



THE  
*Pillar*  
BRECKSVILLE UNITED CHURCH OF CHRIST

JANUARY 2023

“Let God grant  
what is In Your Heart  
and fulfill  
all your plans.”

~ Psalm 20:4

TO BE LOVING, SERVING, AND ACCEPTING  
OF ALL PEOPLE  
WITH GOD’S LIFE-CHANGING POWER  
AND GRACE

## **Pastor's Ponderings.....**

### **Church is Good for You**

Good news! A recent study<sup>1</sup> shows that those of us who drink two to three cups of coffee per day have significantly lower risk of stroke and dementia. Woohoo! Yet another reason to join me at Panera every Tuesday at 8:15 a.m.

Want more good news? A Harvard study by Tyler J. VandeWeele finds that going to church is good for your health too. *“Participation in religious services is associated with numerous aspects of human flourishing, including happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, and close social relationships.”*<sup>2</sup>

The data are striking, showing links between regular church attendance and diverse measures of well-being. The mounting evidence from decades of research suggests that going to church is indeed good for us. Here are some of those findings:

- Longitudinal studies indicate that attending weekly religious services is associated with 25% to 35% reduced mortality over 10 to 15 years.
- Regular church attendance over a lifetime translates into about seven more years of life.
- It correlates with less smoking, drinking, and drug use, which benefit overall health.
- Church attendance is associated with better mental health. Regular attendance leads to 20%–30% lower rates of depression and 3- to 6-fold lower rates of suicide.
- It increases the likelihood of having more friends, stronger support groups and greater involvement in the community beyond church walls.
- Weekly church attendance also correlates to a greater sense of meaning, purpose and life satisfaction.

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<sup>1</sup> <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003830>

<sup>2</sup> <https://journals.sagepub.com/doi/pdf/10.1177/0963721417721526>

## **Pastor's Ponderings..... (continued)**

Of course, correlation itself does not prove cause and effect. For example, there's a strong correlation between per capita cheese consumption and the number of people who died by getting tangled up in their bedsheets. And as margarine consumption rises, so too does the divorce rate in Maine.<sup>3</sup> But that doesn't mean cheese is deadly or margarine bad for your Maine partner. Correlational studies alone don't prove cause and effect.

However, VanderWeele's paper also shows that, indeed, there is a causal relationship between church attendance and numerous health benefits. Stated bluntly, going to church is good for your health. Extensive studies clearly show that the forgiveness and compassion taught by Jesus are scientifically proven to improve relationships and overall mental health and well-being.

If we are completely honest, it's not all good news. Sadly, history shows that religion has also been linked to horrific abuse, prejudice, hate, even genocide. When religion leads to intolerance, the results are catastrophic. Religion is at its worst when it tries to impose personal beliefs on others' choices.

But when religion lights the way to love, care and forgiveness, the healing is profound. Authentic discipleship improves well-being – personally, communally and globally. Actually doing what Jesus said leads us to take better care of one another, ourselves and our planet. When religion leads us to "love one another" the healing effects are nothing short of miraculous.

As the new year begins, let's make some healthy resolutions; yes, eat healthy, exercise and meditate. And resolve to go to church regularly! It's good for you!

- Rev. John King

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<sup>3</sup> Data from the U.S. Department of Agriculture and the Centers for Disease Control and Prevention. For these and other fascinatingly absurd correlations, see <https://www.tylervigen.com/spurious-correlations>



## *FROM THE MINISTRIES OF BUCC*

### **COMMUNICATIONS & OUTREACH**

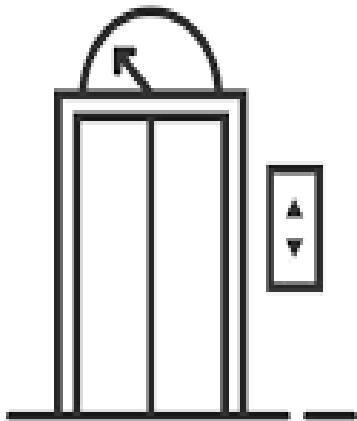
With our new church membership software, signing up to help with BUCC Church Services should be “a Breeze”. Here are some instructions to explain how the Virtual Signup Sheet works.

