



The Chimes

Vol. LXVII No. 10

Web Edition

October 2015

OCTOBER

2016 Stewardship Campaign	3
Welcome, New Members!	4
Stephen Ministry Class	4
World Communion Sunday Peacemaking Offering	4
Choir News	5
Presbyterian Youth Connection Mental Health and Teens	6
Kirk Club	7
PYPs Playground Playdate	7
Sexuality and Faith Program	7
Second Sunday Lunch	8
Adult Christian Education: Terms 1 and Term 2 Classes	8
Presbyterian Campus Ministry	9
Session Digest	9
UPC Outreach Committee	10
Local Outreach News	10
UPC Mental Health Task Force	11
Advent Crafts Festival and Alternative Gift Market	12

Dear Friends,

I am grateful to the Stewardship Committee for its very thoughtful approach to our stewardship emphasis for this year, and I am particularly grateful for the theme: “Rooted. Giving. Growing.” It speaks to values we hold dear at University Presbyterian Church, as well as to our goals. Rooted in Christ and the grace that God has extended to us through Christ. The giving, to which all of us are called in response to that abundant grace. And growth—not in the numerical sense to which we sometimes point, but growth in grace, in faithfulness, in generosity. The next three Sundays I will be preaching on the three parts of that theme.

A new member of our church family recently asked me if we expected our members to tithe. I told her yes, and added that some in the congregation do so, but that I would guess the number is very small. When I asked her how she and her family had come to the practice of tithing—ten percent of their income set aside for God’s work through the church—she said they didn’t start out tithing, but set a goal a decade or more ago to increase their percentage support of the church by one percent a year until they reached ten percent. In recent years, she said, they had actually found great joy in being able to exceed a tithe.

Now, I think her family sets for us a strong example—and a challenge. If every person and family in the church were giving just *five* percent of their income, my guess is that we would double our annual giving. When one considers the abundance God has entrusted to us, is that too much to ask? I would argue that the strong worship, education, programs and outreach ministries of University Church are worthy of such support, as a sign of our faith and commitment. And as one who practices the tithe, I can attest to our new member’s expression of joy in such giving.

Still, if five percent seems too much to ask, then why not consider pledging one more percent of your income for the coming year? And do the same next year. The church—this church we love—will thrive if a number of us do so. I hope we can join in celebrating such a step forward when we bring our commitments for 2016 on Dedication Sunday, October 18.

Grace and Peace,

Bob Dunham, Pastor



Church Directory Photos: Update your directory photo on Sunday, October 4. Following both worship services, Jack and Nancy Benjamin will be in Fellowship Hall to take photos for the directory. If we don’t already have your photo or if you would like to update your photo in the directory, please plan to come (no appointment needed!) between 9:30 and 10:00 a.m. or from 12:00 - 12:30 p.m. We want you in our directory!

Our Church Family

“Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord,” James 5:14.

Local hospitals and clinics no longer provide notifications or lists that would inform the church and its staff if you are hospitalized, receiving treatment or undergoing surgery. The UPC congrega-

tion and its pastors take seriously the call to pray and be present with those who are in need, so we encourage you, a friend or a family member to let us know if you have scheduled surgery or have been admitted to the hospital. During the week, please call the church office at (919) 929-2102. After normal office hours, call the church office and dial extension 133 for the pastor on call.

**Visit our Website:
www.upcch.org**

How to Submit Articles for The Sunday Bulletin's Announcements Or for the Monthly Newsletter, The Chimes

Please submit articles for the monthly newsletter (*The Chimes*) or announcements for the worship bulletin (*Weekly Announcements*) to our Publications Coordinator, Jennifer Johnson. Email her at publications@upcch.org or call (919) 929-2102, extension 113.

The Chimes is a publication of University Presbyterian Church

The Chimes is published monthly. Deadline for submission of articles is the 15th of each month for the following month's edition. Please include your name, phone number and email address. The newsletter is posted on the church's Website (www.upcch.org) and on www.issuu.com/upcch. Send article submissions and inquiries to Newsletter Editor, University Presbyterian Church, P.O. Box 509, Chapel Hill, NC 27514-0509, or email publications@upcch.org.

