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Reverend Lisa Stenner, Pastor

**January 23, 2026**

### **From the Pastor**

We will worship via Zoom this coming Sunday in order to be good stewards of ourselves and the community. Instructions are below. I invite each worship participant to **be cozy and comfortable** and to **bring at least one piece of paper and a writing/drawing utensil such as a pen, pencil, marker, crayon, etc.** Worshiping online isn't the same as being in person; however, Sunday's service was intended to be a bit non-traditional and experiential, and Zoom is a great venue for it.

It's been a while since we've worshiped in virtual community. A few quick reminders:

- Test your connection and device in advance.

If you haven't used Zoom in a while, the app will probably have to update before you can join the meeting. Check your speakers, microphone and camera as well.

- Please keep your microphone muted unless the service offers an opportunity to speak.

Participants should be muted when joining the meeting. Double check. When unmuted everyone can hear what is happening in your surroundings.

- Remember everyone can see your camera view if your camera is on. Be cozy and presentable for public. Let everyone who is moving about your surroundings know that you are online. Others may not want to be on camera.

The world has been heavy lately for a plethora of reasons including situations in our country and the world. Prejudice, meanness and hatred seem to be overcoming kindness, character and basic common sense; and the whole planet is anxious. I am aware of the weight in my own body and spirit, and I have witnessed it in folks all around me. That's why I've asked you to share what is feeding your spirit these days and giving you hope. [See article below]

This Sunday we will create space in worship to acknowledge our concerns, worries and angst; to bring them to our Creator. We will also claim God's promise to be with us "always even to the end of the age" (Matthew 28:20b). The Spirit will dance in the midst of our virtual space. Come open-hearted and open-spirited as we cling to God's promises and strength in our vulnerability and lament.

There is no worship bulletin for this week, and the service will not be streamed or available on UPC's YouTube channel. If you are unable to join Zoom on

Sunday, please find another worship experience online or make time for personal worship. May you & yours stay warm and safe!

**Peace, Pastor Lisa**

**PS:** In the past few weeks, worshipers received star words to guide their journeys through the new year and remembrance stones to remind them of their identity as God's beloved claimed in baptism. Next Sunday is the last Sunday extras will be available in the narthex. Please contact [me](#) if you'd like one or both mailed to you.

## **UPC Worship 1/25/26 on Zoom January 25, 2026 10:00 AM Eastern Time (US and Canada)**

Join Zoom Meeting

[https://us05web.zoom.us/j/83131017950?  
pwd=MDaJ2Ynbw7USneSjCFnJCbHHqTdp3M.1](https://us05web.zoom.us/j/83131017950?pwd=MDaJ2Ynbw7USneSjCFnJCbHHqTdp3M.1)

Meeting ID: 831 3101 7950

Passcode: 222231

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One tap mobile

+16465588656,,83131017950#,,,,\*222231# US (New York)

+16469313860,,83131017950#,,,,\*222231# US

Join instructions

[https://us05web.zoom.us/meetings/83131017950/invitations?signature=-  
VZ8McC-Myrw4-EHirv6zcvBnR9StascOj8YICSwaQM](https://us05web.zoom.us/meetings/83131017950/invitations?signature=-VZ8McC-Myrw4-EHirv6zcvBnR9StascOj8YICSwaQM)

## **Congregational Meeting Report**

- **The 2026 Nominating Committee was elected.**

The 2026 Nominating Committee is comprised of Heather Dern, Sue Kozlowski, Ollie Seidman, and Jim Vanzant. They are discerning who the Spirit is leading to serve as elders and deacons in the class of 2029 and will present a slate of officer nominees at the congregational meeting on Sunday, March 29th. The NomCom values your input. You may submit nominations to them by using the form in the narthex, clicking [here](#) for an online form, or by emailing the church office or a NOM COM member. Nominations must be received by Sunday, March 1st.

- **Conversation about UPC Finance's included approval of the pastor's terms of call, discussion of the 2025 final budget figures which will be included in the next prayer update and Q&A about the 2026 budget.**



Everything we have, everything we are is a gift from a good and generous God. Pledging to return a portion of what we've been given back to God is an act of courageous gratitude. Our financial gifts are essential to continue the ongoing operations and ministries of the church and to meet the needs of our growing congregation.

