



OCT. 2022  
EDITION

# The Chimes

SHARING STORIES AND NEWS FROM  
UNIVERSITY PRESBYTERIAN CHURCH IN CHAPEL HILL



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## Our Staff

**Meg Peery McLaughlin**, Co-Pastor

**Jarrett McLaughlin**, Co-Pastor

**Ryan Byrnes**, Director of Operations

**Johnny Clay**, Sexton

**Erin Collier**, Dir. of Communications & Stewardship

**Peter Costa**, Financial Manager

**Dennis Dallke**, Operations Assistant

**Bob Dunham**, Pastor Emeritus

**Joey Fala**, Director of Music Ministry

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**Hadley Kifner**, Pastor for Spiritual Nurture

**Kim McNeill**, Staff Associate for Youth Ministries

**Nancy Myer**, Staff Associate for Children's Ministries

**Ellen Parker**, Director, UPPS

**Sara Richard**, Office Administrator

**Melani Willhite**, Financial Assistant



**The waterproofing project is now complete!** Due to the location and nature of the work, many of the plants along the Sanctuary side were removed. The Garden Committee is working on a plan to replant the affected area.

**Cover Photo: All of the 2022 Congregational Retreat attendees at Montreat!**

# Pastor's Message



Meg Peery McLaughlin  
Co-Pastor

Dear Friends,

I wish I had been quicker on my feet when my daughter Naomi asked me why I got a bit weepy on Sunday at the conclusion of worship. I don't remember exactly how I responded then, but now I'm able to articulate that the tears crept to the surface when the Holy Spirit got near. It's like they wanted to touch.

It was a culmination moment of a full weekend—Saturday, after a morning Memorial Service where the deacons showed what it meant to provide hospitality in grief, UPC was finally able to honor Tom Brown in person in the presence of magnificent music. 15 year old Liam Drake on the UPC's new Steinway—whoa.



Then on Sunday, during Sunday School kick off, an intergenerational army of volunteers packed 12,100 meals to help alleviate hunger in areas of crisis around the globe. And in worship, we lifted our gratitude to God for those who have helped steward the grand story of God's love, including Bob Dunham, now Pastor Emeritus. Little did I know that later that afternoon, we'd welcome brand new families as their children joined the Alleluia choir and then my own newly minted 6th grader would be assured at youth group that she'd have a community to walk with her through adolescence.

And that was just two days in the life of UPC. So, yes, the Spirit was nearly tangible. And yes, I was weepy.

*This* is why I feel so confident about what is about to show up in your snail-mailboxes in a couple weeks. All year long we are asked to live as stewards of God's good gifts to us, but October is when UPC is focused on directly asking for your generosity. It's when we ask you to pledge, to promise to be a part of what the Spirit is doing here.

We are inviting you to prayerfully consider a *significant increase* in your pledge in 2023. In order to maintain our mission and ministry, we need the budget to grow by at least 13%. If you'd like to understand the nitty-gritty of this increase, please read the fine print on the next page.

With weepy eyes,  
with hearts full of gratitude for all that has come before  
and hope for what is to come,  
with faith, not that everything will go our way,  
but rather, faith in God who is with us no matter what,  
and with joy in sharing the good news of the love of God in Jesus Christ our Lord,

let us respond to God's grace with our gratitude and our generosity in this place and time—

Meg

(ctd., p. 3)

# Pastor's Message (ctd).

## *The Fine Print:*

UPC is a generous place. When people pledge, they make good on it, consistently. Harder to guess is what the unpledged, usually year-end, giving will be each year. Sometimes we guess right, sometimes not. UPC is a fiscally responsible place. Most years we end in the black (\*see chart below). We have an operating reserve (that we have never touched) and a general reserve. In the past few years, we have balanced the budget at least in part with our reserves. This means that when there has been a deficit, we have had plenty to cover that gap. These reserves, while buoyed from generous bequests, have taken a hit due to unexpected building projects (like the waterproofing you may have noted recently), and thus we are committed to not wiping them clean.

