



DEC. 2021
EDITION

The Chimes

SHARING STORIES AND NEWS FROM
UNIVERSITY PRESBYTERIAN CHURCH IN CHAPEL HILL



ADVENT AND CHRISTMAS AT UPC

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Join the Congregational Life Committee!

Looking for a way to get involved at UPC? We are welcoming members to come join the Congregational Life Committee. CLC is a great way to be a part of the fun and fellowship of the congregation as we share communal time together again! If you are interested or have questions, please contact Sarah Owen at saowen_98@yahoo.com

Cover Photo: Fun at the Advent Craft Festival on the UPC front lawn

Our Staff

Meg Peery McLaughlin, Co-Pastor

Jarrett McLaughlin, Co-Pastor

Kim McNeill, Staff Associate for Youth Ministries

Nancy Myer, Staff Associate for Children's Ministries

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Kathleen Jasinskis, Director of Youth and Children's Choirs

Berry French, Associate Pastor for Campus Ministry

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Erin Collier, Director of Communications and Stewardship

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Peter Costa, Financial Manager

Melani Willhite, Financial Assistant

Dennis Dallke, Property Manager

Johnny Clay, Sexton

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Pastor's Message



Jarrett McLaughlin
Co-Pastor

Though it will be December by the time you read this, it's barely mid-November when I am writing it, and yet already my children have raided our storage closet to bring out Christmas decorations. The excitement for some things simply cannot be contained.

This December we will see the return of some beloved traditions. You have an opportunity to see that beautiful Advent wreath glowing in the Sanctuary with your own eyes. We'll have Lessons and Carols again with singers of all ages making music together to hail the birth of Jesus. Early risers can rejoice once more - December will see the return of our 8:30 service.

As fun as it was to have Christmas Eve services outside last year, I will remind you that we had to suddenly move them to December 23rd on account of the massive thunderstorms that settled in on Christmas Eve. All to say, my toes are very excited about resuming indoor services this year. There is much to be excited about this time of year, and while we always make space for those who feel blue come Christmastime with a Service of the Longest Night, this year does feel like we might reclaim some of that excitement. We could use a bit of that in our lives right now. I believe that it's especially important to remember what we have in common. It helps us immeasurably when we may not see eye to eye.

Many of you will know that the Session commissioned the formation of a Racial Equity Team in 2020. Chaired by Megan Crunkleton and populated with some faithful and committed leaders, the team accomplished the following:

- Developed a mission statement (upcch.org/racial-equity)
- Facilitated a five-part conversation with our current Session based on a denominational document entitled Facing Racism (tinyurl.com/pcusa-facingracism)
- Offered a three-part educational series this past summer as well as a book study this Fall on the book *The Color of Compromise* by Jemar Tisby.

Looking ahead, the team wisely understood that we would benefit from some outside help in achieving our goals. After interviewing some potential candidates, they settled on 1619 Consulting to help us with next steps. Bryana Clover of 1619 Consulting will facilitate a six-part workshop series beginning this coming January. All are welcome to sign up here: tinyurl.com/RETworkshop2022. This will be an intensive experience with each workshop lasting two hours, plus some readings between each session. I should mention that the workshops build on each other and so those who sign up should plan to attend all of the sessions. It will be a significant undertaking but a valuable and informative one that taps into a desire among a number of people at UPC to explore the legacy of racism in a supportive, Christian community.

I imagine that there are some in the church family who may feel that this is unnecessary, or perhaps even inappropriate for any number of reasons. I believe that I can speak for every member of the Racial Equity Team when I say that your feelings are okay. This team does not exist to drag every member of the church to a particular position. The beauty of the Church is that it remains one of the only places where people of different perspectives still gather and discuss and come to love God and one another. That was the design since Presbyterians first organized a denomination in this country.

In the years 1788-1789, the same time in which the Constitution of the United States of America was ratified, the Presbyterian Church adopted what is called The Preliminary Principles of our Ecclesial Form of Government. These were the guiding values and convictions that would order the life of this new denomination. Among these is the principle of mutual forbearance:

There are truths and forms with respect to which men of good characters and principles may differ. And in all these they think it the duty, both of private Christians and societies, to exercise mutual forbearance towards each other.

