

Thank you for worshiping with us this morning. We extend a special welcome to our guests.

For Children: We have trained nursery staff (paid nursery attendant as well as adult volunteers) for ages 0-4. The nursery is located on the first floor outside of the Community Room. (Accessible by the stairs from the Church Street Entrance or via the elevator). Children ages 5 and above are invited to stay and worship with their families. Children's programs, books, and crayons are located in the rear of the sanctuary near the welcome table.

Hymn selections can be found in the black hymnals in the pew racks or printed in the bulletin. If you are visiting and did not stop at the welcome desk in the downstairs lobby please stop by after the service they would love to meet you or, please feel free to reach out to someone sitting near you and ask them questions about the service or church. Many of our visitors ask us about the time of offering. This is a time in our service when we respond to God's gifts of love by offering the gifts of our lives. For many of us, this is when we make a financial gift towards the ministries and programs of our church. We also use this time to ask God how we might use the gifts of our hands and hearts in sharing God's love. If you are visiting, there is no obligation to give a financial gift. We are just glad you are worshiping with us. At this time, we are taking offering at the end of the service. Plates for offering will be placed at the doors as you exit the sanctuary. Thank you.

We ask that you please silence your cell phones during our worship service. We also ask that you refrain from applause after our choirs sing and allow the music to resonate in the quiet of the sanctuary and in your hearts. Our musicians are playing and singing for the glory of God. They know you appreciate their efforts and their gift.

Rest rooms (equipped with changing stations) are located on the first floor of the church building and outside the Community Room and the Nursery.

There is much information about the church in this bulletin and our website: www.erucc.org.

Donate online by scanning this code: *or* download the **GivePlus Church** application and make your donation via the app. Thank you.



Ministers and Staff of Evangelical Reformed United Church of Christ

The Rev. Dr. Barbara Kershner Daniel ~ Senior Pastor ~ bkdaniel@erucc.org
The Rev. Fred Wenner ~ Pastor Emeritus ~ burschenherrlichkeit@gmail.com
The Rev. Kirstin Shrom-Rhoads ~ Associate for Faith Formation & Parish Life ~ ksrhoads@erucc.org
Alison E. Shafer ~ Director of Music

Tyler L. York ~ Office Administrator ~ tyork@erucc.org
Jaci Clayton ~ Facilities Manager ~ jclayton@erucc.org
Tricia Coffey~ Head Chimer & Children & Youth Choir Director
Kelly Esslinger ~ Assistant Director for Bell Choirs & Children's Music
Jenna Duranko ~ Social Media Specialist | Sherry Murray ~ Nursery Attendant



EVANGELICAL REFORMED United Church of Christ

- An Open and Affirming Congregation -



January 1, 2023

Epiphany Sunday

10:30 am



The numbered hymns are from The New Century Hymnal

*All who are able may stand

Chimes Concert at 10:00 am from Trinity Chapel's steeple

Greetings and Announcements

Prelude Af Høiheden oprunden er

- Niels W. Gade (1817-1890) John Widmann, guest organist

Sharing of the Star Gifts

This morning you are invited to receive a gift from the offering plates being passed around the congregation. Please help yourself to a star. The wise ones traveled great distance to offer their gifts to the newborn Christ-child were responding to the gift first given to them. They received God's gift, then offered their gifts to God. As we commemorate the arrival of the wise ones and remember their offerings, we take delight in receiving these stars and words that symbolize God's generosity in our lives. You are invited to ponder what significance this word might have in your life, and how God might be speaking to you through that simple message. You are encouraged to take your star home and place it some place where you can see it every day. Allow this "word" to speak to you throughout the year.

Threshold Moment A Blessing for the Seekers

Blessed are you who turn your face up to the sky, who open your arms to feel the wind, who notice all the things that we should notice. Blessed are you who are fluent in wonder and familiar with awe.

Blessed are you who, even now, dream dreams, who have not lost hope,

who swear the glass is still half-full.

Blessed are you who plant trees

and sing the harmony,

who tell the children how this world can be magic.

Blessed are you who

walk and seek

and turn over every stone,

pointing out all the corners and colors

that God lives in.

Blessed are you. Amen.

Call to Worship

Calling all seekers, all dreamers, all believers...

Calling all glass-half-full optimists and lighthouse keepers...