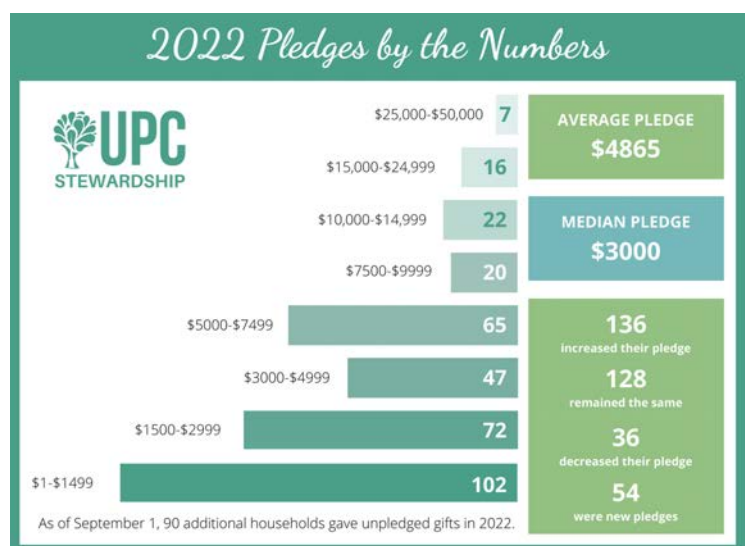
4 years ago, a Session Property Committee formed to keep an eye on this 60+ year old building. They have wisely identified acute needs and created a schedule of repairs. The projects we are anticipating in 2023 include roof and elevator repair, and moisture control in the sanctuary.

With a 13% increase we will keep program expenses flat, give a cost-of-living adjustment (3%) to our staff, and continue our level of outreach giving. Beyond that, it provides the minimum (we hope) needed this year to maintain this building, our launching pad for all our ministry.

Such an increase requires a change in practice in terms of our communication. Transparency is our friend. We are in this together and these opportunities are ours to know and own. You will notice a much more direct ask this year. Your pledge card, which is kept confidential, is personalized for your own story of generosity. Additionally, the college of elders and deacons will be having intentional discussions about our future. And please, read this as your invitation to have individual conversations with Meg, Jarrett, Erin, or any member of the Stewardship Committee.

## UPC Financial History

Years Ago	Year	Revenues	Expenses	Net
1	2021	1,960,209	1,993,303	(33,094)
2	2020	1,936,810	1,905,509	31,301
3	2019	2,000,470	1,983,024	17,446
4	2018	1,946,372	2,010,515	(64,143)
5	2017	1,996,302	1,966,470	29,832
6	2016	2,030,182	1,968,946	61,236
7	2015	1,892,628	1,858,130	34,498
8	2014	1,814,321	1,762,001	52,320
9	2013	1,761,613	1,800,261	(38,648)
10	2012	1,731,259	1,797,807	(66,548)



# World Communion Sunday (Oct. 2)



This Sunday is World Communion Sunday, which celebrates our oneness in Christ with all our siblings around the world. We will be offering communion as part of our Sunday worship, and on this day, communion will be shared by passing trays to each other in the pews. The trays will contain individual pieces of bread and individual cups of juice. Individually wrapped elements will also be available for those who prefer them.

All elements are gluten-free and nut-free.

## Help! An October Sermon Series

Help! It's not just a Beatles song anymore. This October we'll explore "Help" from a few different directions and connect it to our annual Stewardship campaign.

Because outreach is a major part of what we do as Church, we'll kick off the series on October 9 by exploring appropriate help and how to ensure that our helping doesn't in fact hurt the ones we would serve.

The next week our focus will be "Everybody Needs Help," as we consider what it means to ask for help and accept it when given.

We'll wrap up the series on October 23 – Stewardship Dedication Sunday – with "I Can't Help Myself," an examination of our patterns of working (or overworking) and Sabbath rest.



*(Yes, some of the UPC staff did recreate that album cover!)*

## Dedication Sun. & Children's Sabbath (Oct. 23)



Join us on Sunday, Oct. 23 as our children lead us in worship! At both services, our children will lead us through liturgy, scripture, prayers, and song.

This will also be our Stewardship Dedication Sunday, when all will be invited to bring forward 2023 pledge cards at the end of the service. Check your mailbox in the next few weeks for your Stewardship packet!

# Second Sunday Lunch is Back! (Oct. 9)



*It's been a long time, but we're thrilled to announce that Second Sunday Lunch is back!*

Everyone is invited to join us for Second Sunday Lunch on Sunday, Oct. 9, in the Fellowship Hall after the 11:00 service.

For those who are new to Second Sunday Lunch (or just need a refresher on the details):

- The church will provide a main dish and beverages. Those who attend are asked to bring a side dish, salad, or dessert for approximately 12 people. Please be generous!
- Drop off your food in the Fellowship Hall prior to 11:00 am worship.
- Please remember to label your dishes and serving spoons with your name if you'd like to have them back, and pick them up at the end of lunch.
- If your contribution contains allergens or is suitable for those with special dietary needs, please add labels such as "gluten free," "contains peanuts/tree nuts," or "vegetarian."
- Are you a new member, student, or visitor? No need to bring anything — just join us for the food and fellowship!

Seating will also be available in the garden for those who prefer to eat outdoors.

All are welcome!

