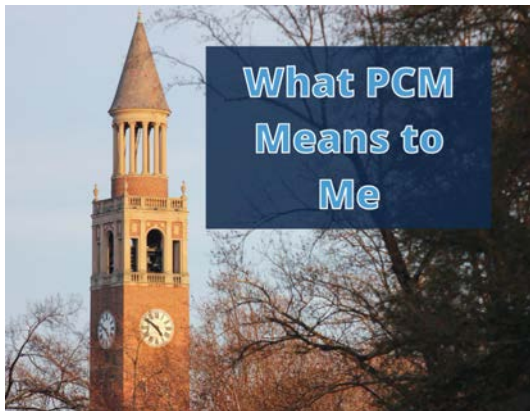


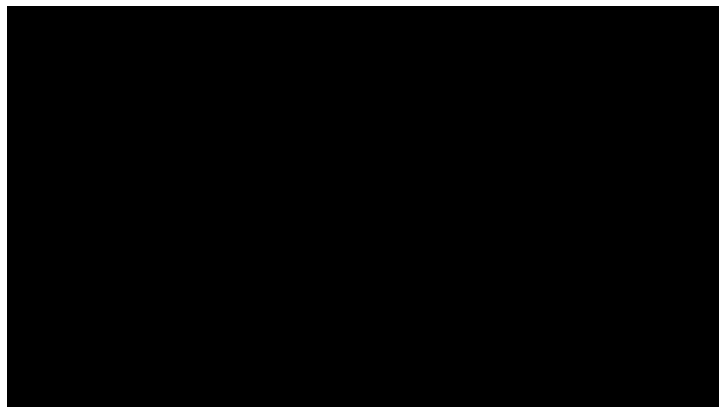
The Chimes- January 2021







Pastor's Message: Rev. Jarrett McLaughlin



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Our Church Family



We grieve with:

the families of the following saints who have died this past month: Kay Kagetsu (12/10), Alice Lash (11/23), Shirley Durham (11/29), and John Henry (11/21). We also grieve with Myra McVicker upon the death of her mother and Judie Waters upon the death of her cousin.

We pray with:

Pat McDonald and Mildred Little who are both receiving hospice care. Jim Bryan, who is receiving palliative care. Eleanor Morris, Hank Waters, Lou Pons, and Annette Munson all recovering from surgery/hospitalization. Stephanie and Katie Grace Duncan, who have tested positive for COVID-19 and Katie Grace for a broken foot (dance injury).

We celebrate with:

Ralph Karpinos, awarded the Order of the Long Leaf Pine by Gov. Cooper. DG Martin, awarded the North Caroliniana Society Award.

New Member Joins UPC

Gary Roth joined UPC on December 13, 2020 by letter transfer from First Evangelical Presbyterian Church in Roanoke, VA. Neighborhood 20.



Stewardship Update



Good News! Because of your extraordinary generosity, it looks as if we will finish 2020 in the black. This is especially good news as we had budgeted a deficit this year, and yet, we have not needed to dip into our reserves to balance the budget. Even better news is that in addition to our annual outreach commitments, you all rose to the challenge of taking on a lead gift in the effort to launch the Service Learning Center in response to COVID's impact on children in our community. We were able to meet that commitment through your above and beyond gifts. Wow. What a year.

Our annual stewardship campaign is moving right along for 2021. Our goal is \$1.8 and we are about 200K away from making the mark. Our amazing Stewardship Committee is making follow up phone calls this week to help us close the gap. The 2021 budget will be approved by the Session on January 14, and received by the Congregation on January 31. We expect in 2021 to

include a full staff (Director of Communications & Stewardship, Associate Pastor for Campus Ministry, and Director of Music Ministry searches are all currently underway). The 2021 budget also includes a more realistic building maintenance budget, an investment in resourcing our congregation to reflect and act as those who resist racism, and reflects UPC's deep commitment to outreach locally and globally.

You are invited to take part in this aspect of your life of faith. If you have never pledged before, or give but don't pledge, we invite you to begin (giving is great, but pledging helps us plan!). We are called to respond to God's grace with our gratitude. And as hard as this year has been, we do have so much for which to be thankful.

New Small Groups



As the church continues to respond to our new normal, we are glad to offer different ways to build relationships and grow together in faith. Your church family can help hold things together as we hold fast to God. This fall, 400 UPC members joined in for Small Groups. The stories emerging from these weekly gatherings (in person and on zoom) tell us about the gifts of being part of a faith community, especially during a difficult year. We hope you'll join in as we continue to build up the body of Christ, even during a pandemic.