The church office may be reached by telephone at (919) 929-2102, by fax at (919) 929-7669 or by email at upcch@upcch.org. Visit the UPC Website (www.upcch.org) or the UPC Facebook page (www.facebook.com/upcch) for more information.

**** Deadline for the November edition of *The Chimes* is noon on Thursday, October 15, 2015.**

University Presbyterian Church Staff: Robert E. Dunham, Pastor; Anna Pinckney Straight, Associate Pastor; John Rogers, Associate Pastor for Campus Ministry; Kate Fiedler Boswell, Associate Pastor for Adult Ministries; Kim McNeill, Staff Associate for Youth Ministries; Nancy Myer, Staff Associate for Children's Ministries; Thomas Brown, Minister of Music; Beth Auman Visser, Youth and Children's Choir Director; Ellen Parker, Director, UPPS; Katharine Yager, Controller; Jeanette Schmidt, Office Manager; Jennifer Johnson, Publications Coordinator; Kaitlin Dunn, Administrative Assistant; Dennis Dallke, Property Manager; Rob Kurtz, Sexton.



Rooted. Giving. Growing.

The 2016 Stewardship Campaign

Dedication Sunday, October 18

"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." ~ Colossians 2:6-7

Many UPC members have already attended one of the several gatherings hosted by the Stewardship Committee in September. Enjoying good fellowship and refreshments, we explored our 2016 stewardship campaign theme—"Rooted. Giving. Growing."—and watched a short, inspirational video produced by Ashley and John Wilson. The expanded 2016 stewardship brochure distributed at the gatherings describes many good works and exciting developments at University Presbyterian Church.

If you haven't yet attended or signed up for a stewardship gathering, please contact the church office today for dates and times of the few remaining opportunities through the first week of October.

We now invite you to bring your generous pledge for 2016 to a Dedication Sunday worship service on October 18. Pledging is our commitment, in response to God's call and the abundance in our lives, to make a financial contribution to support the mission and ministry of University Church. In determining our pledges, we consider our gifts, resources and income and determine what portion we will give back to God through our community of faith.

Let us build upon the unprecedented outpouring of generosity from our congregation last year, when 68 percent of all UPC households pledged, up from 63 percent the year before. And half of all pledges for 2015 were either *increased* or *new* pledges. Imagine the possibilities for God's work through University Church as even more members pledge for 2016 and even more pledges are increased.

"Stretch," Bob encourages us in the stewardship video. "Go beyond what you think you can do. Bring yourself to a new percentage or a new level of giving so you recognize that is part of your growth within a church that is growing and developing as well."

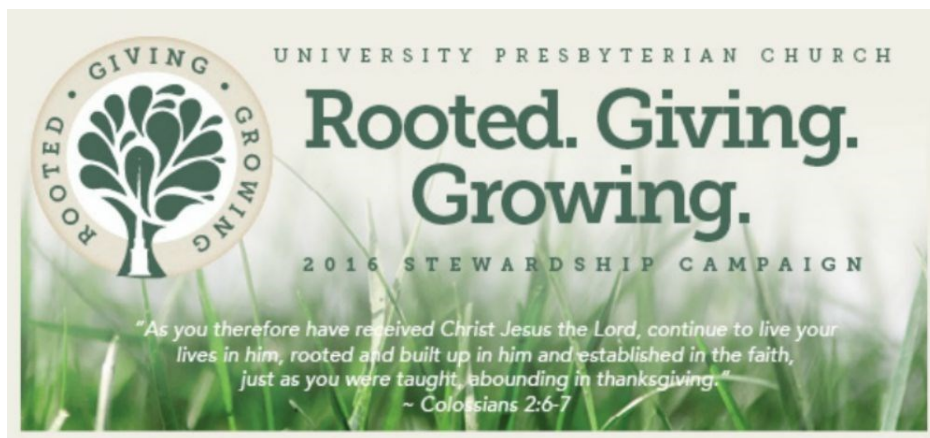
We are immensely grateful for the many gifts of time, talents and treasure that have built and nourished University Church through the years and for your continued and increased support that will enable it to continue doing God's work next year.

We look forward to seeing you on October 18 for Dedication Sunday! Visit <http://www.upcch.org/info/stewardship2016.html> for more information.