## Observing All Saints' Day (Oct. 30 & Nov. 1)

*Remembering with gratitude those who have fought the fight, finished the race, and kept the faith, the church gathers to pour out our lament and praise in worship.*

On Sunday, October 30, Bob Dunham will be our guest in the pulpit. Please send names and digital photographs of those who have died since All Saints' Day last year and we will include these in our prayers that day. Use this email: [admin@upcch.org](mailto:admin@upcch.org).

On Tuesday, November 1 at 7:30pm, we will gather for a special service: All Saints' Compline. Compline is evening prayer. We will be accompanied by song and light in this contemplative worship offering.



# Adult Education Opportunities in October

## **Crossroads: Bible Study Discussion in Dunham Hall**

October 2, 9, & 16: Exploring various themes of the Bible such as Justice, Image of God, Water and Tree of Life, The Royal Priest, and Spiritual Beings using videos from *The Bible Project*

October 23 & 30: Rick and Sally Osmer will teach on the New Testament letter, Philippians

## **Stillwaters: Spiritual Formation Experience in Vance Barron Hall**

Oct 2, 9, & 16: Breath

Oct 23: Play

Oct 30: Remembering the Saints

## **Special Focus Class: Terrace Room**

Oct 2: Hunger, with special guest Olivia Warren from the Society of St. Andrew, which brings people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors

Oct 9: Presby 101: Mission, led by Meg Peery McLaughlin

Oct 16, 23, & 30: Faith and the Arts, led by Janet McDowell

Questions about these offerings? Contact Mellicent Blythe (mellicent3@gmail.com).

# Racial Equity Documentary (Oct. 15)

**Date: Sat., Oct. 15**

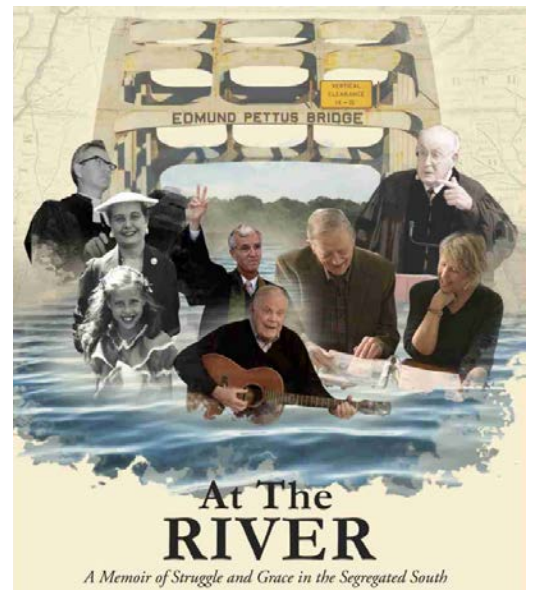
**Time & Location: 3:00 pm at UPC**

**For: high school youth-adults (childcare available for younger ages)**

**Sign up: required; visit [upcch.org/at-the-river](http://upcch.org/at-the-river)**

*At The River* is a feature-length documentary about a certain time and place in the deep south. In the Civil Rights era of the 50's and 60's, most Presbyterian ministers stood on the banks of the cultural river of segregation and white supremacy and opted not to speak out. However, a few young southern Presbyterian ministers did brave those currents through their sermons, community organizing and participating in marches and protests. They faced dangerous, hate-filled consequences for these actions. *At The River* chronicles their lives and their decisions, as well as director Carolyn Crowder's first-hand experience as a young white southern girl from Montgomery, Alabama.

Join us at UPC at 3 pm on Sat., Oct. 15 to watch *At the River* together (2 hours) and then participate in a discussion facilitated by director Carolyn Crowder. A catered meal from Mediterranean Deli (suggested donation \$5/person) will be provided after the program. Please register in advance to help us as we arrange childcare and place food orders.



# Congregational Retreat 2022

We had a wonderful time at the Congregational Retreat! What happened that weekend? Well...

we made  
new friends...



we tried new  
things...

we played...



we  
danced...

**we enjoyed  
the sights and  
sounds of  
Montreat...**



**we listened  
and learned  
and  
worshiped  
together...**

**...and we had  
FUN!  
(even in the  
rain!)**



**A big thank you to our 2022  
Congregational Retreat  
Planning team (who first  
started working on this retreat  
in 2020 and were twice delayed  
by COVID)!**



**Mark your calendars  
now for our 2023  
Retreat:  
September 8-10**

# Continuing the Hunger Action Challenge

The Hunger Action Challenge isn't over yet! Here's how you can participate in the coming weeks:

## Hunger Class - Oct. 2

Join us at 9:45 am in the Terrace Room for the conclusion of our Hunger Class. We'll be joined by Olivia Warren from the Society of St. Andrew, which brings people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors.