Sign-ups for Small Group Session 3 will take place January 1st - 10th. Session 3 will meet from the week of January 24th to the week of April 4th.

*Who needs to sign up?? If you are in a small group but would like a new group or a new time/mode of meeting, you **DO** need to sign up. If you are new to small groups, you need to sign up so we'll have the info we need to place you in a group that is best for you. If you're already in a small group and want to stay with that group, you **do not** need to sign up but do let your leaders know.*

Sign up here <https://forms.gle/qgHPBcSqi7MoAPLk8>

Small Group Spotlight



Interview with Anna Rose Medley, UPC Small Group 9

What was your favorite part about participating in your small group?

My favorite part about participating in small group is the people. Our inter-generational motley crew that brings thoughtfulness and insight to each conversation. I smile so much during our gatherings at the lovely faces on the screen that my cheeks hurt afterward.

What was the most surprising aspect of your participation in your small group?

The most surprising part of the experience is that we have really gotten to know each other well – *even over Zoom* – and are comfortable sharing our lives with each other in the time we have together each week. We often run the spectrum of emotions within the hour we have together – between our conversation openers and reflecting on the service, or just sharing what is keeping us together (or making us fall apart) from week to week. We’ve talked about our in-person “reunion” post global pandemic and how fun that will be!

What would you like to tell someone who didn't sign up for the most recent small groups but is considering signing up in January?

Absolutely try it. This experience is weaving me into the fabric of UPC in a way that was completely unexpected. I never thought I would feel so connected or truly look forward to seeing these new friends each week.

Do you have anything else you'd like to add?

Everyone in our group at least once has said “I have a story to share and it has nothing to do with the topic.” But the thing is, it usually does – and it always takes the conversation in a direction that expands our hearts, opens our minds, or gives us a glimpse into the world of the person sharing the story. And we usually end up laughing. Some of the brightest lights of 2020 (*for me*) will always be named Scott – Jen – Tom – Judy – Elinor – Jay – Lena – Chris – and Chris.

The Sanctuary Organ: Ep. 2



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Children's Parking Lot Gatherings





Great fun was had by all at the UPC Children's Ministry Reindeer games! Families are really enjoying the opportunity to gather with others in our family of faith for games and fellowship each month in the UPC parking lot. This month we played Ring the Reindeer and Christmas charades, as well as doing a jingle bell toss and trying our hand at some blind drawing. We may have to bundle up a bit more, but we are looking forward to being back together on January 24 at 2:00 p.m. Mark your calendar!

Children's Instruments



Come ring in the New Year with us, using our beautiful new set of children's handbells, and hand percussion instruments. There are plenty of instruments for everyone, and we hope you'll join us each month to get to know our new collection and make some special music for worship. A big thank you to all the families who participated in our virtual choir performance of "How Far is it to Bethlehem" over the holiday season! Keep a close eye on your weekly CYM email for a few more virtual choir opportunities coming up in 2021.

PYC Praise for the Parking Lot

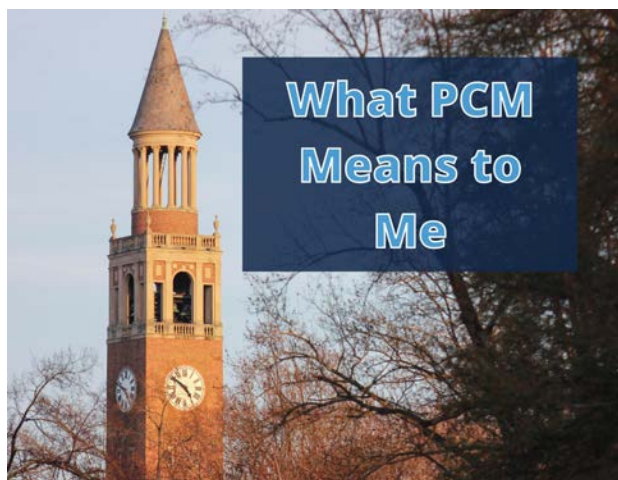
UPC isn't known for an abundance of parking. Many of our members may have never even parked in the lot at all. Our little lot has never been central to our ministry. However, this year, our tiny parking lot has been fertile ground for our youth. While the group might be small this year, having a space to gather together safely in person means so much. Our parking lot events have given youth a chance to put away the screens and see one another face to face. In doing so, we can feel the warmth of smiles behind the masks, read body language as we have conversations, better understand the weariness in one another's eyes, and remind one another that God is present even during these tough days. That tiny plot of asphalt is part of our pandemic story and now, it's holy ground too.