2016 Stewardship Campaign Chairs: Daphne and Crowell Little; Ashley and John Wilson

UPC Stewardship Committee

Perry Aycock
Kirsten Barker
Jim Baxley
Don Hunter
Jay Klompmaker
Crowell Little
Daphne Little
Nancy Oates
Susan Ross
Scott Singleton
Ashley Wilson
John Wilson



We Celebrate Our New Members

In September, University Presbyterian Church joyfully welcomed the following new members into the life of the church.

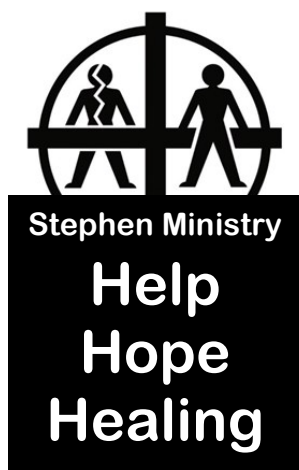
Anna Griffith (Ewan): Anna comes to UPC by transfer of her membership from the First Presbyterian Church of Lewisburg, PA, where she was born and raised. She attended the College of William and Mary (and Williamsburg Presbyterian Church) and then the Sidney Kimmel Medical College at Thomas Jefferson University (and Bryn Mawr Presbyterian Church) in Philadelphia. She is now a Resident in internal medicine at UNC School of Medicine. Anna is married to Drew, an artist, and they are parents to three-month-old Ewan.



Welcome, New Members!

Stephen Ministry Training Class

Would you like to be a part of a ministry that gives people care and support when they need it most—while making a difference in your own life? Consider becoming a Stephen Minister!



Stephen Ministers are members of our congregation who provide one-to-one caring ministry to people experiencing grief, divorce, loneliness, job loss, hospitalization and many other life difficulties.

As a Stephen Minister, you'll be equipped to provide a very high level of care. After your training (50 hours of training that happens over several months), our Stephen Leaders will match you with someone in need of care—men are matched with men, women with women. You'll meet that person anywhere from once a month to once a week in order to listen, care, pray, encourage and reflect Christ's presence in his or her life. Stephen Ministry is life-changing for both the care receiver and the Stephen Minister. As an added bonus, your Stephen Minister skills can enhance relationships in other areas of your life, as well.

University Presbyterian Church is in the process of organizing a new training class of Stephen Ministers and will establish the meeting time and schedule of the training based on those who are interested. If you would like to know more, please contact Anna Pinckney Straight, the pastor who works with Stephen Ministers (and is a Stephen Leader), at apstraight@upcch.org or (919) 929-2102, ext. 112.

World Communion Sunday And the Peacemaking Offering

Sunday, October 4, is World Communion Sunday, when we celebrate our ties to brothers and sisters worldwide. On this day, we receive the Peacemaking Offering. Seventy-five percent is used to support the efforts of the Presbyterian Church (USA) to live out a deeper commitment to peacemaking as part of our faithfulness to God.

As decided by the Outreach Committee and Session, 25 percent of this year's Peacemaking Offering will go to Orange County Justice United, a non-profit coalition affecting social change for our neighbors in Orange County. Their work is an appropriate match for the generous gifts of this offering. Thank you for your support of an organization that does a great job organizing our local community into a powerful voice for justice and peace in our backyard.



Junior Choir

sings on **October 18** at 11:00 a.m. worship,
and on **October 25**, they
are invited to wear their

Halloween Costumes
to choir rehearsal and then go to a
Halloween Bowling Party

Children's Choir

sings on **October 11** at 8:30 a.m. worship
and

is invited to wear their
Halloween Costumes
to choir rehearsal on October 25.

Youth Choir

leads the music in worship on
World Communion Sunday,
October 4, at 11:00 a.m.
and
on October 18 at 8:30 a.m.



**For more information about UPC choirs, contact Beth Auman Visser, Director
of Children's and Youth Choirs, at (919) 929-2102 or visser@upcch.org.**

Presbyterian Youth Connection (PYC)

Join PYC for a fall full of faith and fun! All 6th-12th graders are welcomed and encouraged to attend PYC. This vibrant community helps our young people understand what it means to live out their faith as they grow in relationship with God and one another. PYC meets each Sunday from 6-8 p.m., starting in the Fellowship Hall, unless otherwise noted. Dinner is \$5 per person. Please email Kim McNeill, Staff Associate for Youth Ministries, at kim@upcch.org to learn more.