## Food Drive for TABLE - Oct. 2

As part of our offering on Oct. 2, you're invited to bring non-perishable food items for TABLE to use in their weekly food distribution. Please only purchase items from the list below, and keep the sodium/sugar content in mind:

- Whole grain breakfast/granola bars with protein
- Instant oatmeal packets, left in original box (*see sugar guidelines*)
- Individual cereal cups (*see sugar guidelines*)
- Cans of tuna or chicken
- 1 lb. bags of long grain or brown rice
- 1 lb. bags of beans (black, pinto, chickpeas, and lentils)
- Soup in kid-friendly flavors (*see sodium guidelines*)
- Individual cups of macaroni & cheese
- 1 lb. boxes of whole grain spaghetti noodles
- Cans of spaghetti sauce (15 oz. or smaller; no glass please!)
- Individually packaged raisins, nuts, or trail mix (*see sugar guidelines*)
- Graham, saltine, or whole-grain crackers
- 100% juice - multi-pack juice box size
- Shelf-stable, multi-pack milk boxes
- Peanut butter (plastic 14 oz. or smaller jar)
- Non-perishable fruit/applesauce cups or cans, in water not in syrup, no added sugar
- Squeezable pouches (such as GoGo Squeeze) of fruits, veggies, & shelf-stable yogurt



### Nutrition Guidelines for TABLE Food Donations (per serving):

7g or less of added sugar  
600mg or less of sodium  
4g or less of saturated fat

## Gleaning Day - Oct. 5

Join us on the morning of Wednesday, Oct. 5 (it's a day off for Chapel Hill/Carrboro Schools!) for a gleaning day with the Society of St. Andrew. We'll meet at a farm to glean sweet potatoes left in the field, which will then be distributed to local hunger organizations. This event is a wonderful opportunity for all ages to serve together.

Note: Due to the slightly unpredictable nature of agriculture, we will not know the exact time or field location until the week of the event, although it will be in the morning, likely in Johnston County.

To register, visit [upcch.org/gleaning](http://upcch.org/gleaning).



# Pictures from Rise Against Hunger

On Sunday, September 18, over 150 people of all ages gathered in the Fellowship Hall to pack meals with Rise Against Hunger. We packed over 12,000 meals in less than one hour! Thank you to everyone who participated!



# Coming Soon for Children & Youth



## Parents of Young Presbyterians Pumpkin Fun

*Sat., Oct. 22, 3:00 pm*

***\*\*Register by Oct. 8!\*\****

Join us at Spring Haven Farm (5306 Homer Ruffin Road, Chapel Hill, NC 27516) on October 22 at 3:00 pm. The farm will be full of goats, pumpkins, fall fun and spooktacular decorations! Find the perfect pumpkin and then take it into the goat pasture to carve it with all the cute, friendly goats! The goats love to nibble on the insides of the pumpkins after you scoop them out. UPC will provide a simple snack.

Cost is \$8/person, age 4+. (Typical admission is \$16; UPC is subsidizing the cost to keep it affordable for families.) Price of pumpkin(s) will be an additional purchase for you that day. Visit [upcch.org/pyps](http://upcch.org/pyps) to sign up and pay admission price by October 8!

## Youth Challenge Course at Carolina Adventures

*Sun., Oct. 23, 12:00-4:30 pm*

***\*\*Register by Oct. 14!\*\****

A Challenge Course is a combination of mental and physical challenges requiring groups to work as a team to accomplish goals. Through a series of fun and unusual activities, youth will learn valuable information about themselves, each other, and our youth group as a unit. By removing ourselves from our usual environment and placing ourselves in a new, unique setting, a challenge course experience fosters shared learning, openness, and cooperation. We will do low ropes activities (on the ground) for most of our time but will end with a chance to try the UNC Zipline at Carolina Adventures. To register, visit [upcch.org/youthgroup](http://upcch.org/youthgroup).



*We're excited to have the Program Year back in full swing! Sunday School, Choirs, and Youth Group are all meeting again.*



# CYM Event: Faith & Sexuality (Nov. 6)

Parents! Mark your calendars for Nov. 6! We'll be hosting workshops about Faith and Sexuality, with specific times set aside for different ages. Please note who is invited to attend each session:

## **Middle School Youth and their parents (12:00-2:00 pm)**

In this parent/younger youth combined session, we will be exploring how we define and hold the limits we want, the difference between love and infatuation, a ladder of intimacy, and ways to have fun without doing it. Join us for faith-inspired conversation, some good laughter, and some candy.

## **Parents of Kindergarten - 5th grade (4:00-5:30 pm)**

Using Kate Ott's book *Sex + Faith* as a guide, we will explore how we as parents have and model healthy conversations, good books and resources, and several other topics. There will be candy, faithful conversation, and laughter in your workshop as well.

