



Progressive Spirit news

ST. PAUL'S United Church of Christ
602 Garfield St., Laramie, WY 82070
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DECEMBER – VOLUME 10, ISSUE 12

Photo by [Catherine Zaidova](#) on [Unsplash](#)

Pastor's Post

What a great treat it was to enjoy a traditional German lunch of ham, potato pancakes, and apple sauce, prepared by Betty Holmes and her helpers on November 17. We also honored Paul Cors who has been a member 50 years in December, and our other elders in the congregations. If we left you out, we are sorry. If we included you and you weren't quite ready to be an elder, we are sorry. All in all, it was a great day, as Betty also brought copies of the history book with her. They are fantastic. Get a copy for yourself, or for gifts. The books are \$20.00, which covers the cost of printing and binding the book.

It's a busy time of year. Advent starts on December 1, and will continue until Christmas. We will green the church after service on December 8th. We will have communion during service all Sundays in December. We will also be lighting our Advent candles every week. There are plans in the works to have some special music during December as well. Speaking of music, plan to attend worship on December 29, which will be a special music

DECEMBER

- All Sundays
 - Communion
 - Advent
- December 8
 - Youth Group 4:00 PM
- December 15
 - Youth go to the planetarium with UPC
- December 24
 - Service at 5:30 PM

All events held at St. Paul's unless otherwise noted

day – no sermon – just music, and a chance for us to say “Thank You” to Nathan for his music over the last two years.

Nathan is graduating in December, and is moving on to graduate school in Illinois. We will miss him, but we do have a candidate in place to help Sean with music next year. So come on the 29th and help us celebrate Nathan and his time with us.

I am planning to host the council for lunch on December 21st at our house, as we did last year for the final council meeting of the year. So, if you want to have lunch at my house next December, volunteer to be on the council. We do need some more members to step forward and help us out next year. Also needed will be help for Betty as she is currently serving on the restoration committee, pretty much alone, with input from the council. As part of our time and talent, these two opportunities are something you might want to consider.



December Birthdays

- 8 – Karl Knopf
- 23 – Aaron Plant
- 29 – Ava Mattimoe

Also on December 21st, everyone is invited to an open house beginning at 4:00 PM, and going until about 7:00 PM. Drop by, have some cookies, maybe a little to eat, and sing some Holiday songs, if we can get Don to play the piano. Last year we enjoyed seeing so many of you, and hope this year can be as much fun for us, and for you.

We have two of our youth joining me on the International Affairs Seminar, a week long mission trip to New York and Washington DC. If you would like to help Aeslin and Abby out with the fees, you can put a check in the collection, with a note that it is for the IAS trip. The youth will also be doing a couple of fund raisers before they leave in March. In March or April, they will give a talk about their experiences on the trip. This is a great opportunity for the girls, and they, as well as I, are looking forward to this trip. This will be my third IAS trip, and I always learn as well as the youth on the trip. The theme this year is Christian Hospitality. In addition to doing mission work and learning, they youth will meet with their representatives/senators to talk about the theme, and present to the representatives what this means to them.

I received a scholarship to attend a weeklong conference in Texas in April. The conference is Ministerial Flourishing: Exploring Meaning, Means and Practice. I hope to get some ideas about ways to enrich my ministry, and our worship and community experience. Due to the early start time on Sunday, I will have to miss a Sunday, but I will find a good replacement for the day.

The Theme for the International Affairs Seminar this year is Christian Hospitality
Deuteronomy 10:17-19

¹⁷For the LORD your God is God of gods and Lord of lords, the great God, mighty and awesome, who is not partial and takes no bribe, ¹⁸who executes justice for the orphan and the widow, and who loves the strangers, providing them food and clothing. ¹⁹You shall also love the stranger, for you were strangers in the land of Egypt.

As we enter this season of the year, safe travels, good health, and blessing upon you,
Rev. Ken

Guns Into Garden Tools

On Sunday, December 1, I preached a sermon and I referenced an article I had read, about a group that turns guns into garden tools, and other things. I said I wished I could find the article. Well, Cindy sent me a link to an article she found. It was not the same one, but please read this article.

<https://www.nytimes.com/2018/11/06/opinion/gun-violence-america.html> Melt thy rifles into garden tools is the name of this article. It has the same concepts as the one I had read. In fact, I have read a few similar articles. I also have bookmarked, just because I love this concept, the following webpage: <https://rawtools.org/> These guys have a great story, a great website, and provide a way for you to help support this movement. Take a few minutes and check them out.