PYC October Calendar

Sunday, October 4 – Question night! and “college talk” for Juniors and Seniors. Youth advisors will be on the hot seat as they answer questions submitted by PYC youth about themselves and our faith. High School Leadership Team meets from 12:00 - 2:00 p.m.

Sunday, October 11 – The Tune of Racism: How does music impact how we think about race and society? We will talk about issues of race through the medium of music and explore a faithful response to racism in songs that are a part of our daily lives. Marc Boswell (husband of our own Rev. Kate) will lead this program.

Sunday, October 18 – Mental Health and the Church: Of youth who are between the ages of 9 and 17, 21 percent have a diagnosable mental or addictive disorder. What does the Bible say about mental illness, and how do we put that into context today with all that we know about the science of our brains? How should a community of faith respond when members of it are facing depression, anxiety and the complexity of treatment? What's the best way to support our friends who face mental illness each day?

Deadline to sign up for Appalachia Service Project; \$150 deposit due.



Sunday, October 25 – PYC Family Pig Pickin' at NHCCC: Parents and Youth are invited to the Back Pavilion at New Hope Camp (4805 Hwy 86) for fun, fellowship and pork! Bring \$5 per person or \$15 per family and enjoy time outside with your church family.

Be sure you're receiving the weekly PYC email from Kim, which tells you all you need to know for the coming week. And sign up for text reminders! Text “@UPCP” to 81010 to sign up to receive last minute reminders. We invite youth and parents to follow @UPCPYC on Twitter (twitter.com/upcpyc) and Instagram ([instagram.com/upcpyc](https://www.instagram.com/upcpyc)).

Mental Health and Teens

Attention parents, grandparents and those who have a teen in their life that they care about: We hope you'll join us.

October 4 and 18: Mental Health, Teens and the Church, led by Dr. Kathleen Lapp, from 6:00 - 8:00 p.m. in the Terrace Room. Our nation and our church are seeing the incidence of teenage depression and anxiety skyrocket. What do we need to know about mental illness and teenagers and how can we begin to be a support for one another while removing shame and restoring community? Dr. Lapp will help us tackle that question and more! She is a well respected psychiatrist in Chapel Hill, largely serving adolescents and families. She's also a Presbyterian who understands the ins and outs of church life.

This program is two sessions. The second will build on the first. Attend one or both. Bring \$5 per person to help with the cost of dinner. Please RSVP to Kim McNeill, Staff Associate for Youth Ministries, at kim@upcch.org.

Kirk Club for 4th and 5th Graders



Kirk Club is off to a great start! At the first gathering, the 4th and 5th graders played games, dove headfirst into their *Connect* Bibles and enjoyed time with one another. Kirk Club meets the first and third Wednesdays of the month from 3:30 - 4:30 p.m. in the Youth Center.

Our time together includes snack, fellowship, recreation and a lesson tailored to the needs of this age group. These young people learn how to approach their faith in new ways as they engage in thought-provoking discussions, wrestle with deeper questions and grow in community with one another. This program prepares our 4th and 5th graders for the transition to middle school and PYC by encouraging regular participation in a faith community and helping them understand how faith plays a part in everyday life.

It's not too late to register! To register your 4th or 5th grader for Kirk Club, please go to <http://goo.gl/forms/cwqvmLRlMc>. If you have questions about Kirk Club, contact Kim McNeill, Staff Associate for Youth Ministries, at kim@upcch.org or Nancy Myer, Staff Associate for Children's Ministries, at nancy@upcch.org. Or you may call them at (919) 929-2102.



PYPs Playground Playdate

Calling All PYPs: Please join us for a playground playdate on Sunday, October 11, from 3:30 - 5:00 p.m. on the UPC playground! Bring your child(ren) and get to know other parents of young children while the kids play together. Children's and Junior Choir participants - join us before or after choir! A light snack will be provided.

If you have questions about PYPs, please email Nancy Myer at nancy@upcch.org or call her at (919) 929-2102.