## **Youth Group, 9th - 12th Grades (6:00-8:00 pm)**

In this session just for older youth, we will explore healthy relationships, power and consent. We will do work to help build confidence in understanding and recognizing healthy relationships, and ways to avoid unhealthy relationships.

All sessions will be led by Sophie Maness, a certified Christian Educator with over 30 years of experience. She currently serves Westminster Presbyterian Church in Nashville TN. She has led lots of sexuality education workshops for all ages over the years. Joanne Stratton Tate trained her years ago. By staying up on new research and information her goal is to help families open up meaningful conversation at home in ways that are both healthy and faith-oriented.

## **Some basic assumptions underlying our conversations at these workshops:**

1. All creation is of God and therefore good.
2. We start sexuality education when children are in preschool, because they need years to integrate and understand, and they absorb like sponges.
3. Parents are the primary educators.
4. Children need accurate, clear, age appropriate information to grow in both knowledge and compassion.
5. Open communication nurtures trust.
6. Sexuality education centers on the gift of sexuality, and nurtures the values of respect, mutual conversation, and responsibility.
7. Children who are educated about healthy bodies, sexuality, and gender are better protected from abuse and exploitation. Knowledge is power.
8. The gospel is a positive, life-fulfilling, liberating force that stands over against pervasive cultural patterns of exploitation and abuse.
9. Effective education happens with all genders present, to help get in the habit of communicating clearly and understanding one another.
10. Adults/ parents/caregivers need sexuality education as well so that they may
  - a. Build confidence to affirm and express the wholeness of their own sexuality and gender,
  - b. Become more aware of their own living witness about sexuality, and
  - c. Gain some clarity on their own values and beliefs so that they may share them in meaningful ways with their children.
11. God is a YES AND God! It is not Alpha or Omega. It is Alpha AND Omega with the expanse of YES in the in between.

# Fall Music Events at UPC



**Joey Fala**  
*Director of Music*

Dear friends, we had a wonderful start to our music program year with the kickoff of the Thomas Brown Recital Series, featuring Liam Drake and young artist colleagues. I would like to call your attention to several upcoming music offerings at UPC.

On **Saturday, October 8 at 4:00 pm**, I will present an organ recital featuring Paul Hindemith's Second Sonata, Cesar Franck's Choral No. 1, and Margaret Sandresky's Five Sacred Dances along with other works by Amy Beach, and Dietrich Buxtehude.

On **Saturday, November 12 at 4:00 pm**, the UNC Baroque Ensemble and UPC Choir will join forces to present a special collaborative concert of music for the season. The musical centerpiece will be Bach's Advent Cantata, BWV 61 Nun komm, der Heiden Heiland. Other works by Dietrich Buxtehude, Felix Mendelssohn, and Heinrich Scheidemann will echo our world's longing and desperate cry for its savior.

On **November 1 at 7:30 pm**, our choir will lead a service of compline for All Saints' Day. In this service of evening prayer drawing upon monastic traditions, we come together to grieve, honor and celebrate the saints who have passed from this life. You will be invited to sing and hear music of comfort and thanksgiving on this hallowed night surrounded in the quiet beauty of a candlelit sanctuary.

*-Joey Fala*

Thank you to everyone who joined us for the inaugural recital in the Thomas Brown Recital Series! Be sure to mark your calendars for the spring recital on May 6, 2023. Pianist Kirsten Homdrom will present a program entitled "There is peace even in the storm," featuring works by Samuel Coleridge-Taylor, Germaine Tailleferre, Takashi Yoshimatsu and W. A. Mozart.



# Presbyterian Women Meetings

Presbyterian Women are gathering in October for their monthly meetings. All women are welcome!

**Circle # 1:** Wed., Oct. 5 at 10:00 am at the home of Vicki Lotz  
*Contact:* Diane Rizzo (rizzod1970@gmail.com or 919 357-6128)

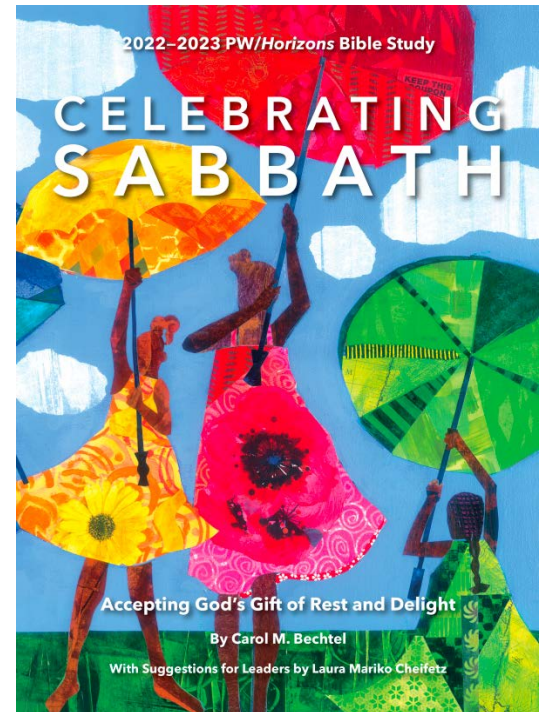
**Circle # 2:** Mon., Oct. 10 at 10:00 am in the Game Room at Carolina Meadows  
*Contact:* Shelley Adams (shelleyhadams@gmail.com or 919 942-2525)