Calling all star-chasers and bedtime prayer speakers...

Bring your questions, your hope, your faith and your fear into this space.

God is here.

*Opening Prayer (in unison)

God of starlight, every part of us is trying to seek you: our bodies that carried us into this space, our heads bowed in prayer, our hearts that keep whispering, "There is more than just this." We are seeking you.

Like a dog looking for its owner, who will search the whole house—under beds, behind doors, in every corner of every room until their person is found—

we are turning over every rock and leaf looking for fingerprints that belong to you.

So meet us halfway. Find us in the maze. Quiet the rest of the world. Open the door to us with rich laughter and say, "Come on in!" We know you're near, so know that it's you we seek.

Find us in these words.

Gratefully we pray, amen.



*Call to Confession

One of my favorite things about the Magi is that they go looking for God. Actively and consistently, day by day, they follow the star until it guides them to Jesus. I wish I was more like that, but I admit, I tend to follow God with part of my heart. I tend to get distracted and lost, taking exit ramps off the road, following whatever new shiny sign is present. It's part of being human.

In the prayer of confession, we acknowledge that more often than we'd like to admit, we find ourselves following the wrong star. Fortunately for us, God is the map maker, and God's map is measured in grace, so we have nothing to fear. Let us pray together. Let us seek God together. Join me in the prayer of confession:

*Prayer of Confession

God of starlight, we know that faith isn't a vending machine. Good news can't be bought or manufactured. It does not arrive with a push of a button.

Instead, in this noisy world, we have to look for you in our midst.

We have to walk toward you, just as the Magi did.

We have to believe that love really can change the world.

We have to seek the stars beyond the city lights.

Forgive us for forgetting that.

Forgive us for seeking you with only part of our hearts.

We long to be more like the Magi; may we walk your way every single day. Amen.

*Assurance of Pardon

Thought For the Day

The Lord's Prayer

Our Father, who art in heaven

hallowed be thy name.

Thy kingdom come. Thy will be done

on earth as it is in heaven. Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, for ever. Amen.

Children of all ages are invited to participate in the service today, including in the Sacrament of Communion. A book nook with children's programs, books, crayons, and activities is in the rear of the sanctuary near the welcome table and a wiggle space is available in the front of the sanctuary near the baptismal font.

Junior Church for children ages 5 through 5^{th} grade will resume next week.

*Hymn The First Noel

#139, stanzas 3, 4, 5
see next page

The Scripture

Psalm 60: 1-6 OT page 525 Matthew 2: 1-12 NT page 2

Reader: The Word of God for the people of God.

All: Thanks be to God.





Sermon

The Letting Go and Letting God Ritual

On this first Sunday of 2023, the congregation will observe an ancient European tradition, originally done on Christmas Eve, or, in some churches in America, on New Year's Eve. It is observed by each person present in worship, writing on a piece of paper provided, a trait or behavioral pattern you want to let go of as you enter the New Year. This item, known only to you, will be dropped in the "reflecting bowl" in the front of the church where it will dissolve, thereby symbolically "letting go", so that it will never bother or harm you or someone else again.

Offering of Tithes, Gifts and Lives to Christ's Service

Offertory A French Noel

C. PenfieldSenior Choir

*Prayer of Dedication

Loving God, may these gifts reveal to us and to others the Light that is Jesus. And may this Light lead us on into new and challenging ways of living and serving.

- SERVICE OF HOLY COMMUNION -

Invitation

Friends, we know what it feels like to look for God.

We know what it feels like to turn our heads up to the sky, looking for stars or signs.

We know what it feels like to walk day after day, hoping that we grow closer to God.

We know what it feels like to seek.

I think that's part of why we end up here,

because we are hoping that in the midst of this messy world we might catch a glimpse of God

that will carry us through.

Well, friends, I have good news.

God is already here.

Like a mighty wind, God is moving through this room.

God is at this Table, inviting us forward.

The invitation may not be as clear as a star in the sky,

but from generation to generation, God has always gathered with God's people.

So come to this Table with your questions and your doubts.

Come with your joys and your gratitude.

Come seeking, come hungry, come curious.

Come open. Come not because you have to, but because you can.

Come with all of you, for there is room for you here.

This is God's Table; this is God's meal.

We are the guests. So come. Let us pray...