PYPs 2015-2016 Calendar

Sunday, October 11: Playground Event

Sunday, November 1: Sexuality/Body Image
(for parents of children through fifth grade—see below)

Saturday, December 12: Parents' Night Out

Saturday, January 23: Pancake Breakfast

Sunday, February 28: Potluck Dinner with child-friendly recipes

Sunday, March 20: Easter Egg Hunt

Sunday, April 24: Playground Event

Sexuality and Faith Program For PYPs and Middle School Youth and Parents

Sexuality, gender and sexual expression are a big part of who we are. Joanne Tate will lead a program on November 1 in the Fellowship Hall that will help parents better understand what their children are going through as they grow developmentally, physically and spiritually. Middle school families will explore the role that faith plays in decisions about our bodies. Parents of children through fifth grade will learn more about how to talk to their children about their bodies and faith. We'll learn to never have "the talk" but rather make sexuality a part of conversations over time.

Middle school youth AND their parents: 12:00 - 3:00 p.m. Lunch will be provided, but please bring \$5 per person to help with the cost of the meal.

Parents of children through fifth grade: 3:30 - 5:00 p.m. Childcare will be provided. A link to RSVP for the program will be emailed to all PYPs in October.

Second Sunday Lunch: October 11

The congregation is invited to Second Sunday Lunch on October 11 in the Fellowship Hall, following the 11:00 a.m. worship service. The Stewardship Committee and PCM students will co-host the event and provide the main course of fried chicken and drinks. Those who attend are asked to bring a vegetable dish, a salad or a dessert for approximately 12 people. Please be generous! All new members, visitors and students are welcome without contribution. If possible, please add a label to your dish specifying allergens to help UPC show hospitality to those with food allergies. Labels such as "gluten free," "contains peanuts/tree nuts" or "vegetarian" are helpful for those with allergies and other dietary needs wishing to enjoy food and fellowship at church. We encourage you to come and enjoy the warm fellowship and delicious food. All are welcome!

Adult Christian Education Term 1 Classes

Term 1 Adult Education classes will run through Sunday, October 25. If you have not participated in these short-term electives in the past, we hope you will plan now to join us during the Sunday School hour, 9:45 - 10:45 a.m.

Living Out Our Faith: *The Blessings of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers:* In her follow up book to *The Blessings of a Skinned Knee*, Dr. Wendy Mogel encourages parents to see beyond the drama of teenage crises and the competitiveness of college applications to the goal of raising resilient, optimistic adults. With her engaging combination of warmth and wit and her signature coupling of Jewish teachings and psychological research, Mogel shows parents how to ably navigate the rough waters of the teenage years, while adding a measure of joy and humor to the voyage. Facilitators: Brian and Claire Curran, Mellicent Blythe, Kim McNeill and Nancy Myer. Location: Terrace Room.

Faith and the Arts: *Leaving North Haven* is a collection of stories following one year in the life of the wise and understanding pastor of a small Presbyterian Church, Rev. David Battles. The book is set in the fictional town of North Haven, Minnesota. Facilitators: Nancy Benjamin, Ruth Moose and Kelly Ross. Location: Stephen Ministry Room.

Connections: *God, Sports and Community:* This class focuses on discussions connecting faith, sports and race relations and is inspired by *The Secret Game*, a book by Dr. Scott Ellsworth, which tells the incredible story of a Sunday in 1944 when the all-white Duke University military team from the Medical School traveled to North Carolina Central College for Negroes (now NCCU) and played a secret interracial basketball game. Facilitators: The Connections Team. Location: Vance Barron Hall. *Dr. Ellsworth will join us on Sunday, October 18, during the Sunday School hour in the Fellowship Hall for a lecture and questions.

Term 2 Classes

Term 2 of Adult Education classes will begin on November 1 and will conclude on December 13. Below is a preview of the exciting classes coming next term. Sunday School classes meet from 9:45 - 10:45 a.m. We hope you will join us!

Connections: *The Era of the Crusades:* In *The Era of the Crusades*, Professor Kenneth W. Harl looks at the "big picture" of the Crusades as an ongoing period of conflict involving Western Christendom (we would now call it Western Europe), the Byzantine Empire and the Muslim world. From this perspective, we will study the complex but absorbing causes of the Crusades, which include the many political, cultural, and economic changes in Western Europe after the fall of the Roman Empire.