**Circle # 3:** Tues., Oct. 4 at 10:00 am at the home of Gail Norwood Kinder  
*Contact:* Gail Norwood Kinder (gailnorwood@me.com or 919 259-5955)

**Circle # 4:** Tues., Oct. 4 at 11:00 am at Chapel In The Pines  
*Contact:* Susie Smith (snyncks@gmail.com or 757-274-2551)

**Circle # 5:** Wed., Oct. 5 at 7:00 pm at the home of Carolyn Schwarz  
*Contact:* Mary Ellen Olson (maryeolson27@gmail.com or 919 302-1426)

**Circle # 6:** Thurs., Oct. 20 at 10:00 in the Heron Room at Carol Woods  
*Contact:* Helen Brantley (hbrantle@gmail.com or 919 918-3692)



## Save the Date For...

### Alternative Gift Market

Christmas is coming! Make plans to attend the virtual UPC Alternative Gift Market starting in November for all your shopping needs. We will have an online site again this year for easy shopping as well as a table at the Advent Craft Festival.



### Advent Craft Festival

Sunday, Nov. 20  
9:45-10:45 am



# PCM Kicks Off a New Fall!



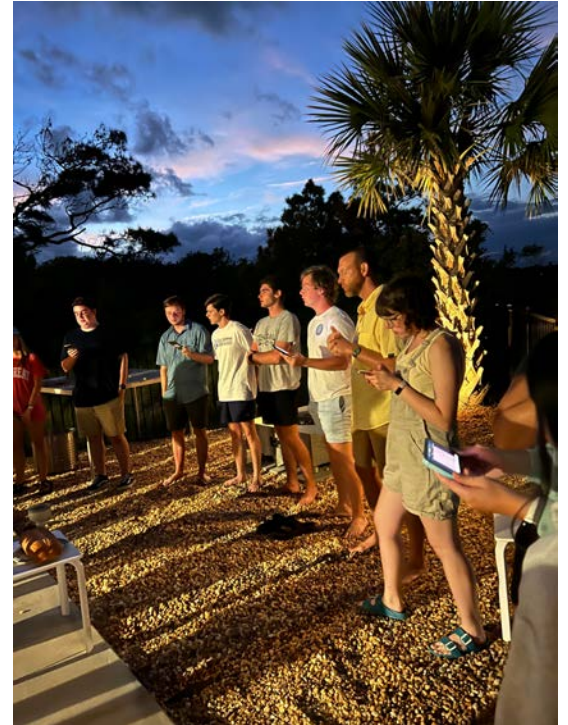
**Kim Rubish**  
*PCM Pastoral Resident*

For much of PCM's history (or at least as far back as I've worked here), PCM has had a steady retreat schedule: fall in the mountains at Montreat, and spring at the beach. But Berry, Alli, and I put our heads together this year and decided to switch things up (mostly to avoid what was typically a cold, gray spring weekend on the waters.) So on a warm September afternoon, 27 PCM students loaded up into cars and headed to Ocean Isle Beach for the weekend.

Beach retreat was an absolute BLAST! We have been so excited to deepen our relationships with returning students, as well as form new relationships with plenty of new PCMs. An early fall retreat gives us the opportunity to form and deepen those relationships immediately and intensely—often students head out barely knowing each other, and come back a steady, secure community of care and friendship. It is an honor and a joy to get to watch this happen year in and year out, and this retreat was no exception.

After we moved into our homes for the weekend, PCM students got lots of down time, as well as a ton of fun highlights for the time: surfing lessons with Berry, incredible and chaotic get-to-know-you games, nothing-is-off-limits questions with the pastors over baked brie (a PCM staple), ice cream runs, sunset communion, and even a full-group karaoke-style viewing of Taylor Swift's "All Too Well" (10 minute version). We played, we rested, we laughed and cooked and swam and got really honest about our theologies, our doubts, and our questions.

Beach retreat is so important to PCM, and for giving folks a chance to really sink into getting to know each other outside of the hustle and bustle of UNC, and this weekend gave us just that. We can't wait to see how these new, deeper relationships continue to flourish as we continue on in our program year!