From the moment that the Presbyterian Church was founded, there was always a nod to the fact that we need not agree on every single thing. For some in this Church, exploring their entanglements in a history that has not been kind to people of color is the deeply faithful thing to do. Others will feel differently. We can have mutual forbearance with and for one another because that's how it is in the body of Christ where love leads the way.

That's how it is for those of us who bond over an eager excitement for the birth of our one Lord and Savior – an excitement that cannot and will not be contained.

A handwritten signature in black ink, appearing to read "Jarrett", written over a dark blue horizontal bar.

Advent & Christmas 2021 Schedule at UPC

Second Sunday of Advent (Dec. 5)

8:30 am - Worship
9:45 am - Sunday School for all ages
11:00 am - Worship

Third Sunday of Advent (Dec. 12)

8:30 am - Lessons and Carols
9:45 am - Sunday School for all ages
11:00 am - Lessons and Carols

Fourth Sunday of Advent (Dec. 19)

8:30 am - Worship
9:45 am - Sunday School for all ages
11:00 am - Worship

Longest Night (Dec. 21)

7:30 pm - Worship

Christmas Eve (Dec. 24)

4:00 pm - Family Christmas Eve service
7:00 pm - Candlelight Christmas Eve service (music from the youth choir)
9:00 pm - Candlelight Christmas Eve service (music from the Chancel Choir)

First Sunday of Christmas (Dec. 26)

11:00 am - Worship (a Christmas hymn sing!)

Schedule Change

Alert: Please note that we will have two worship services for the Advent Sundays in December! Only the 11:00 service will be available online.

Lessons and Carols - Dec. 12, 8:30 & 11 am

This month we welcome the return of a beloved UPC tradition and a highlight of our worship year for many: A Service of Lessons and Carols. This choral service will feature musical offerings by all four of our ensembles--the children's, junior, youth, and chancel choirs will come together to tell the story of God's love for humanity, from Adam's fall through the birth of Jesus. This liturgy has its origins in a service of the same name, first presented at King's College Cambridge in 1918. The then-dean Eric Milner-White served as a World War I chaplain and, sensing the wide spread distress and hardened hearts towards faith brought about by the Great War, decided to take advantage of the esteemed choral tradition of King's to bring people hope and peace through telling the Gospel in word and song. While many worshipping communities offer distinct Lessons and Carols services for Advent and Christmas, ours combines the readings traditionally heard at Christmastide with music fitting to both liturgical seasons--musically, we will transition from waiting and anticipation to the joyous celebration of Christ's birth. On behalf of the UPC clergy, staff, and choirs, we look forward to welcoming you to this glorious offering of worship, whether in-person or virtually.



Stories and Songs - Sundays at 9:45 am

Stories and Songs is a new intergenerational offering for Advent that includes reading Christmas books, listening to stories, singing carols, and hearing scripture. We'll gather in the Sanctuary at 9:45 am on Dec. 5, 12, and 19, and conclude our time together with treats on the front porch. All are welcome!



Longest Night - Dec. 21, 7 pm



Winter holidays can feel celebratory and festive as we prepare with jingling bells and colorful lights; they can also feel lonely and sad as we recognize our hurting hearts and tired spirits. The Longest Night Service (sometimes also called a Blue Christmas service) is a gathering for worship during the Advent Season, acknowledging both the literal length of the night on the lunar calendar, as well as the feeling of dark loneliness that leaves us feeling in need of a warm, nurturing embrace. This service offers a sacred time and space to claim the grief, fear, and sadness that lingers in our spirits - while also assuring us that Emmanuel - God be with us - is not limited to Christmas time: God abides with us and lives within us all year round. During this service, we will gather together to sing, pray, cry, sigh, all the while welcoming God's Word to shine into the darkness - ours and the world's. Please join us on December 21 at 7:00 pm in the sanctuary for this gentle service of comfort and hope. All are welcome. Contact Parish Associate Hadley Kifner with any questions

Youth December Fun

Hey Youth! Enjoy Advent with your PYC Pals! We'll move indoors (masked) for program time but still eat outside.

Dec 5: Gingerbread House Making - Who will build the most interesting creation?

Dec 12: Annual Christmas Gala is back! Wear your wildest xmas clothing for a night of fun!