Staying Healthy - - Peggy Harris

It is that time of year! Cold and flu season is officially upon us. We are spending more time indoors, spending more time with loved ones, and sometimes, we are sharing germs. The best offense is a good defense.

Good immune support, nutrition, hydration, exercise, sleep, and stress management can make all the difference. Immune support can include a vitamin D supplement, particularly during the winter months when we get less sunlight. Vitamin C and B complex supplements are also helpful but we can also get these in our diets with more fresh fruits and vegetables. Drink plenty of water, aim for 48-64 ounces per day. While it is harder to do in cold weather, remember to squeeze in exercise where you can. You do not have to work out in a gym everyday to be healthy. Movement is the key. Set a personalized goal for distance or steps daily and meet those goals. Impaired sleep greatly impacts our overall health. If you aren't sleeping well, contact your healthcare provider to explore this more. Smile and laugh more as it will reduce stress and improve your overall health.

Lastly, prevention includes limiting the spread of germs. **If you are sick, stay home.** This is not only for the good of those around you, but will reduce the number of bugs you are exposed to when your immune system is already fighting something. If you do have to go out, cover your cough and avoid shaking hands. If you are in crowds, avoid touching your face. Wash your hands before you prepare meals or eat and use good hand hygiene. And don't forget the part about laughing more (because that is the most fun health intervention).

National Youth Event 2020

United Church of Christ's National Youth Event will take place at Purdue University in West Lafayette Indiana July 22-25th 2020. This 4-day event is celebrated as the largest denominational gathering. Often bringing in 4,000 participants, this time together is centered on faith, leadership, service and social justice to empower our youth and young adults (ages 12-22).



Who: Youth and Young Adults ages 12-22
What: United Church of Christ's National Youth Event
When: July 22-25th, 2020
Where: Purdue University in West Lafayette, Indiana
Cost: \$375

St. Paul's is having a birthday, and next year will be BIG!!

Betty Holmes has finished the history book. They are available after worship in the fellowship hall. You may want to get copies for some of your friends as well.

Advent: December 1 to December 24

During Advent, Rev. Ken needs to have candle lighters and readers for the lighting of the Advent Wreath. If you are interested, please see Rev. Ken, or sign up on the board in the office. We will celebrate communion every Sunday in Advent.

We will also be using the UCC Advent Devotional, 'A New Earth'. Each week we will discuss a reading or two, and will solicit your input each week for which reading to discuss. This will take place during the 9:00 am hour each Sunday. Weekly attendance is not required, but you will probably enjoy coming every week.

St. Paul's generosity

During the month of November, and the end of October St. Paul's participated in the conference wide socks campaign. We collected socks, and by our generosity collected 227 pairs of socks. Mike from Interfaith will come collect the socks, and collect a check for the Christmas food baskets on December 1st.

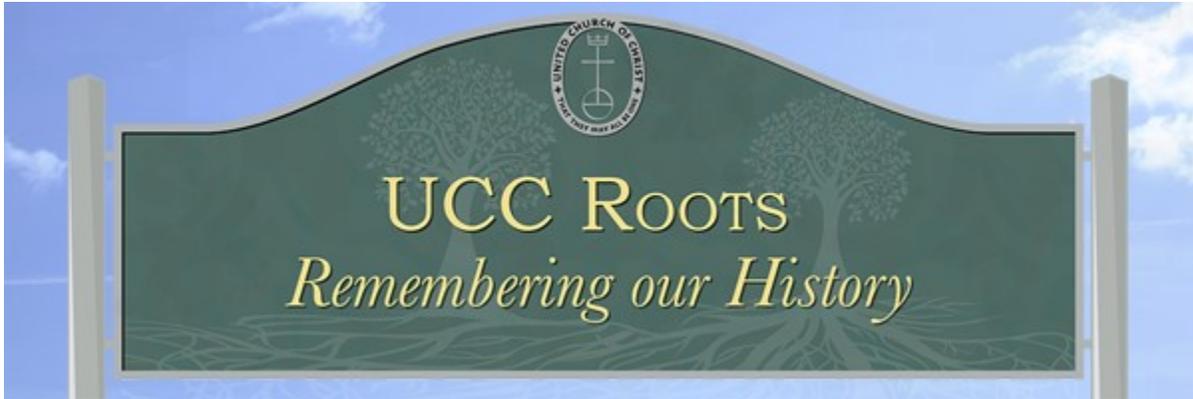
Laramie Suicide Prevention Hotline available

The Laramie Suicide Prevention Hotline is a 24-hour crisis line that you can call or text if you are feeling scared, depressed, alone, angry, or any other painful feelings that are hard to deal with by yourself. Call or text. 307-977-7777. Sometimes the last thing you want to do is talk about the way you are feeling, but often that is the one thing that will help you feel better. Calls are free and you will be connected with someone in Laramie who is trained to talk or text to those in crisis.