SCAN ME



The 2026 budget includes a 3% increase in pledged giving. Please prayerfully consider what is your response of gratitude to all that God has done and is doing in our community and the world. You may click [here](#) or scan the QR code to submit your pledge form for our shared worship and work in 2026. Automated giving is very helpful in maintaining a consistent income flow. You may set up automated giving through your bank or by contacting [Lori Russell](#) in the church office.

### • Capital Campaign Report

Donations will always be received with gratitude for capital concerns! The Capital Campaign ended its active phase at almost 93% of its goal of \$100,000. As of the congregational meeting, \$86,535 has been received with an additional \$6,275 pledged. What an outstanding generous response to the Spirit's call in a campaign that only lasted 3 months in the midst of an uncertain and turbulent economy! Our cups certainly overflow.

From the Capital Campaign Committee:

*Thanks to your "over and above" response to our Capital Campaign, we have raised enough money to pay off our loan from 2024 for multiple heating/cooling units; pay off our mortgage; and provide a fund for future capital needs. In fact, when the two remaining old heating/cooling units became dysfunctional in December, we were able to pay for one with the funds we had collected to date.*

*We would like to make a special mention of UPC's Cub Scout and Boy Scout troops, who made their own contributions to our campaign; and to Beth Kamdrandt, who donated on behalf of Loaves and Fishes, a UPC ministry partner.*

*We now have enough funds in the Capital Reserve account to enable us to respond to future capital needs. Thank you to all our donors for your generosity. And, remember that you can continue giving to support the Capital Reserve Fund by adding the line "Capital Fund" to your donations!*

## Session Report

UPC's Session had its regular stated meeting on Monday, January 19th. Session reviewed the new directory and care groups and prayed for the congregation. Session sought the Spirit's discernment of God's will for our faith family as it:

- Heard reports from various ministries;
- Celebrated Laura Pears' hiring as Abraham's Pantry Coordinator,

- Remembered Abraham's Pantry is a community collaboration with UPC as its fiscal agent;
- Approved multiple financial policies including budget, credit card use, stewardship and pledging procedures, and offering counting procedures;
- Approved an inclement weather policy stating church activities including in-person worship are cancelled when Boone County issues a Level 2 Snow Emergency and when the pastor and Session determine cancellation to be the best stewardship of public safety, and
- Closed in prayer for the congregation, community and world.

UPC Session's next meeting is its February stated meeting Monday, February 16th.

**Ready. Set. Hike!**  
**It's time again for our**  
**annual ~~competition~~ collection**  
**for the SouperBowl of Caring**  
**food drive!**



Each year, organizations across the US collect canned goods and monetary gifts during the Super Bowl football game to benefit local food pantries. At a time when Americans are known to overindulge, we pause to recognize the hunger in our own communities.

In 2025 UPC and Abraham's Pantry collected 1,152 canned goods and \$1,907! In true UPC fashion we will compete to see who can collect the most- the men or (the reigning champs) the women.

This year we are collecting the following items:

- Hearty Soups
- Canned Pasta (spaghettios)
- Canned Fruit or Applesauce (regular-sized)
- Toothpaste (full size)

Canned goods can be stacked under the appropriate sign in the Narthex or in the office vestibule through Sunday, February 8th!

**Mark Your Calendar - Family Game Night**  
**Friday, February 20th**  
**6:30pm – 8:30pm**

Bring an appetizer or finger food to share. Drinks are provided. There will be games for all ages – trivia, bingo and more – and a movie for our young ones. There could also be amazing prizes including bragging rights. One thing is for sure – ALL ages will have a blast.

**What is feeding your spirit?**



Last week I (Pastor Lisa) shared some resources that are feeding my spirit during this time where the world feels off the rails and heavy, and I asked that you share what is feeding your spirit, bringing you joy, encouraging hope, etc. I'm working on a google doc to share in UPC's Facebook group or website, so please keep sharing! I am not vetting resources but merely sharing what the Spirit is using to work in you. If something speaks to you, great. If it does not, let it go.

