

**NURSERY SCHOOL UPDATE:**

- Please continue to collect used items again for the next school year, so if you are cleaning out closets, please place your items in sturdy garbage bags and bring them to the church any time Bart Michael Tizio between now and next April.
- We are now accepting registrations for the 2024-2025 school year. If you know of someone who may be interested in enrolling their child, please have them call the Nursery School office at 610-435-5467.
- THANK YOU for your continued support of our Nursery School program. ♥



We currently have three families in the rotation. Our next host date is December 15-22. Please consider signing up for any of the following “jobs” – meal or dessert prep; evening hosts from 6:00-8:30 pm; overnight hosts from 8:30 pm until about 7:00 am the next morning. If you are willing and able to help, please contact Karen Griffith at 610-703-6826, and she will add your name to the list of volunteers to contact closer to our host week. We can always use more volunteers. Thank you!

Our host weeks for 2025 are January 26 to February 2, April 6 to 13, and November 2 to 9.

**Save the dates for the following Family Promise fundraisers:**

Monday, August 5 from 11:00 am to 9:00 pm- Anthony’s Coal Fired Pizza, 750 N. Krocks Road, Trexlertown, is donating 20% of all purchases to Family Promise. Be sure to mention FAMILY PROMISE when you place your order!

Wednesday, September 4 - Sip and Mingle from 5:00-8:00 pm at Domaine Pterion Vineyard & Winery at 6501 St. Peters Road, Macungie. Early bird pricing - \$35 pp or \$40 pp after August 14. If you’re interested in attending, please contact Sue Roth 610-554-2781.

Saturday, January 18 - Purse Bingo at Jordan UCC. More details to follow at a later date.

Saturday, March 29 - Family Promise Homecoming Event at Twin Lakes. More details to follow at a later date.

\*\*\*\*\*

## **REMODELING PROJECT**

Our “Remodeling Team” continues to be hard at work. The bathrooms on the Nursery School level have both received a new coat of paint, and the door frames have all been repainted. As of Sunday, July 28, we have received donations of \$3,530 for this project. Our expenses to date are \$2,246, with \$1,200 remaining. Grant and his team are taking a much needed break for the remainder of the summer, as they plan their next steps in our remodeling project.

The church model will remain in the narthex to receive contributions. **THANK YOU** for your continued support of our Remodeling Fund.

## Recycle Beyond the Bag

Recycling plastic bags has become a habit for many of us at UCCG. The receptacles are in place - one in the lobby outside Pastor Janet's office door and one in the Christian Ed entrance way. The time frame is 12 months to collect 1,000 pounds of plastic, and we have already collected 222 pounds. Our planet thanks you. 😊

Thank you to Ashley Barnett for volunteering to lead this recycling effort.

In case you need a reminder on what to collect and what NOT to collect, here you go:

**RECYCLE BEYOND THE BAG**

Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing!

**FROM THE STORE**

- ✓ Produce bags
- ✓ Store bags
- ✓ Ice bags

**FROM YOUR PANTRY**

- ✓ Ziploc® & other reclosable bags
- ✓ Cereal box liners
- ✓ Case overwrap
- ✓ Bread bags

**FROM YOUR FRONT DOOR**

- ✓ Newspaper sleeves
- ✓ Dry cleaning bags
- ✓ Bubble wrap
- ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and organic matter.

**NexTrex**  
NexTrex.com 540-542-6930

RECYCLED IN AMERICA

**DO NOT INCLUDE THESE ITEMS IN NEXTREX® PROGRAMS**

FROZEN FOOD BAGS    CANDY BAR WRAPPERS    CHIP BAGS    NET OR MESH PRODUCE BAGS    PET FOOD BAGS

**OR THESE**

- ✗ Degradable/compostable bags or film packaging
- ✗ Six-pack rings
- ✗ Vinyl shower curtains or tablecloths
- ✗ Pre-washed salad mix bags
- ✗ PPE- Gloves, masks, or protective wear
- ✗ Bedding or linen packaging
- ✗ Hot dog or meat wrap packaging
- ✗ Pool covers
- ✗ Shiny, crinkly films like floral wrap
- ✗ Lamination film
- ✗ Silage and hay bags
- ✗ Backyard ice rinks

**DON'T SEE YOUR ITEM ON THE LIST?**  
Try these tests to see if your plastic is acceptable or not.

**See if the package will stretch when you pull it.** If yes, it can be included. If it tears like paper, then please don't put in the bin.

**Is the package shiny or does it make a crinkly/crunchy sound in your hand?** If yes, do NOT recycle in the NexTrex® bin.

**NW Works**  
Employment Through Education

**NexTrex**

trex.com/recycling 540-542-6930

RECYCLED IN AMERICA

**TREX - What is good to bring!**

**Not for this project**

**“There is no such thing as ‘away’. When we throw anything away it must go somewhere.”**

~ Annie Leonard, Proponent of Sustainability



## Finding Hope and Healing in Support Groups

By Christy Dunbar

Twelve years ago, my life upended when a toxic work environment triggered the onset of a serious mental health condition. The career for which I'd worked my whole life was derailed and no amount of time, rest, therapy, and medication seemed to help. My loved ones tried to comfort and support me but they often said things that made me feel worse. At times their suggestions minimized or simplified my experience, causing me further guilt, shame, regret, and despair. No one seemed to understand how hopeless and alone I felt.

