



'Till We Meet Again!

Week of October 17 and 18, 2020

REFLECTION FOR THURSDAY, OCTOBER 8, 2020:
Forgetting the past and looking forward to what lies ahead, ⁴I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.
Philippians 3:13-14

Good morning my friends!

On Tuesday evening I attended the "Transitional task force, sub- team on "Mission and Vision." At this wonderful gathering of representatives from each of the three congregations that form our current community of faith, we had the opportunity to dream together. We spoke about the hopes and the dreams that we held close to our hearts for our community.

One of the members of this task force made a comment that truly resonated with my heart. She shared that in our vision we should always keep before us two elements. "Who we are right now and who we hope to become."

The above text from holy Scripture comes to mind when I thought about her thought. However, with the permission of St. Paul, I would like to edit the beginning of this phrase and suggest that we should not "forget the past" but rather "honor and respect" our past.

So, who are we?

This morning when I woke up, I put water on my face three times. In my head I recalled the words, "in the name of the Father, the Son, and the Holy Spirit." Remembering that indeed I am a child of God. I AM a beloved child of God! I AM a heavenly prince! I AM called to be a coworker with Christ to bring the kingdom of God into our world.

As I reflect on who I am, I realize

that my hope is grounded in the life, death, and resurrection of Jesus Christ. That I am forgiven for my transgressions and that each day, in fact each moment when I recall my true identity, that I am resurrected to new life. Renewed and refreshed to become the person that God desires me to be.

Imagine that. Today, this moment, recalling that indeed you too are a child of God, our Lord gifts you with the ability to be renewed and refreshed in life! The past has formed and shaped you into the person you are right now, a person who is in fact "liked, accepted, and unconditionally loved" by our God. In this moment you can start again. To be renewed in your baptism and to display to the world the best version of you that you can be.

I look forward to who we are becoming! Transformed by the grace of a loving God we are pressing on to live into our heavenly calling! But until the next time,

Keep trusting God, keep washing those hands, and be at peace with God and with one another!

PJ



REFLECTION FOR TUESDAY, OCTOBER 13, 2020

THE BEST MEDICINE

Psalm 126: 1-3

When the Lord restored the fortunes of Zion, we were like those who dream.

Then our mouth was filled with laughter, and our tongue with shouts of joy;

then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we rejoiced.

When I was studying to become an occupational therapist, I was introduced to a book by Norman Cousins, *The Anatomy of an Illness*. A short but powerful book which highlights the healing effects of laughter. Not just the basic ha ha ha but the value of a full belly laugh. I was thinking about how much we need to laugh right now and how therapeutic laughter is for our bodies, minds, and spirits. What would our community look like if we regularly laughed with one another?

We spend so much time on negative comments, tearing each other down, and trying to prove we are right that we have lost the ability to just have a little fun and laugh with each other. Imagine if we devoted as much time to laughter as we do to fighting about everything. I wish I had the skills of a comedian so that I could make people laugh out loud. Sometimes I get lucky and say something funny and I enjoy laughing at myself.

I am challenging myself to focus each day on making sure that I help someone to smile and laugh. I extend that same challenge to you. Make it a priority to help others smile and laugh. Make it a priority to laugh each day. I give you permission to be silly. After all, what is the most infectious thing we can hear? The absolute belly laughs of a baby! No one can listen to the belly laughter of a baby and not want to join in. Laughter is a precious gift from

God and one we forget about in the serious nature of our day to day lives. Take time, smile, laugh, really laugh, it will help you feel better and will also help those around you. The best medicine, laughter!

In Peace,
Pastor Suzanne

GOD'S WORK OUR HANDS



**God's work.
Our hands.**

Please read these important updates on UPG Outreach from God's Work. Our Hands and Stewards, Angels in Ministry.

"Days" of Service - Many

thanks to Cindy Kemp and her volunteers for the great job they did cleaning up Ft. Hill Cemetery on this "Day" of Service, Sept. 20. The work was accomplished in less than an hour because "many hands made light work." Another "Day" of Service that is now completed was the making and filling of school bags for LWR led by the women of the UPG and St. John's Windish. Additional "Days" of Service will be scheduled when the time is right: a Youth Car Wash and Rock Painting. Our present "Day" of Service is our Mat Ministry for the homeless. We still need help making plarn for those who are crocheting the sleeping mats. Please see the instructions below and join us. Linda Maule (610-258-5006) is available for any help you might need.

Mat Ministry - SOS!! We need many more hands to turn the plastic bags we've collected into plarn for those who are crocheting mats. The process is quite easy - take each bag, smooth it out lengthwise, fold it several times upon itself until you have a narrow strip, cut off the handles at the top (making sure to cut off any curved edges), cut off the seam at the bottom, fold the strip in half and cut at the folded edge, fold again in half and cut again at the folded edge. You should now have 4 strips that can be fastened together by looping the ends of the strips over each other and pulling gently to keep the knot as small as possible. Keep

knotting strips together until they can be rolled up into a ball. Please save your plastic scraps and any bags that were not usable and bring them and your balls of plarn to the back porch of Light of Christ. You will see where to put them. Additional bags for making plarn are available on the porch at Light of Christ. PLEASE HELP - thank you!

CHRISTMAS CARDS FOR THE MILITARY

The Bleier family is collecting Christmas cards to be sent to the U.S. active duty military. The cards may be purchased or handmade with a personal *God Bless Our Troops* greeting addressed to Dear Warrior and signed only with your first name, city, and state. Homemade cards should not be larger than an 8x11 sheet folded in half. Cards do not need to be in an envelope, if enclosed in an envelope, do not seal envelope. Please keep in mind that our military troops are diverse in their holiday practices and beliefs. Contact Joe by email or cell at bleier.joe.amy@gmail.com or (610) 737-6613 to arrange pick up. We are hoping to have all the cards collected by October 25, 2020. For more information feel free to contact us or visit www.militaryholidaycardchallenge.com.



SUNDAY SCHOOL



Sunday School will be held indoors 9:30-10:30 AM on our LOC Campus.

Wearing masks is required.

Classes are held for children ages three by October 1st through adults. We welcome all!!! Please call or email Lynn Terry with any questions about our safety procedures lynnjt680@verizon.net 610-554-4090.

NOW VIRTUAL...THE 5TH ANNUAL MONOCACY FARM FOOD FEST HAS A NEW DATE!

Visit Monocacyfarmproject.org, Facebook, or Instagram for more details or updates about our Online Auction which will Begin on



Oct. 19 at 11:00 AM and end on Oct. 24 at 5:00 PM. Our popular goodie bags will be available for sale and go to all auction winners! There will be online info sessions and demos. All proceeds benefit the Monocacy Farm Project in Bethlehem, PA.

We're extremely grateful for your support. Thank you for helping to make our annual fundraising festival a success.

THIS WEEK IN THE UPG OCTOBER 17—OCTOBER 25

Saturday October 17

4:45 PM Worship (Facebook)

Sunday October 18

8:00 AM Worship (St. J)

9:30 AM Sunday School (LoC)

11:00 AM Worship (St. J)

Monday October 19

7:00 PM Coffee & Conversation (Zoom)

Tuesday October 20

9:00 AM Staff Meeting (Zoom)

Wednesday October 21

7:00 AM Fellowship Meeting

Thursday October 22

6:30 PM Bible Study (Zoom)

Friday October 16

Saturday October 17

4:45 PM Worship (Facebook)

Sunday October 18

8:00 AM Worship (St. P)

9:30 AM Sunday School (LoC)

11:00 AM Worship (St. P)