Worship and church calendar:

December 2019 Worship Calendar and Church Happenings

- December 1
 - Worship Leader: Abby Mattimoe
 - Accompanist: Nathan Sonnenschein
 - Red 86: O Come, O Come, Emmanuel (verse 1)
 - Red 83: Let All Mortal Flesh Keep Silence
 - Red 72: Of The Father's Love Begotten
 - Communion: NCH 330: Let Us Break Bread Together
 - Matthew 24:36-44
 - Isaiah 2:1-5
- December 8
 - Worship Leader: Roger Iverson
 - Accompanist: Nathan Sonnenschein
 - Red 86: O Come, O Come, Emmanuel (verse 1+2)
 - Red 119: I Wonder As I Wander
 - Red 104: Once In Royal David's City
 - Communion: NCH 330: Let Us Break Bread Together
 - Matthew 3:1-12
 - Isaiah 11:1-10
- December 15
 - Worship Leader:
 - Accompanist: Nathan Sonnenschein
 - Red 86: O Come, O Come, Emmanuel (verse 1-3)
 - NCH 151 Twas In The Moon Of Wintertime
 - NCH 131: It Came Upon A Midnight Clear
 - Communion: NCH 330: Let Us Break Bread Together
 - Matthew 11:2-11
 - Luke 1:46b-55
- December 22
 - Worship Leader:
 - Accompanist: Nathan Sonnenschein
 - Communion: NCH 330: Let Us Break Bread Together
 - Isaiah 7:10-16
 - Matthew 1:18-25
- December 24
 - Christmas Eve - Service at 5:30
 - Accompanist: Nathan Sonnenschein/Sean Stone
- December 29
 - Worship Leader:
 - Accompanist: Nathan Sonnenschein
 - Matthew 2:13-23
 - Psalm 148



“Lourdino Yuzon: A Filipino Leader”

In 1521 a Spanish explorer named Magellan visited a group of islands along the coast of Asia. He named them the “Philippines”—honoring Spain’s King Philip II. For several centuries the islands were ruled by Spain. Although the British controlled briefly, the Spanish prevailed until 1898 when the United States defeated the Spanish fleet and colonized the Philippines. War with the Filipinos continued until 1902 and their struggle for independence was not honored until 1946.

After the USA took control of the islands, American missionaries and teachers were allowed to go to the Philippines. In spite of political and economic difficulties, and religious and cultural rivalries, church leaders (especially Congregationalists and Presbyterians and the Christian Church/Disciples) worked together to help Filipinos establish their own United Church of Christ in the Philippines in 1948.



Lourdino Yuzon (1931-2015) was ordained by the United Church of Christ in the Philippines and served in varying capacities. In the 1990s the United Church of Christ (USA), invited him to help scattered Filipino families found a church in Texas. The Board for Homeland Ministries (UCBHM) provided resources. They named the new church “Cosmopolitan United Church of Christ,” after their home church in the Philippines. They committed themselves to the task of uniting people in personal faith and social responsibility. On August 20, 1995, when the church was received into the UCC South-Central Conference, Lourdino Yuzon was installed as its first permanent pastor

Lourdino Yuzon was more than a local church planter or pastor. He was awarded posthumously the “Outstanding Sillimanian Award” (OSA) from Silliman University, a strong university in the Philippines. The citation celebrated his church service, honored his leadership in education as an administrator and a Christian Ethics professor at the seminary, and applauded his leadership in the international ecumenical movement. The UCC is repeatedly blessed by immigrant leaders that continue to enrich our church.

Contributor: Joe A. Malayang

St. Paul's
United Church of Christ
602 Garfield St.
Laramie, WY 82070

Sunday Morning Worship at 10:00 a.m.



St. Paul's UCC

Our Mission:

*To be an emphatically inclusive,
progressive community
on the Path of Christ,
seeking justice and peace for all Creation
through creative ceremony and celebration,
soulful questioning,
and acts of compassion and service.*

Rev. Kenneth Ingram
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revken1957@gmail.com
Rev. Ken's hours:
Tue, Wed, Thur, Fri and Sunday
mornings – call first to confirm

IF YOU KNOW OF ANY
ACTIVITIES AROUND TOWN
THAT YOU WOULD LIKE
MENTIONED IN THE WEEKLY
UPDATE OR THE NEWSLETTER,
PLEASE SEND THE
INFORMATION TO REV. KEN AT
STPUCC@GMAIL.COM