# From the Mental Health Task Force

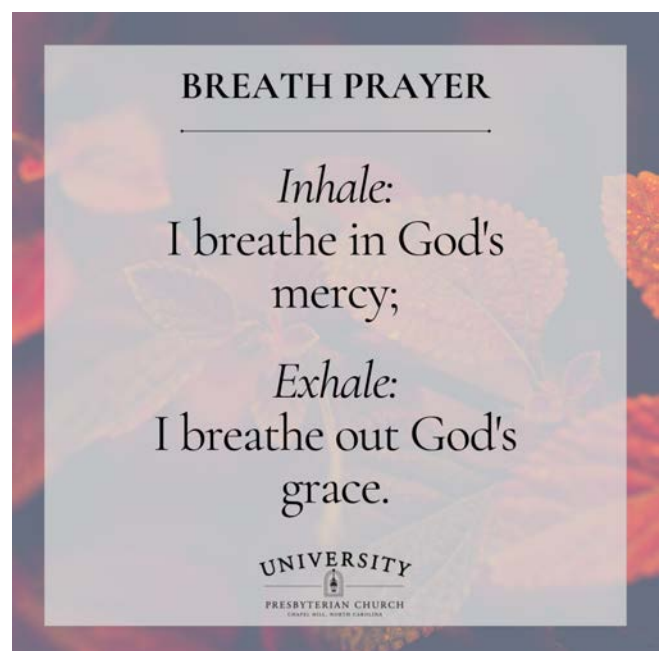
As children of God, created in God's image and called blessed, we are called to be good stewards of our spirits, bodies, and minds. Practicing this kind of stewardship means being vulnerable and asking for help when we are struggling, recognizing those among us who are suffering and need companionship, sharing resources of emotional encouragement and mental health support with those who need it, and expressing gratitude for connection with those who can share the journey. Overall, it means normalizing that the experience of being human can be complicated and that our spirituality is a solid resource: we are not meant to suffer alone and we can talk about the things that are hard for us, together. When we are healthy and whole as the body of Christ, individually and collectively, we can do our part to help bring health and wholeness to the world.

During this month, we on the Mental Health Task Force would like UPC to join our nation and the globe in raising awareness and education around mental health and mental illness. As we head into the colder months with less sunlight, we know this can affect the body in many ways, especially our mental health. **October is Depression and Health Screening Month.** Depression can show up in a variety of ways. Each person is affected by individual genetics and environmental factors affecting their mood with potential feelings of worthlessness, emptiness, sadness, irritability, guilt, and anger on an ongoing basis. Some common signs and symptoms of depression are the following: loss of interest in activities one enjoys, tiredness, insomnia, trouble concentrating, changes in weight and appetite, digestive problems, unexplained aches and pains, constant negative thoughts, and suicidal ideation. If one has multiple symptoms for weeks and months on end, getting screened is an option with recovery being possible through therapy, medication, and/or support from your community. The CDC and NIH estimate that 4.7% of adults in the US live with depression in some form currently and 10%-15% of people will go through clinical depression in their lifetime.

**October 2-8 is Mental Health Awareness Week, with October 4 being National Day of Prayer for Mental Illness Recovery and Understanding.** To read a prayer offered by the National Alliance on Mental Illness, visit

[tinyurl.com/mentalhealthprayer](https://tinyurl.com/mentalhealthprayer). Mental Illness affects individuals, families, our community and many others.

Approximately 1 in 5 adults and 1 in 5 adolescents in the US lives with a diagnosable mental illness (NIMH). This month is a great opportunity to replace stigma with education and awareness to bring compassion and support. Researchers have observed a rise in suicide, suicidal ideation, and substance use before and during the pandemic (Association of Suicide Prevention and CDC). Alzheimers is another illness that the Alzheimer's Association predicts will be on the rise in the coming decades. Individuals living with depression and all of these illnesses can live meaningful lives with the right support and medical treatment. Those living with mental illness, like all individuals living with any healthcare need, benefit from receiving support from their community. UPC has continually shown up for one another and for the larger community. We have pledged to be a "WISE (Welcoming, Inclusive, Supportive, and Engaged) Covenant" congregation, including those with mental illnesses in every aspect of congregational life.



# UPC: A Teaching Congregation

As a healthy and vibrant PCUSA congregation, UPC is living into our role as a teaching congregation, training young people and sending them out to serve the world following their time in Chapel Hill. We currently have our Choral Scholars and Organ Scholar who work with Joey, and PCM's Pastoral Resident and Seminary Intern positions, aimed at mentoring and training future clergy, who work with Berry. In addition, UPC has also invited third-year Duke Divinity student Matt Cooper to gain experience in our congregation in a part-time, volunteer capacity. Matt is a recent new member of UPC and intends to begin the PC(USA) ordination process soon. Under Berry and Jarrett's leadership, Matt will be assisting occasionally in worship leadership, teaching, and working with our young adult ministry.