My therapist encouraged me to attend a support group meeting for individuals with mental health conditions. Even though I dreaded it, I forced myself to go. I had no idea how instrumental support groups would be in my recovery. There I discovered a safe, non-judgmental place where I was able to share my feelings and experiences. I received valuable input, advice, and validation from people who had been in similar situations. As we took turns sharing our struggles and triumphs, I took comfort in knowing I wasn't alone. From those whose lives were on track, I felt hopeful that I too might regain a sense of purpose and self-worth.

Now I am a proud mental health advocate for NAMI-LV, which gives me the opportunity to facilitate peer support groups, to teach wellness classes, and to share my story with countless others in in-patient and outpatient settings. I've worked with government officials on mental health legislation, provided crisis intervention training to police officers and presented at schools, colleges, and mental health conferences. My favorite part of my mental health advocacy is witnessing others' journeys as they move from crisis to recovery. Some have even become NAMI-LV peer facilitators themselves, discovering a new purpose and passion to help others.

If you or a loved one is struggling with mental health, the National Alliance on Mental Illness (NAMI) Lehigh Valley provides free education classes and support groups for adult peers and families and loved ones of those struggling with mental illness.

Peer-to-Peer Education Course is a free 8 week program meeting once a week for those diagnosed with mental illness who are interested in achieving and maintaining wellness. Taught by people in recovery, this program incorporates lecture, discussion, interactive exercises and stress management techniques while striving to provide empowerment, support, communication skills and a recovery plan.

Peer Connection is a free support group for those with mental illness on Zoom every Thursday night from 6 to 7:30 p.m.

Family-to-Family Education Course is a free 8 week program that meets once a week for those with family members and loved ones who have mental health conditions. Led by people who have loved ones with mental illness, this course provides valuable information about mental illness and the mental health care system, available resources, self-care, coping mechanisms, and crisis strategies.

Family Support groups are free meetings for family members and friends of those living with mental illness. They are held every Wednesday night from 7 to 8:30 pm.

... The MHMTeam members are Christy Dunbar, Colleen Horlacher, Anthony and Janet Newett and Sue Sawyer. We would LOVE more of you to join our team ... Contact any one of us if you are interested.

\*Check out [www.nami-lv.org](http://www.nami-lv.org) for more information. Please note that you will need to register online for the classes prior to participation. However, no registration is required to attend the weekly support groups and the Zoom link is provided on the website. NAMI-LV brochures are available in the lobby as well if you're interested in learning more.

\*\*\*\*\*



### **Vacation Bible School Special Offering**

Thank you to everyone for your donations to our VBS Special Offering recipient. The Gress Mountain Ranch in Schnecksville received \$281.41 due to your generosity .

\*\*\*\*\*

### **A Little Bit of Humor for your August *Echoes***

In his book, "I Shall Not Want," Robert Ketchum tells of a Sunday School teacher who asked her group of children if anyone could quote the entire 23rd Psalm. A golden-haired, 4-½ year old girl was among those who raised their hands.

A bit skeptical, the teacher asked if she could really quote the entire Psalm.

The little girl came to the front of the room, faced the class, made a perky little bow, and said, "The Lord is my shepherd, that's all I want."

She bowed again and went and sat down.

That may well be the greatest interpretation of the 23rd Psalm ever heard.

**Your 2024 Consistory      *THANK YOU FOR SERVING!!***

Our Consistory did not meet in July. Our next meeting is Thursday, August 15, 2024 at 4:30 pm.

**Officers:**

Moderator - Karen Griffith  
 Vice Moderator - Larry Christman  
 Recording Secretary/Financial Secretary - Sue Borger  
 Treasurer - Bonnie Marmon

**Members-at-Large:**

Mark Adams  
 Linda Altrichter  
 Jayne Christman  
 Nanci Snyder  
 Matt Stalter

Delegate to PNEC Annual Meeting – Jayne Christman

\*\*\*\*\*

Here is a report of how we are doing financially after the first six months of 2024.

Month	Budget	General Offering Income	*Other Income	Total Operating Income	Operating Expense	Net Income
Jan-24	\$12,859	\$8,225	\$3,965	\$12,190	\$16,299	(\$4,108)
Feb-24	\$12,859	\$8,740	\$3,532	\$12,272	\$16,008	(\$3,736)
Mar-24	\$12,859	\$10,227	\$7,704	\$17,931	\$12,962	\$4,970
Apr-24	\$12,859	\$8,749	\$2,685	\$11,434	\$12,732	(\$1,298)
May-24	\$12,859	\$8,632	\$3,145	\$11,777	\$13,015	(\$1,237)
Jun-24	\$12,859	\$8,003	\$4,124	\$12,127	\$11,089	\$1,039
Jul-24	\$12,859	\$0	\$0	\$0	\$0	\$0
Aug-24	\$12,859	\$0	\$0	\$0	\$0	\$0
Sep-24	\$12,859	\$0	\$0	\$0	\$0	\$0
Oct-24	\$12,859	\$0	\$0	\$0	\$0	\$0
Nov-24	\$12,859	\$0	\$0	\$0	\$0	\$0
Dec-24	\$12,859	\$0	\$0	\$0	\$0	\$0
<b>Total</b>	<b>\$154,309</b>	<b>\$52,576</b>	<b>\$25,156</b>	<b>\$77,732</b>	<b>\$82,104</b>	<b>(\$4,372)</b>