In summary:

1. Every week or so, an email will be sent out with a link to the virtual signup sheet for the coming weeks.
2. Clicking on the link (which is tailored just for you) takes you into the signup sheet.
3. You can scroll through the different roles, seeing who is signed up for each week.
4. You can click on any open date and signup.
5. You can also click on any date with your name on it to opt out of that week.
6. Then press [Submit] to record your changes.
7. You can use that same link as many times as you like.

Sign up for as many dates as you want. When you are done, press the [Submit] button to record your changes. Call the office with any questions.

## **FACILITIES**



The elevator has been repaired. It was inoperable from Saturday, 12/10 through Tuesday, 12/13 (just in time for the cantata on 12/11!). This time, it was due to the malfunction of a sensor that rests on the top of the car and reads the level that the cab is on. It was no longer accurately reading the level, so it automatically shut down. A repair service technician was here on Saturday the 10<sup>th</sup>, and found the problem. The part wasn't expected to come in until the end of the following week, but the technician arrived on Tuesday morning, and completed the repair.

The narthex lights and the rental area of the education wing (lower level) have all been upgraded to LED. Make-A-Wish has been very patient and will be much happier with the new lights. Additionally, Make-A-Wish has requested that they be given permission to install laminate flooring in their area. They have been given the go ahead and will foot the bill.

We have been unable to solve the electrical issue with the exterior portico lights (parking lot entrance). We have contacted an electrician, who is working on solving this puzzle.

We are addressing a number of areas of the church that have accumulated a considerable amount of 'junk' and will be cleaning them out. We will advise on any questionable items before tossing.



## **FINANCE**

In an effort to keep our congregation informed, the Finance Ministry would like to provide a quick overview of our current finances, as compared to last year's (2021) numbers. All projections are subject to change on a monthly basis:

	<b>11/30/22</b>	<b>11/30/21</b>
Total Cash Available	\$245,050	\$326,631
Short-Term Liabilities	13,164	9,655
Cash Reserves Available	231,886	316,976
Projected Deficit YTD	(72,657)	(74,754)
Actual Deficit YTD	(59,833)	(10,644)
Proj. Reserves = \$0 Balance	3.20 Yrs.	4.20 Yrs.

Our current downward trend can slow or reverse – to do this we must all make an effort to tell our family, friends and neighbors what a welcoming, caring and loving church we are....they should come and give us a try! Growth in our congregation size feels good, as evidenced by the announcement of our 6 new members on 12/11.

Let's continue to promote our church and the message it has to offer!

## **OCWM**

**LETTER/POSTCARD WRITING CAMPAIGN** – We continue to meet on the second Tuesday of each month to write to our legislators. Drawing on resources endorsed by the UCC, we'll make our voices heard on issues that matter to us. The next session will be on Tuesday January 10 at 6:15, at Panera in Brecksville. The topic will be decided by members of the OCWM Committee, with guidance from Pastor John.

We'll provide sample texts, address labels, stamps, paper or postcards, even pens! All we need is YOU! This is an informal and open event. Maybe grab a drink or snack; hang out with good friends while we write. It will be a fun way to engage with others and make our voices heard.

Questions? Contact Ann Kelley.

## OCWM (continued)

**MORE FOOD FOR THOUGHT** – Between July 1, 2022 through the time this was written, over 220 pounds of food items as well as other items have been donated. These items will go to help the food insecurity of people in the community, especially at this time of the year. A “Well Done” and a “Keep It Up” go to thank the donors, and to persuade others to join in the effort.

## SPIRITUAL LIFE

**UNHANGING THE GREENS** – It takes much less time to take down our beautiful Christmas decorations, but it's also a little bit of a letdown. Let's lean on each other as we DE-decorate the church! Please join us (especially those with muscle) after worship on **Sunday, January 8**. As always, your help is much appreciated!

**MUSIC** – If you'd like to hear more contemporary music at Sunday services, please feel free to contact Dave Debick with song titles or names of performers you're interested in. His church email is: [buccmusic23@gmail.com](mailto:buccmusic23@gmail.com). We can't promise that sheet music will be available for every request, but your input/feedback is always welcome and appreciated.