Dec 19: Christmas Caroling with Youth Choir (5pm-7pm)

Don't miss out on holiday fun! Contact Kim McNeill (kim@upcch.org) with questions.



Snapshots from Church Life

The Advent Craft Festival made a joyous return on November 21, with fun, crafts, and fellowship for all!



On the evening of Nov. 21, our youth packed 310 bags of food for the TABLE Thanksgiving bag program, thanks to generous donations from the UPC family.



Opportunities to Give

Gifts of Beauty and Bounty

It is the UPC tradition during Advent to honor and remember the people in our lives through Christmas Gifts of Beauty and Bounty. Your gift can be used to purchase a poinsettia which will be placed in the chancel, or as a contribution to the Inter-Faith Council for Social Services to support our neighbors in need. (You can also choose to do both with your gift!) The names of those honored and remembered with these gifts will be in the Sunday Worship Bulletin on December 12.



Visit upcch.org/christmas-beauty-bounty to fill out our online form or to download one. Printed forms will also be available in the narthex. All forms must be received by Dec. 6.



Alternative Gift Market

Are you feeling a little overwhelmed by the prospect of shopping for Christmas this year? Not sure what to get that friend or family member who has everything? Let us help! At the UPC Alternative Gift Market, you can make donations in honor of your loved ones that will help support our partners around the world who are working to serve and support those in need - no gift wrap required. The online market is now open (upcch.org/agm), and we will also have a physical table in the narthex.

Diaper Drive for the Refugee Support Center

The Presbyterian Women (PW) are again sponsoring a diaper drive to benefit the Refugee Support Center (RSC) here in Chapel Hill. More than 10,000 diapers have been donated to the Center from UPC since we began this project three years ago.

To support this project, write your check to UPC with "RSC diaper drive" in the memo line, and then either mail it to UPC (PO Box 509, Chapel Hill, NC 27514), or place it in the offering boxes at church during Sunday worship.

In January, PW will purchase and deliver diapers to the Refugee Support Center using your monetary donations.

Thank you for your generous support. If you have questions, contact Vicki Lotz, vjlotz@live.unc.edu



Dear Saints of UPC,

There is a hymn lyric that declares,

*How often, making music, we have found a new dimension in the world of sound,
as worship moved us to a more profound "Alleluia."*

Such is the nature of worship and music here at UPC. We are ever-nudged into deeper praise.

Toward our goals of having our music glorify God, teach the faith, and nurture holy friendship, UPC will be restructuring our music department in 2022. We are excited about changes to come. Director of Music, Joey Fala, will stay at the helm, directing all ages of choirs, and inviting new partners into a collaborative, and more unified intergenerational ministry. UPC will also become a teaching lab for upcoming music scholars, furthering our engagement with the University community.

Unfortunately, this means we will say goodbye to Kathleen Jasinskas as Director of Children's and Youth Choirs.

From Kathleen herself:

As our choirs prepare for this season of joy and gratitude, I wanted to share the news that I will no longer serve as the Director of Children's and Youth Music, effective December 3, 2021. It has been among the greatest joys of my life to serve in this role, making music and building fellowship with your children. To say that I will miss them is an understatement, and I will forever cherish my memories of our time together. Even when the pandemic changed the face of what choir looked like, this musical community found ways to come together, showing time and again that nothing can shake our dedication to beautiful music in the service of God. It is a gift, and I am grateful to have been part of it. While it is difficult to accept that there is no longer a place for me on our staff, I have nothing but respect and gratitude for the leadership of this church, and full faith that the Children's and Youth music program will continue to thrive. In the meantime, our family looks forward to continuing to connect with you as a congregation, to lifting our voices with you in song and prayer, and to introducing you to our daughter in the spring. We thank God for each member of this church family, and for your continued support as we face the days ahead.



We give thanks for Kathleen's work with us and look forward to welcoming big brother Owen's baby sister this Spring. Please keep the Jasinskas/Hyland family and our music department in prayers as we make this transition together.

Peace,

Rev. Meg Peery McLaughlin, Co-Pastor

Joey Fala, Director of Music

Lee White, Chair of Personnel

Stewardship 2022 - An Update



On this year's pledge card, we asked the question: Why is UPC important to you? One response said:

"Love was, is, and will continue to never be cancelled!"