All youth and college students are invited to attend "Is everyone anxious or is it only me?" on Sunday, Jan 3rd at 3pm. This zoom webinar sponsored by UPC and Faith Connections on Mental Illness will feature [Sophie Riegel](#). This hour and a half event will help participants learn about anxiety, how to remove stigma, how to support friends, and gain coping strategies for these anxious days. 3pm-4:30pm. [Click here to register for the zoom link](#).

Check www.upcch.org/pyc for the updated spring schedule for all 6th-12th graders.



What PCM Means to Me: A Freshman and Junior Perspective



When Berry asked me to share what Presbyterian Campus Ministry has meant to me, I jumped at the chance because PCM jumped at the chance to include me into their community this semester. Ever since I first started at Carolina in August, PCM has shown me acceptance. During my first PCM Zoom, I was called by name and invited to stay on the call after Program ended. PCM has shown me intentionality. Wanting to connect Laurel, a fellow PCM first year, and myself, Berry invited us to a socially-distanced hangout. That day, it poured, but Berry made sure rain would not stop us.

The three of us met on a sheltered UPC porch, and immediately hit it off. It would have been so easy to cancel due to weather, but rain or shine, PCM shows up.

PCM has shown me new ideas. In early December, I joined a few other PCM volunteers at Farm Church in Durham. We learned about Farm Church's work to combat food insecurity while gathering around scripture and spent the next hour pulling up hoses before they froze and burst in low winter temperatures. This volunteer opportunity not only gave me a chance to connect with fellow PCM members, but also broadened my mind to another form of worship, centered around improving the community.

I am so thankful for the acceptance, intentionality, and ideas that PCM has shown me. I am so thankful for consistent Zoom meetings and I am so thankful for PCM's continuous work to show God's love to me and others even in tumultuous years like 2020.

Anna Wesley Dubach, First Year Carolina Student from Raleigh, NC



Hello UPC,
I'm Garrett Hubbard. I'm a junior at UNC and a member of PCM. Earlier this fall, I spent a grand total of 17 days in Chapel Hill before UNC's reopening difficulties had me packing my things and returning to my hometown of Clemmons, NC. Even with the challenges that come from living 87 miles away from the center of my academic and social life, PCM has been one of the few consistent and consistently excellent parts of this semester. Programs over Zoom have brought a new depth of thoughtfulness and conversation, and nothing I did this semester meant more to me than driving down to Chapel Hill for a day retreat at Camp New Hope with my PCM buds. PCM has always been an important and grounding organization for me in my time at Carolina, and this challenging time has only reinforced what PCM does so well. Thursdays are still the most highly anticipated nights of my week, because I know that's when I'll get to see my friends and have the time and space to work out who God is calling me to be. I can't wait to be back in Chapel Hill and worshipping with you all at UPC, hopefully soon!

Garrett Hubbard, Third Year Carolina Student from Clemmons, NC

Programming Update from the Mental Health Task Force



The past few months have been difficult to navigate, creating new stresses and exacerbating existing ones. It may be helpful to seek support from experts and from the UPC community, and we offer a few options below. In addition, the presentation on *Pandemic Self-Care* by Jan and Mel Williams presented on December 1 is available online: <https://upcch.org/pandemic-self-care>

Please stay tuned to your weekly UPC emails and Sunday worship announcements for more information in the coming weeks about these Winter 2021 programs.

January 3, 3pm - 4:30pm via Zoom - *Is everyone Anxious, or is it Just Me?* This program is for youth who may be seeking ways to cope with anxiety and features a presentation from college student Sophie Riegel. Youth from middle school - early college can [click here to register for the](#)

Zoom link. Presented by Faith Connections on Mental Illness, UPC and eight other local congregations are partnering to bring this presentation to the public.

Late January - date to be determined - Discussion on "Pandemic Grief" by Vanessa Hawkins, Parish Associate. Join this virtual presentation and Q&A session to learn more about the chronic and often unexpected grief that comes with living through the COVID-19 pandemic. In addition to helping participants identify and define these emotions, Vanessa will offer some coping mechanisms to offer some comfort and relief.

Feb 11 - March 18, Thursday Grief Group — For those who are grieving the death of a loved one or the end of a significant relationship due to divorce or role change, please sign up here (<https://www.signupgenius.com/go/805084AADA72AAAFD0-grief>) for a 6 week session both for education and support with Rev. Meg Peery McLaughlin. Sessions will be via zoom and be aided by the work of Alan Wolfelt. More details in the link.

Congregational Meeting Announcement



The Session has called our Annual Congregational Meeting for January 31st at 9:30am to approve clergy terms of call and receive the budget. The annual report will be prepared by that day (online). This is a moment to celebrate the work of the church! Join us! The Zoom link and meeting passcode will be made available closer to the meeting date.