## STEWARDSHIP/LEADERSHIP & DEVELOPMENT

**HAPPY NEW YEAR!** Start this year off right by attending the Meditation and Mindful Movement sessions hosted by Carol VanDuyne. It's good for the heart, mind, and soul! Sessions are on Wednesdays in the Parlor, from 11 am until noon. Free will offerings are accepted. Any and all are welcome!

Another way to start the year off right is by recalling your pledge when you joined BUCC to work with and serve one another by giving of your time and talent on a church ministry. Talk to anyone on Stewardship/LD or anyone on a ministry to join in. Wishing everyone many Blessings in the New Year!



Mind Full, or Mindful?

## *Notes & Announcements:*

### **MEMORIAL FOR BILL TONEFF** – The following email was received:

*"The gathering after Bill Toneff's Celebration of Life (December 3<sup>rd</sup>) was perfect and completed the service beautifully. A HUGE THANK YOU goes to all who assisted in any way. That would be the bakers, coffee & drink makers, those who set up tables and chairs and the decorators - including that adorable birdy tree! And, least we don't forget, the clean-uppers!"*

*Most gratefully,*

*Karin Tanquist, Susan Jones, Doug Fawcett, Pat Coy,  
Clyde Witt & Anne Melfo"*



### **CONGREGATIONAL MEETING** – The next congregational meeting will be on Sunday, January 22, after the service. At this meeting we will vote on the final slate of officers and 2023 budget.



### **SUNDAY FLOWERS MINISTRY** – Flowers in the chancel area add a special touch to our Sunday morning worship that we all enjoy. A big thank you to those who have volunteered to bring them in . . . and a welcome to anyone who would like to do so. We have several vases in the flower room that can be used, and you will be reimbursed for the cost of the flowers. The grocery stores in the area have a nice selection and some come from home gardens. If you are interested in helping out a few times during the year, please talk to or call anyone in the flower ministry. Thank you! – Janet Renovetz



### **INDIVIDUAL FLOWER DEDICATIONS** – If you wish to have a specific Sunday's flowers dedicated in honor/in memory of a special personal occasion, there is a calendar on the wall just inside the double doors to the narthex. Please write your name on the date you would like, fill out a Dedication Request form (located beneath the calendar) and turn in that form with your payment to Joy Garapic. If you want to bring in a special plant or flowers to honor your dedication, please indicate this on the form ("I'm bringing in my own"). Thank you! – Janet Renovetz



***Happy, Happy JANUARY Birthdays\* to the following  
BUCC Members! Please share in their joy and wish them a  
Happy Birthday!***

Maxwell Hunt	January 07
Sue Maier	
Pastor John King	January 14
Janet Renovetz	January 18
Dorothy Cook	January 22
Jonathan Cook	January 30
Cliff Cribbs	January 31

***\*If you have a **January** birthday and are not included above, please contact the church office so we can add you to the BUCC Birthday List!***



# CALENDAR

## JANUARY 2023

### **NEW YEAR'S DAY**

**Sunday, JANUARY 1**  
10am Worship Service

**Mon., JANUARY 2**  
**\*OFFICE CLOSED\***

**Tue., JANUARY 3**  
8:15am "Holy Grounds"  
(Brecksville Panera)  
6:30pm AA in Pilgrim Hall

**Wed., JANUARY 4**  
11am Mindfulness &  
Meditation

**Thu., JANUARY 5**  
5pm Recorder/Dulcimer  
5:30pm Joyful Noise  
7pm Choir

**Fri., JANUARY 6**  
**\*OFFICE CLOSED\***

**Sat., JANUARY 7**

**Sunday, JANUARY 8**  
10am Worship Service

**Mon., JANUARY 9**

**Tue., JANUARY 10**  
8:15am "Holy Grounds"  
(Brecksville Panera)  
6:15pm Letter Writing  
(Brecksville Panera)  
6:30pm AA in Pilgrim Hall