Communion Prayer

God of today, tomorrow, and yesterday, like the Magi, we are seeking you. Like the Magi, we are bringing ourselves closer to you, step by step, and word by word. So today we ask that you make yourself known to us. Reach into our spirits and give us a boost of confidence that love is real, and we are not alone.

We know we're asking a lot for a group that brings very little. We don't have gold or frankincense or myrrh. We haven't spent the last several days traveling here by camel. We're no Magi, but we're yours. Instead, we bring ourselves to this Table—to your Table—in hopes of catching a glimpse of you. Speak to us in this bread. Speak to us in the cup. Holy God, you were the God of yesterday, and we know you'll be the God of tomorrow, for you have loved us from generation to generation.

Sharing of the Bread and Cup

All who desire the Sacrament, including children, are invited to come forward at the direction of the deacons. You may kneel or stand to receive the elements. Consume the bread and drink from the cup as it is given to you, and hand your empty cup to one of the ushers.

*Prayer of Thanksgiving

Bountiful God, we give you thanks that you have refreshed us at your table by granting us the presence of Christ. Strengthen our faith, increase our love for one another, and send us forth into the world in courage and peace, rejoicing in the power of the Holy Spirit. Amen.

to

God

are

the

prayers

of

the

poor.

*Benediction

*Sevenfold Amen #814

Postlude Wie schön leuchtet der Morgenstern (please be seated)

- Mark Sedio (b. 1954)



We welcome John Widmann as our guest organist today.

Today's poem and liturgy was written by: rev. sarah speed | sanctifiedart.org.

The flowers on the altar are given by Cindy Smith, Cindy Duranko and Jenna Duranko in memory of Liz Coffey whose sweet spirit will forever dance in our memories.

The yellow rose bud is presented by Peter Brehm and Jack Day.

If you are interested in sponsoring the yellow rose, please contact the church office at (301) 662-2762 or erucc@erucc.og.

Volunteers are needed to deliver altar flowers on January 8 and 15 to a homebound person or anyone. If you can help, please contact the Fords at (301) 662-1987.

Attendance Last Sunday: 12 at 8:30 am, 20 at 10:30 am, and 52 online.



Watch worship live every Sunday at 10:30 am or on-demand:

https://sundaystreams.com/go/ERUCC

Today: January 1, 2023

Scripture Reader:

Deacons: Mark Ulrich, Darryl Glick

Elder: Peter Brehm

Greeters: Ave and Cliff Barr

Anne Hoffmann

Welcome: Marj Berkheimer

Audio/Visual: Jeff Baker, Larry Martin

Kendra Sampson

Fellowship: Peter Brehm, Ave Barr

Saturday Chimer: Dick Williams

Sunday Chimer: Tricia Coffey

Next Week: January 8, 2023

Linda Coyle

Chuck Baldree, Matt Pomeroy

Marc Kline

Tom and Rachel Ford

Cathie Duncan

Jeanellen Kallevang

Kelly Esslinger, Jeff Baker

Jeff Schaeberle Laura Rhoderick

Suzanne Morris

Robin and David Cooney

FELLOWSHIP

Please join us for fellowship in the Community Room after worship to chat with friends, welcome our visitors, and enjoy a time of refreshment.

The Community Room, located on the 1st floor, is accessible by stairs or elevator.

ANNOUNCEMENTS

Worship Next Week: Baptism of Christ

In this season after the Epiphany, the scriptures invite us to wonder about the unfolding possibilities that are opened to us through the revealing of God's ways in Jesus the Christ. On this Baptism of Jesus Sunday, we hear God's Spirit-filled voice speaking new things into action, reminding us that we are God's beloved children.

The Gospel lesson from Matthew 3: 13-17 is the account of Jesus' baptism. The voice from heaven that speaks at Jesus' baptism echoes the voice spoken in Isaiah 42:1–9. These words proclaim the mission of God's beloved servant to restore justice.

Spirit will be singing.

HOSPITAL AND PRAYER LIST

Your pastor wants to be available when members of ERUCC are in the hospital. Please let us know so that we can visit with you and your family and provide support. We always ask permission before adding a name to be included in the prayer list or in the verbal announcements on a Sunday morning. There are many for whom we pray and visit whose names are not listed in the bulletin by their request.