Bible Study: *Advent Devotionals:* As we prepare for the season of Advent, this class will spend time with Bob Dunham's book, *Expecting God's Surprises*. A powerful collection of 29 meditations, this resource proves invaluable to those preparing for the excitement and hopeful expectations of the season.



Living Out Our Faith: *It's Complicated: Relationship Status and the Church:* Throughout the Bible, adult relationships are complicated!

Still today, some people find it difficult to connect with the church whether they are single, married, divorced or widowed. Using articles and blog posts as a starting point, this class will discuss how the church in a broad sense responds to people across the relationship status spectrum and how we at UPC can foster a stronger community.

Presbyterian Campus Ministry Fall Retreat

From Antioch to 110 Henderson Street

Community is such a broad concept. Maybe it is less vague within the context of “Christian” community, but it still leaves a lot to the imagination as we try to live out our vision of Christian community here at PCM. Twenty-eight of us spent the weekend of September 11-13, 2015 at Montreat learning about the early church communities, ranging from Corinth to Jerusalem to Ephesus, amongst others. But we also learned about more recent Christian communities, such as the Iona Community, Anathoth Gardens, L’Arch Ontario, Swiss L’Abri and others. By looking at models in the early church and ones closer to us, we were able to have a better idea of what should be the key components of ours here in Chapel Hill.



Our text for the weekend was from the Sermon on the Mount where Jesus is reminding us that, “...we are a city on a hill...” (pun not necessarily intended, but good nonetheless). As an “alternate” community (actually, the translation is closer to, “a holy ethnic”), how are we, a unique Christian community, coming alongside all the other communities here at Carolina? How are we living out Christ’s call to be, “... the light of the world... a city that cannot be hid?” And when faithful to this call, how is our light inviting others to join in this praise, as well?

Though trips like this come with little sleep, they are always meaningful and life-giving, and they provide spaces for amazing transformation!

~ John Rogers, *Associate Pastor for Campus Ministry*

Presbyterian Campus Ministry (PCM) offers programming for undergraduate, graduate and professional students and welcomes new participants at any time. The programming is supported by the outreach of University Presbyterian Church. For more information, visit the Website at www.uncpcm.com or contact John Rogers at jrogers@upcch.org.



Session Digest

At the September meeting of Session, we:

- listened to a devotional by Bob Greenwood on being intentional and actually making a tangible difference in the lives of the people around us, instead of just talking about it, even if it takes us out of our comfort zone;
- approved the wedding of Kathleen Jasinkas and Charlie Hyland on October 10, 2015;
- approved the WISE (welcoming, inclusive, supportive and engaged) covenant presented by our Mental Health Task Force, with more information to be presented to the congregation this fall;
- approved designating the local 25 percent portion of the Peacemaking Offering on October 4 for Justice United, a local organization helping the community give voice to social justice issues;
- learned that Brian Curran, Lou Pons, Mark Moshier, Ellen Parker and Nancy Myer will serve on a Security Task Force to address any concerns during construction and with new building configurations and uses;
- received an update from the Building Committee, noting the playground has been redone; the water bypass line is going well; there is discussion regarding a sidewalk down Robertson Lane; and also discussion on a line of credit for completion of the project;
- received a report from the Adult Education Committee with many new programs in the works, including evening speakers, Bible studies and more; and
- noted an update from the Stewardship Committee that they were receiving a strong response to their small group invitations.

~Patty Baum

UPC Outreach Committee

The Outreach Committee at UPC recently approved a request for disbursement made by Global Outreach to send \$1,000 to Nuhad Tomeh for use in a medical clinic, Our Lady Dispensary, in Beirut, Lebanon where Nuhad is working to provide medical assistance for Syrian refugee families. Outreach has also voted to send Nuhad an additional \$1,000 to be used at another clinic in Yazdiah, Syria where he is also helping refugees moving into that area on the coast of Syria. Nuhad is a missionary with whom UPC has had a long-time partnership. Though retired from service with the Presbyterian Mission Agency, he is still actively working in his retirement years to address some of the issues created by the Syrian refugee crisis.

For more information about the Syrian crisis and with some thoughts about ways you can help, take a look at the Website posted by the Presbyterian Disaster Assistance program at pda.pcusa.org/situation/syria.

Local Outreach News: Freedom House Recovery Center to UPC: “We are so grateful for your continued support!”