## About Matt:

Matt is a native of Austin, Texas and a graduate of the University of Texas at Austin, where he earned his bachelor's degree in history and religious studies. He is in his third year at Duke Divinity School working toward his Master of Divinity, and exploring ordination in the PC(USA)! Matt has a dog named Skippy and is recently engaged to Alli Buikema, PCM's Seminary Intern. In his free time, Matt enjoys hiking, traveling, learning new languages, and exploring new cities.

## Session Update

At the regularly scheduled meeting on September 8, 2022, the UPC Session:

- Welcomed into membership Matt Cooper and Campbell and Mary Scott Rawlins
- Heard a report from Berry French on the installation of rainbow picnic tables off PCM's Henderson Street entrance to serve as a public witness and welcome to LGBTQ students
- Heard from the Congregational Life Committee on the resuming of Second Sunday Lunches in October
- Approved the slate of Church School teachers and advisors for the 2022/23 school year and received the Foundation of Faith Milestones guide
- Heard from the Property Committee on the continuing work on building projects and projected projects for the coming years
- Received a preliminary 2023 budget reflecting the upcoming building repair needs and received a report from the Stewardship Committee on their messaging for the upcoming drive to help meet the church's needs
- Received the Treasurer's Report. Pledge receipts remain strong, while non-pledge revenue continues to trend lower than budgeted

# Renovating the Church Apartment

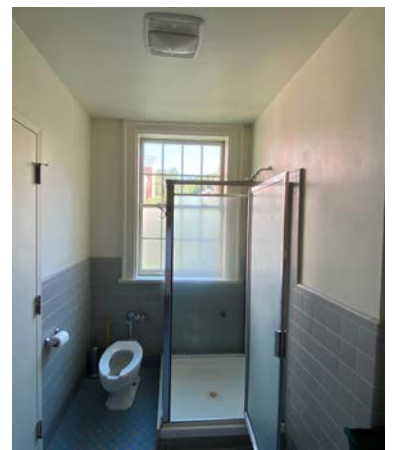
For years, University Presbyterian Church has enjoyed the services of a Church Resident. This is a person who lives on site in our Resident apartment in exchange for some help securing the building in the evening after the work of the church is done for the day. We were without a Resident all last school year as it was becoming more difficult to attract people for the job.

This predicament gave birth to an idea, though, and now that idea has come to fruition.

The idea was to renovate the apartment that was sorely in need of some updates and then advertise it as an apartment for an Organ Scholar. The Endowment of UPC graciously donated funds for a makeover and, with the sweat equity of some incredibly dedicated volunteers, the apartment is now completely updated and now houses Caroline Polito, a graduate student at UNC, who not only locks up the building at night but also adds her musical skills to our worship and choral ministries.

We give thanks to the UPC Endowment for making this possible. If you see Jeff Howard, Mike Edmiston, Ken Krzyzewski or Mark Moshier, make sure to say thank you for all their hard work.

## Before:



## After:



# Opportunities to Serve

## Join the Usher Team

Are you interested in serving as a welcoming presence on Sunday mornings? Join our usher team! There will be an usher training session in Dunham Hall after worship (12:15-12:45 pm) on Oct. 2 for existing ushers and those who would like to become ushers. Ushers serve on a rotating basis based upon individual availability. For more details, contact Brian Curran ([brianjpcurran@gmail.com](mailto:brianjpcurran@gmail.com)).



## Train to Become a Stephen Minister



We are adding to the legacy of UPC's Stephen Ministry program and a new training cohort begins in October! Stephen Ministry training resources are known for their excellence, practicality, psychological integrity, and theological depth. In-person and led by various experts in the congregation and community, training sessions last for 2.5 hours each and cover topics such as caring ministry, assertive relating, spiritual gifts discovery, grief support, spiritual growth, and more.

Contact Hadley Kifner ([hadley@upcch.org](mailto:hadley@upcch.org), 919.929.2102x113) if you are interested or would like to know more.

## Office Volunteers

We are in need of a few more afternoon office volunteers! Openings are 4th Wednesdays, 1st and 3rd Thursdays, and 3rd and 4th Fridays (all 12:30-4:00 pm). Responsibilities include welcoming visitors, answering the phone, and doing simple clerical tasks. Parking is available outside the Campus Ministry entrance. If you're available to volunteer for one of these shifts or as a substitute, contact Shelley Adams ([shelleyhadams@gmail.com](mailto:shelleyhadams@gmail.com) or (919) 942-2525).



A PC(U.S.A.) Congregation



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