So far the collaborative resource list includes:

- Taking care of one's physical body - exercise, good sleep, eating well, massage therapy, yoga, progesterone, blood pressure meds, estrogen patch, meds for depression/anxiety, GLP-1
- Community - friends with whom one can be one's authentic self - for venting, worshiping, sojourning, eating, playing, helping others, etc.
- Therapy, journaling, gratitude lists
- Prayer, regular devotions, worship, meditation, spiritual direction
- Listening to music, playing and/or singing music, theater, gardening, cooking, watching animal videos, doing puzzles, brain games, dancing, playing with pets, snuggling grandbabies
- Podcasts: [Live Better, Feel More with Dr. Dr. Rangan Chatterjee](#), [Jay Shetty](#), [The Confessional with Nadia Bolz-Weber](#), [Pantsuit Politics](#)
- Websites or blogs: [Heather Cox Richardson](#), [Piloting Faith](#), [Proverbs 31](#), [The Blue Room](#) by MaryAnn McKibben Dana, [The Cottage](#) by Diana Butler Bass, [Sabbath Moment](#) by Terry Hershey, [Imago Scriptura](#) by Ed Goode (referenced in last week's sermon), [Center for Action and Contemplation](#)
- Advocacy for others through [5 Calls app](#) and action alerts through the [PC\(USA\)'s Office for Public Witness](#).

### Schedule for This Week

#### **3rd Sunday after Epiphany Sunday, January 25th**

9:30am Grab another cup of coffee, paper & writing utensils for each person and make sure

Zoom connects

10am Zoom Worship

#### Monday, January 26th

9:30am Yoga

7pm Boy Scouts Troop 805

#### Tuesday, January 27th

6:30pm Cub Scouts Pack 3805

#### Wednesday, January 28th

9:30am Yoga

6:30pm Choir

8pm AA

#### Friday, January 30th

9:30am Yoga



### BIRTHDAYS

1/25 - Sheila Wenstrup

1/26 - Iris Daniel

1/27 - Michael Frost,  
Ray Merkel

1/29 - Brent Tolle

1/30 - Nancy Shupe

2/1 - Malcolm  
Cuthbertson-Adams

2/3 - Joanie Kenkel

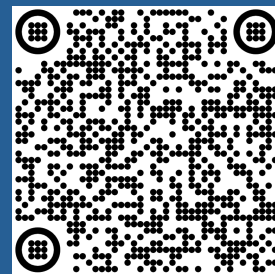
2/5 - Martin Sabogal

2/7 - Heather Dern

2/10 - Dave Claar

2/11 - Ainsley & Braeden  
Brown, Laney Tolle

2/12 - Sue Arts



### Online Giving

You may give online or via text through the [UPC website](#). You can make a one time gift or set up a recurring gift. You may make a memorial or honorary gift and even pay for youth conferences. The online transaction processes the gift from your checking account, savings account, credit card or debit card and is secured through Global Payment Services which

6pm Girl Scouts 2146  
8pm AA

**4th Sunday after Epiphany**  
**Sunday, February 1st**

9:30am Choir Warm-Up  
10am Worship w/ communion

Worship Ministry  
after worship

2/13 - Chad Cuthbertson-  
Adams  
2/14 - Hayden Monson  
2/16 - Marin Ball  
2/17 - Dan Spanier  
2/18 - Lauren Bruns  
2/20 - Harper Gilbert  
2/21 - Sue Dobryzkowski  
2/23 - Duncan Linterlman

integrates with Servant  
Keeper, our membership  
program.

UPC does not receive the  
total amount of your gift due  
to processing fees. At the  
end of the transaction, you  
will be asked if you wish to  
donate an additional  
percentage to cover the  
processing costs.



**ANNIVERSARIES**

1/31 - Jim & Sheila  
Wenstrup  
2/14 - Joe & Holly  
VonLehman  
2/26 - Julie Bailey & April  
Merkel

**Union Presbyterian Church**

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Contact Us



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