In 2015, the UPC Local Outreach Committee donated \$1,000 to support Freedom House Recovery Center's mental health services. Freedom House thanked UPC for its continued support, which will “make a difference in the lives of men, women and children struggling with the diseases of addiction, mental illness and dual diagnosis.” In 2014, Freedom House served more than 10,000 clients. To learn more about the services Freedom House provides, please go to www.freedomhouserecovery.org.

July 10, 2015

Pamela Smith
UPC Local Outreach Committee
University Presbyterian Church
PO Box 509
Chapel Hill, NC 27514

*In receipt of your gift of \$1,000.00
May 13, 2015
Federal Tax ID Number 56-1082674*

Dear Ms. Smith,

On behalf of Freedom House staff, clients and the Board of Directors, I would like to thank you for your generous gift to our programs. Through your support, Freedom House is able to make a difference in the lives of men, women and children struggling with the diseases of addiction, mental illness and dual diagnosis. Last year, Freedom House provided life-changing services to more than 10,000 clients, and with your donation we can continue to improve lives.

Thank you again for your ongoing support and compassion for people living in the grips of addiction and mental illness.

With Warm Regards,



Anne-Marie Vanaman
Development Director

*We are so grateful
for your continued
support! Thank you!*



Freedom House
Recovery Center
Behavioral health care for children and adults

UPC Mental Health Task Force

WISE Congregation Covenant: In September, the Session adopted a covenant to become a *Welcoming, Inclusive, Supportive and Engaged* (WISE) congregation for mental health. The full text of the WISE covenant is below. We hope you will join the Mental Health Task Force in our efforts to live out this promise to educate ourselves and support those with mental illness and their families.

Anxiety and Depression in Adolescence Series for Concerned Adults (October 4 and October 18, 6:00-8:00 p.m.)

Adults are invited to a dinner discussion series on adolescent anxiety and depression, co-hosted by PYC and the Task Force. Kathleen Lapp, MD, an adolescent psychiatrist in private practice in Chapel Hill, will lead the discussions. Everyone is welcome. Sign-up information will follow in bulletins and by email. (See page 6 for more information.)

Mental Health Awareness Week (October 5-11, 2015)

Look for brochures from the National Institute of Mental Illness and the National Alliance for Mental Illness (NAMI) on the information table in the Parlor. The mission of NAMI is to

provide support, education, advocacy and public awareness so that all affected by mental illness can build better lives. You can find out more at naminc.org.

Adult Sunday School Series on Addictions (January 3 - February 14, 2016)

We will offer an adult Sunday School series exploring medical, emotional and spiritual components of addiction. Look for details later in the fall.

For more information on any of these topics, or if you are interested in joining the Task Force, please contact Chair Ashley Wilson at ashleyflewilson@gmail.com or (919) 968-3654.

WISE Covenant

Becoming A WISE Congregation for Mental Health: We, the people of University Presbyterian Church, know we are graced by the gifts, stories, and experiences of all our members, including those living with mental health challenges such as mental illness, brain disorders, addictions, and trauma. We know these challenges can profoundly affect our feelings, thoughts, and behavior. We care about the whole person: body, heart, mind, and soul. We affirm the deep and constant movement of God's Holy Spirit, seeking to bring us to the fullness of life. We believe that all people are beloved by God. Jesus said the greatest commandment is to "Love the Lord your God with all your heart and with all your soul and with all your mind, and to love your neighbor as yourself." He made no distinction between various members of society; he included all people in this commandment.

Sometimes individuals with mental health challenges such as mental illness, brain disorders, addictions and trauma feel cut off from God and from their brothers and sisters in faith. It is our calling to communicate to all individuals that God loves all of us equally, even when we do not feel the love of the Holy Spirit in our lives. People with mental health challenges have gifts to offer our faith community, and we want everyone to feel fully welcomed, included, supported and engaged in the life, work and leadership of our church.

We vote to be a *welcoming, inclusive, supportive and engaged* (WISE) congregation for mental health.

Call to action: We pledge to create a *welcoming* environment for people with mental health challenges and their families: We pledge to educate ourselves and offer educational opportunities to help our whole congregation understand the issues surrounding mental health challenges and the implications of this covenant.