Stephen Ministry



Are You Honoring Your Grief in Your Upside Down World?

Remember grief is not only about the loss of people in your life. Identify the losses you're feeling (examples: social connections, usual routines & rituals, sense of safety, trust in systems, grief for others, etc) and look for ways to honor the grief surrounding you. Stephanie O'Neill shares four ways to honor grief in an online article.

Bear Witness and Communicate

Terri Daniel, an interfaith chaplain and trauma counselor, said sharing our stories is an essential step. "If you can't talk about what's happened to you and you can't share it, you can't really start working on it," Daniel said. "So communicate with your friends and family about your experience." It can be as simple as picking up the phone and calling a friend or family member, said Francis Weller, a Santa Rosa, California, psychotherapist. He suggests simply asking for and offering a space in which to share your feelings without either of you offering advice or trying to fix anything for the other. "Grief is not a problem to be solved," he said. "It's a presence in the psyche awaiting, witnessing." A Stephen Minister is willing to listen and hold this space with you.

Write, Create, Express

Whether you're an extrovert or introvert, keeping a written or recorded journal of these days offers another way to express, to identify and to acknowledge loss and grief. And then there's art therapy, which can be especially helpful for children unable to express themselves well with words, and also for teens and even many adults. "Make a sculpture, draw a picture or create a ceremonial object," said Daniel. Another exercise she often uses in grief workshops is a simple one in which participants use their breath to blow their sadness, fear and anger into a rock they then throw away. "What this does is takes all that intense, painful energy out of your body and into an inanimate object that they symbolically throw far away from themselves," Daniel said.

Meditate

Regular meditation or just taking time to slow down and take several deep, calming breaths throughout the day also works to lower stress — and is available to everyone, said Sonya Lott, a Philadelphia psychologist specializing in grief counseling. For beginners who want guidance, she suggests downloading a meditation app onto your smartphone or computer.

Be Open to Joy

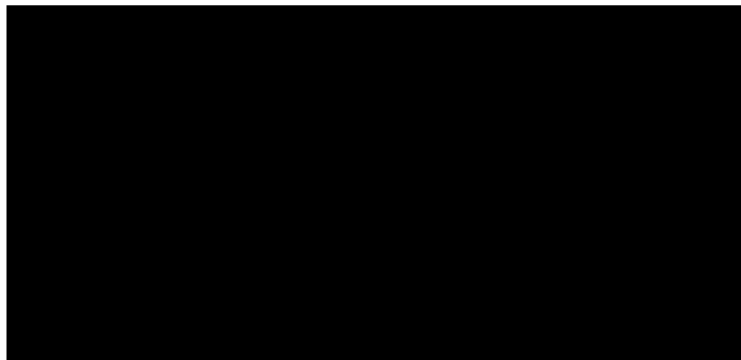
And finally, Lott urges, make sure to let joy and gratitude into your life during these challenging times. "If we can find gratitude in the creative ways that we connect with each other and help

somebody,” she said, “then we can hold our grief better and move through it with less difficulty and more grace.” Reach out to Meg at 919-929-2102 and let her know you want a Stephen Minister to listen and to assist you in developing these suggestions to meet your needs during this ongoing pandemic. It’s a ministry to support you as you turn your upside down world, right side up.

Taken from: Stephanie O’Neill, March 27, 2020.

This story was produced in partnership with NPR and Kaiser Health News. You can read the entire unaltered article at: <https://www.cmhnetwork.org/news/coronavirus-has-upended-our-world-its-ok-to-grieve/>

Blooper Video



<https://sway.office.com/X2WJd4owpkYFMWaa#content=CytJZa7e92qP8U>

In Our Midst: The Spirit Among Us



We want to hear from you! How have you felt God's presence recently? Where have you seen the Spirit in your life? No story is too short or too long. Submit your story [here](#) to share your experience with the larger UPC community as we reflect on the Spirit's presence In Our Midst.

Publications

UPC members are welcome to submit content for Sunday's bulletin announcements or for The Chimes, UPC's monthly newsletter.

Please submit content to our Communications Intern, Ginny Horne, at communications@upcch.org or through the google forms linked below. The content deadline for the bulletin announcements is each Wednesday at 2 p.m., and the deadline for The Chimes is always the 15th of the previous month at noon.

The content deadline for the February edition of The Chimes is Friday, January 15, at noon.

Click [here](#) to submit content for the February Chimes.

Click [here](#) to submit content for the weekly announcements.