### **Wed., JANUARY 11**

11am Mindfulness &  
Meditation

### **Thu., JANUARY 12**

5pm Recorder/Dulcimer  
5:30pm Joyful Noise  
7pm Choir

### **Fri., JANUARY 13**

**\*OFFICE CLOSED\***

### **Sat., JANUARY 14**

**SUNDAY, JANUARY 15**  
**\*PILLAR DEADLINE\***  
10am Worship Service

**Mon., JANUARY 16**  
**\*OFFICE CLOSED\***  
MARTIN LUTHER KING  
DAY

**Tue., JANUARY 17**  
8:15am "Holy Grounds"  
(Brecksville Panera)  
6:30pm AA in Pilgrim Hall

**Wed., JANUARY 18**  
11am Mindfulness &  
Meditation

**Thu., JANUARY 19**  
5pm Recorder/Dulcimer  
5:30pm Joyful Noise  
7pm Choir

**Fri., JANUARY 20**  
**\*OFFICE CLOSED\***

### **Sat., JANUARY 21**

**SUNDAY, JANUARY 22**  
10am Worship Service  
**CONGREGATIONAL  
MEETING**

### **Mon., JANUARY 23**

**Tue., JANUARY 24**  
8:15am "Holy Grounds"  
(Brecksville Panera)  
6:30pm AA in Pilgrim Hall

**Wed., JANUARY 25**  
11am Mindfulness &  
Meditation

**Thu., JANUARY 26**  
5pm Recorder/Dulcimer  
5:30pm Joyful Noise  
7pm Choir

**Fri., JANUARY 27**  
**\*OFFICE CLOSED\***

### **Sat., JANUARY 28**

**SUNDAY, JANUARY 29**  
10am Worship Service

### **Mon., JANUARY 30**

**Tue., JANUARY 31**  
8:15am "Holy Grounds"  
(Brecksville Panera)  
6:30pm AA in Pilgrim Hall

## PARTICIPANTS IN WORSHIP

**JANUARY 1, 2023**

Head Usher: TBD  
Ushers: Evelyn Seager  
Sue Stenzel  
Lay Reader: Michelle Rogers  
Greeter: Dave Benard  
Counters: Marge Culver  
Janet Renovetz  
Acolyte: TBD  
Peace Candle: TBD  
A/V: Betsey Wilson  
Flowers: Janet Renovetz  
Snack: TBD  
Setup/Serve: Allison Colbert  
Cleanup: TBD  
Snow Herder: TBD

**JANUARY 15, 2023**

Head Usher: Jill Zedan  
Ushers: Evelyn Seager  
TBD  
Lay Reader: Jon Thompson  
Greeter: TBD  
Counters: Marge Culver  
Janet Renovetz  
Acolyte: TBD  
Peace Candle: TBD  
A/V: Jim Duffy  
Flowers: TBD  
Snack: Jon Thompson  
Setup/Serve: TBD  
Cleanup: TBD  
Snow Herder: TBD

**JANUARY 8, 2023**

Head Usher: Betsey Wilson  
Ushers: Dave Bernard  
Evelyn Seager  
Lay Reader: Jim Duffy  
Greeter: Rose Kaval  
Counters: Marge Culver  
Janet Renovetz  
Acolyte: TBD  
Peace Candle: TBD  
A/V: David Pastor  
Flowers: TBD  
Snack: TBD  
Setup/Serve: TBD  
Cleanup: TBD  
Snow Herder: TBD

**JANUARY 22, 2023**

Head Usher: TBD  
Ushers: Evelyn Seager  
TBD  
Lay Reader: Rose Kaval  
Greeter: Dave Bernard  
Counters: Marge Culver  
Janet Renovetz  
Acolyte: TBD  
Peace Candle: TBD  
A/V: TBD  
Flowers: TBD  
Snack: Jon Thompson  
Setup/Serve: Cliff Stenzel  
Cleanup: TBD  
Snow Herder: TBD

**JANUARY 29, 2023**

Head Usher: TBD  
Ushers: Evelyn Seager  
TBD  
Lay Reader: Bridget Sproul  
Greeter: TBD  
Counters: Marge Culver  
Janet Renovetz

Acolyte: TBD  
Peace Candle: TBD  
A/V: TBD  
Flowers: TBD  
Setup/Serve: TBD  
Cleanup: TBD  
Snow Herder: TBD

# *The Pillar*

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**FIRST CLASS**