As you consider your pledge for 2022, reflect on that question - why is UPC important to you? Where has UPC's story intersected with your own?

It's not too late to pledge! Visit upcch.org/stewardship to learn more. (From a budget planning perspective, it's most helpful if all pledges are received by the end of the year!)

Fall 2021 Endowment Report

Our 9 person Endowment Committee met in October and reviewed a number of requests for funding, both from UPC staff and committees that serve UPC's not-for-profit clients, both local and international. The projects chosen for referral to the Session include:

Freedom House, a local organization chartered in 1974 to provide services to people with mental illness, substance abuse, and developmental disabilities, requested funding to upgrade a bathroom to a laundry room. This project is part of a project to update and expand their facilities. Their request for \$5,895 was approved and was supported by our Local Outreach Committee.

Medical Benevolence Foundation (MBF) requested funding of \$10,000 to expand their Lifesavers concept within church-owned clinics in Malawi and into Kenya. MBF has a 45 year relationship with UPC and is the mission arm of the Presbyterian Church. Global Outreach supported this request and Endowment approved the request.

Our **PCM Board of Directors**, in conjunction with Cary Presbyterian Church, requested funding assistance for a **Pastoral Resident in Campus Ministry**. Kim Rubish has been hired as the Pilot Pastoral Resident to launch this two year residency program and will split time between Cary Presbyterian and University Presbyterian. Endowment approved their request for \$9,000.

UPC staff and Property Committee requested \$8,000 to **upgrade the church resident apartment** (also known as the home of our church mouse). It is felt that with an upgrade the unit might appeal to a wide variety of individuals, including the possibility of housing an UNC organ student, among others. Endowment approved this request.

Several UPC staff members requested \$4,475 to **improve airflow and ventilation in classrooms and large gathering spaces**. Included in this request are HEPA air filtration systems, 48 easy install window screens, and 6 air exhaust fans for the basement preschool rooms. Endowment approved this request.

The Endowment Committee is grateful for the support of UPC in addressing issues such as these.

From the Mental Health Task Force

The following is from the National Alliance for Mental Health (NAMI), which recognizes that other organizations have drawn distinctions between what diagnoses are considered "mental health conditions" as opposed to "mental illnesses." [They] intentionally use the terms "mental health conditions" and "mental illness/es" interchangeably.

A mental illness is a condition that affects a person's thinking, feeling, behavior, or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have - or think you might have - a mental illness, the first thing you must know is that you are not alone. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However:

- 1 in 5 US adults experience mental illness each year.
- 1 in 20 US adults experience serious mental illness each year.
- 1 in 6 US youth ages 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

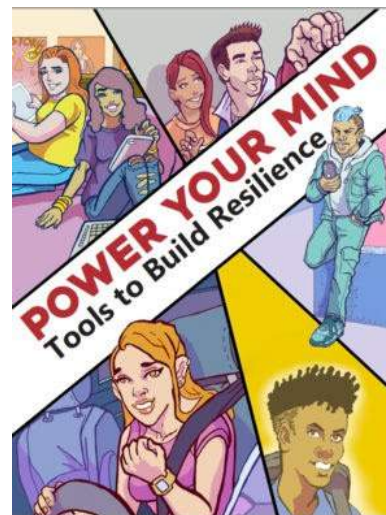
A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment, and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes and circuits and basic brain structure may play a role, too.

None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery - including meaningful roles in social life, school, and work - is possible, especially when you start treatment early and play a strong role in your own recovery process.



Power Your Mind: Tools to Build Resilience

Calling all those who care for young people! Being a teenager can be tough and the added stress of COVID-19 has created high levels of anxiety, depression, and anger among youth. Parents, teachers, and anyone who cares about youth are invited to come learn healthy and effective coping techniques using the workbook "Power Your Mind." The 8-week class will offer specific tools and skills for managing emotions, controlling impulses and handling situations as they arise. We'll begin on Sunday, January 9 at 9:45 am. Join us!