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

**“Remember that the happiest people are not those getting more, but those giving more.”**

H. Jackson Brown, Jr.

## July

Named to honor Roman dictator Julius Caesar (100 B.C.-44 B.C.). In 46 B.C., Julius Caesar made one of his greatest contributions to history: with the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar that we use today.

### How to Keep Cool

As temperatures spike, how can you beat the heat? From closing blinds to using a fan (not just A/C), here are tips for keeping your body cool during the hot summer months.

#### Don't Sweat It.. or Do!

Actually, we *should* sweat in the heat. Sweating is part of the complex system our bodies have evolved to dissipate heat. Sweat cools the body as it evaporates from the skin. Most of us can get along with fans, cold drinks, and outdoor swimming. Here are a few tips for staying cool(er) if you don't have air conditioning.

#### The House

- Exterior shutters or blinds keep the heat out. Interior blinds can also reflect heat. One idea is to open the windows and doors at night to flush out hot weather, then close them during the daytime. Open screened windows at night also allow cross-ventilation throughout the house with cooler nighttime temperatures.
- Close shades and curtains during the day to prevent the inside of the house from absorbing solar heat.
- Don't use the oven. Use a grill. Turn the lights off.
- Use a fan.

#### Eating

- Stay well hydrated by drinking plenty of fluids; eat smaller meals and eat more often in hot weather; avoid alcohol on hot days; cut back on caffeine which raises your body temperature.
- Treat yourself to ice cream and ice pops!

#### Clothing

- Wear light-colored, lightweight, loose-fitting clothing; place a cool, wet towel around your neck; wear a wide-brimmed hat and sunglasses when you're outside and wear SPF30 or higher sunscreen.

#### Exercise

- Do NOT exercise in hot weather. If you must, take it very easy to get used to the hot weather over several days. Work out in the cooler morning or evening hours, or take it indoors.
- Drink a couple cups of water a few hours before you head out for exercise. Bring a water bottle with you and take about 10 big gulps every 15 minutes or so.
- If you feel faint, lie down and raise your legs above your head. Try to get to a cool area and drink fluids as soon as possible.

**Extreme Heat can be fatal.** Elderly, disabled, infants, and those with serious health conditions are at special risk for a heat-related emergency.

*Taken from the Old Farmer's 2024 Almanac; Robert B. Thomas/7854210*



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				<b>1</b> 6:30 pm E&O 5-10 pm BHG in F.H.	<b>2</b> 5-10 pm BHG in F.H.	<b>3</b> 11 am-10 pm BHG in Fellowship Hall
<b>4</b> 9:30 am Fellowship 10:00 am <b>Worship w/Holy Communion</b>	<b>5</b> 6:00 pm Music & Worship	<b>6</b> 3:00-5:00 pm Youth Group visit to a Horse Farm	<b>7</b>	<b>8</b>	<b>9</b> 3:00-7:00 pm BHG	<b>10</b> Last Day for BHG at UCCG
<b>11</b> 9:30 am Fellowship 10:00 am <b>Worship</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> 4:30 pm Consistory	<b>16</b>	<b>17</b>
<b>18</b> 9:30 am Fellowship 10:00 am <b>Worship w/House Band</b>	<b>19</b> 6:30 pm Mental Health	<b>20</b> 3:00 pm PRC 3:00-5:00 pm Youth Group Kid's Choice	<b>21</b>	<b>22</b> 2:00 pm OMG	<b>23</b>	<b>24</b>
<b>25</b> 9:30 am Fellowship 10:00 am <b>Outdoor Worship</b> Back to School Blessing Picnic with Ant Jams	<b>26</b>	<b>27</b> 3:00 pm Spiritual Council	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



**OUR STAFF**

Rev. Janet Newett, Pastor pastorjanetn@gmail.com	610.657.2189 cell
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 churchoffice@uccgreenawalds.org	610-435-5467

**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](mailto:churchoffice@uccgreenawalds.org) or to Sue Borger at [borgersusan@yahoo.com](mailto:borgersusan@yahoo.com) no later than the 22<sup>nd</sup> of each month.

The **AUGUST 2024** Edition of *Echoes* is sponsored by:

**Eleanor Lakatosh** in loving memory of her husband,  
**Robert Lakatosh.**

Bob would be celebrating his 94th birthday on August 10.  
Happy Heavenly Birthday!.

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](mailto:churchoffice@uccgreenawalds.org).

\*\*\*\*\*