In an effort to reduce social stigma, we pledge to examine our own attitudes and preconceived notions about mental health and to confront our own ingrained biases.

We pledge to actively welcome those with mental health challenges into our faith community and provide a safe environment in which people can tell their stories and share their journeys.

We pledge to *include* people with mental health challenges in the life, work and leadership of the congregation:

We commit to recruiting, nominating and supporting people with mental health challenges to serve on teams and in leadership positions within the congregation.

When calling clergy and other staff, we pledge to be open to hiring people with mental health challenges.

We pledge to *support* people in our congregation who have mental health challenges and their families:

We pledge to reach out to those suffering from brain disorders, mental illnesses, addictions, and trauma in the same way we reach out to those living with other physical illnesses.

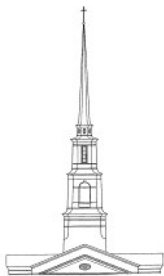
We pledge to offer companionship and compassion for individuals and families living with mental health challenges.

We pledge to *engage* with other organizations that work at the intersection of mental health and faith/spirituality/religion:

We pledge to welcome and encourage outside groups who deal with mental health challenges to use our church facilities.

We pledge to engage with other organizations to find opportunities to be in shared mission, ministry and advocacy. This includes working with our church's Mental Health Task Force and our local inter-faith coalition, Faith Connections on Mental Illness.

Adopted by the Session on September 10, 2015



*We welcome all
faculty, students,
newcomers
and
visitors.*

University Presbyterian Church
209 East Franklin Street
P.O. Box 509
Chapel Hill, NC 27514



Non Profit Org.
Permit No. 78
U.S. Postage Paid
Chapel Hill, NC

University Presbyterian Church is affiliated with The Presbyterian Church (U.S.A.) and is a Stephen Ministry Congregation. On Sunday mornings, worship services are held at 8:30 and 11:00 and church school for all ages at 9:45 a.m. Children of all ages are welcomed and cherished by this congregation. Childcare for infants through kindergarteners is provided on Sunday mornings by our paid sitters and parent volunteers.

The Sanctuary is wheelchair accessible. Handicapped parking spaces are available, and a parking assistant will be available to help you out of your car. Assistive hearing devices and large-print bulletins and hymnals are available during worship. Office hours: Monday—Friday 8:30-4:30. Call (919) 929-2102 for more information. Learn more about our programs from the church Website (www.upcch.org) and Facebook page (www.facebook.com/upcch).

October 2015 The Chimes Newsletter



Advent Crafts Festival and Alternative Gift Market

Join us on Sunday, November 22, in the Fellowship Hall for the annual Advent Crafts Festival and Alternative Gift Market!

November 22 Schedule of Events:

Advent Crafts Festival: 9:45 - 11:00 a.m.

Alternative Gift Market: 9:45 - 11:00 a.m. and 12:00 - 12:30 p.m.



What is it, and how does it work? The Advent Crafts Festival is planned by the Children's and Youth Ministry Committee. Kids of all ages can make fun family crafts in preparation for Advent. We suggest that participants either "dress down" or bring an old t-shirt or smock that can get messy. You might also want to bring a tote bag to store your completed crafts. Please contact Nancy Myer (nancy@upcch.org) or Tracy Lovelady (tracylovelady@gmail.com) if you would like to help us plan one of the crafts for the festival, donate supplies or volunteer at one of the craft tables on the day of the festival.

The Alternative Gift Market is organized by the Global Outreach Committee. This market offers an opportunity for folks to purchase a gift in honor of someone, such as a family member, friend, coworker, boss, etc. The alternative gift you select—food, medicine, livestock, shelter, development aid—will be sent overseas or to poverty-stricken areas in the United States by



ecumenical non-profit agencies. At the Market, you will select a gift from a shopping list, pay for it (checks only, please) and get a descriptive insert to put in a free Christmas card that you select and give to the person you are honoring. An alternative gift is a perfect "sustainable and green" gift idea that blesses the donor and the receiver.

If you cannot attend the market, you may make an order at a table that will be set up in the narthex on Sunday, November

29, or Sunday, December 6. We plan to have copies of the shopping lists in the narthex and on the UPC Website (www.upcch.org) by mid-October.

Save the date of November 22 for breakfast, snacks, coffee, crafts, alternative gifts and FUN!