Montreat Music & Worship 2022

Join us for Montreat Worship and Music: June 18-25, 2022
upcch.org/mwm

We are thrilled to have the opportunity to return to the Montreat Worship and Music Conference this summer, and would love to have you join us! All congregation members (3rd grade through adults), are welcome for this time of relaxation, music, and fellowship.

For Children (3rd-5th), Middlers (6th-8th), and Youth (9th-12th), the cost of attendance includes all classes - art, handbells, drama, choir, and more! - housing, and food. Scholarships are available.

We need all hands on deck to make the magic happen, so please contact Joey Fala (fala@upcch.org) if you are interested in being a Chaperone or Cook. Housing and food is also included for these volunteers, and you will love spending a week in beautiful Montreat.

For adults who wish to attend and participate in the adult portion of the conference (open to all adults, not just choir members!), please contact Joey Fala (fala@upcch.org) for more information.

Registration opens December 5 and closes February 15; visit upcch.org/mwm to register today. We can't wait to see you there!



Presbyterian Women Gatherings

All women of the church are welcome to attend monthly PW Circles.

Circle 2: Mon., Dec. 6 at 9:45 am by Zoom. *Contact:* Rachel Harshaw (919 928-4514; rachel@jehars.com)

Circle 3: Tues., Dec. 7 at 10 am by Zoom. *Contact:* Mary Ann Klompaker (919 270-0657; maryann6543@gmail.com)

Circle 4: Tues., Dec. 7 at 11 am by Zoom. *Contact:* Susie Smith (757 274-2551; snyncks@gmail.com)

Circle 5: Wed., Dec. 1 at 7 pm by Zoom. *Contact:* Mary Ellen Olson (919 302-1426; maryeolson27@gmail.com)



This year marks the 50th anniversary of University Presbyterian Preschool! Because of the pandemic, the UPPS Committee has decided to honor this milestone next year when we can more safely celebrate together. So please be on the lookout for information on the "50 Plus One" celebration in 2022.

The teachers and children at UPPS are so happy to be back in session this fall. It's been a challenging time with navigating the guidelines on the safest way to have the children back in school, but as important as preschool education is for young children we were determined to find a way. We do still have several openings in our Threes classes and one opening in our Transitional Fives; interested families should contact Ellen Parker at preschool@upcch.org or 919-929-8658.

In January we will begin registration for Fall 2022. UPC members are given priority in registration so please make sure to submit applications prior to January 19th to ensure a spot. Applications can be found online at upps-ch.com. Tours are available by appointment by contacting the preschool office.

Concerns & Celebrations

We grieve with:

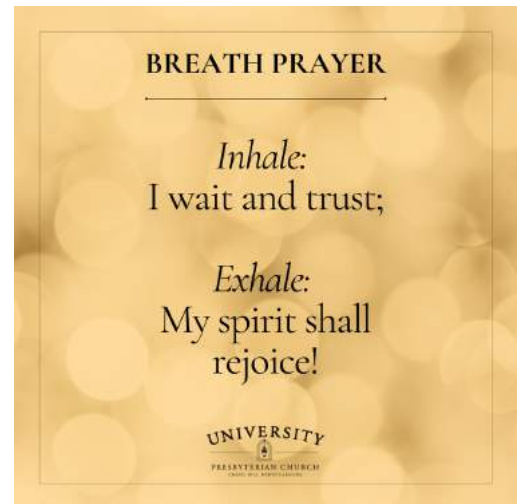
Michael Byrd, *on the death of his sister in law and nephew*
Jim Frazier, *on the death of his wife Dianne*
June Kendall, *on the death of her husband, Chuck Goins*
Lauren Mann, *on the death of her father, Donald*
Harriet Martin, *on the death of her sister, Nell*
the family of Day McLaughlin
Laura Owen, *on the death of her father, John*
Robert Owen, *on the death of his mother, Irene*
Ellen Parker, *on the death of her father, Ed*

We celebrate with:

Brad and Emily Geerdes, *on the birth of their granddaughter, Lucy Louise Buckley*
Margo Richardson, *on her ordination*
Alan Swendiman, *on the birth of his twin grandchildren Alma Kathleen and Milo Elliott*

We pray for:

Judy and Wayne Christiansen; Jan Grosser; Ross Leadbetter; Carolyn Schwarz; Ray Simmons



A PC(U.S.A.) Congregation



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