Please remember the following people in your prayers:

Frank Tordoff (father of Kim Sexton), Ginny Peters, Larry Butler (father of RaeAnn Butler), Marcia Eisenstein, Bob Shafer, Joyce Kallevang (sister-in-law of Jeanellen Kallevang), Derek C. Hupp (grandson of Beanie and Gaylon Cornell), Wayne Kolb (friends of Stefan and Judi Mach and Tony and Linda LaFianza), Conway Barnes (brother-in-law of George and Linda Kline), Mary Ellen Baker, Pat Hevner, Jeannette Johnson, Jackie Keyser (sister-in-law of Betsy and Phil Selby), Tamara Tamas, Barbara Lee Crutchley (sister of Milt Crutchley), Marcy Channell (daughter of JoAnn Fritz), Paige Coffey, Jane Doll, Peggy Githerman, Emogene Wyand, Fran Wenner, Neremiah Castillo (niece of Andrew Beadle), Bonnie Devilbiss, The McCarty family, Tina Prescott (daughter in law of Barbara and Bill Prescott), Mary Remsberg, Heleen (sister of Karin Mens), Kathy Blue Shores (friend of Jean Fish and Barb Biser), Gretchen Manuel (niece of Audrey Rayfield), Debra Reedy (friend of Jean Fish and Barb Biser).

LORD, LISTEN TO YOUR CHILDREN PRAYING

Sunday Education Opportunities for Adults

Let's Study the Bible and Let's Talk will resume on January 8. Merry Christmas and Happy New Year! Read about the offerings coming in 2023 below.

LET'S STUDY THE BIBLE with The Reverends John & Rebecca Shillingburg

New series begins January 8 North Room / Zoom 9:00 – 10:20 am

Zoom: bit.ly/ERsunstudy Meeting ID: 893 8670 5888 Passcode: 327128

Foundational Stories of the Old Testament ... in Order! The Exile ... and the Exodus ... is that one event with two names ... or two? And if they are different, which came first? Was Daniel in the lion's den because Joseph put him there?

If you have ever pondered questions like these, join the *Let's Study the Bible* class beginning on January 8 for an 8-week (or so) survey of the big stories of the Old Testament in the order they occurred. No prior experience needed; just bring your Bible!

LET'S TALK

Community Room

9:30 - 10:15 am

When *Let's Talk* resumes on January 8 with a month focusing on "Faith in Action" as ERUCC members and friends reflect on recent trips including the Camino de Santiago pilgrimage, disaster recovery in Kentucky, and the Franklinton Center at Bricks work trip.

Next Week: What is the Camino and Why Walk 150 miles?



Weekly Education Opportunities for Adults

TUESDAY MORNING BIBLE STUDY with The Rev. Barbara Kershner Daniel

The Difficult Words of Jesus

Tuesdays, January 3 – February 21 North Room / Zoom 11:00 am – Noon

Zoom: bit.ly/3TdUnOy Meeting ID: 875 1423 3398 Passcode: 973365

Jesus provided his disciples teachings for how to follow Torah, God's word; he told them parables to help them discern questions of ethics and of human nature; he offered them beatitudes for comfort and encouragement. But sometimes Jesus spoke words that followers then and now have found difficult. He instructs disciples to hate members of their own families (Luke 14:26), to act as if they were slaves (Matthew 20:27), and to sell their belongings and give to the poor (Luke 18:22). He restricts his mission (Matthew 10:6); he speaks of damnation (Matthew 8:12); he calls Jews the devil's children (John 8:44).

In *The Difficult Words of Jesus*, Amy-Jill Levine shows how these difficult teachings would have sounded to the people who first heard them, how have they been understood over time, and how we might interpret them in the context of the Gospel of love and reconciliation

January 3 Sell What You Own

January 10 Hate Father and Mother

January 17 Slave of All No class on January 24 and 31

February 7 Nowhere Among the Gentiles

February 14 Outer Darkness

February 21 Your Father the Devil

LOVE THY NEIGHBOR

We value being together to worship, for learning and discipleship, and to be in fellowship. Protect the safety and health of our community by considering these ways to love thy neighbor:







This Week at ERUCC

ERUCC WORK DAY Monday, January 2

9:00 am - 4:00 pm

We are looking for a minimum of 8 volunteers for painting 2 classrooms in Trinity Chapel. We are also hoping to complete several other smaller projects. Contact Property Chair, Owen York, for information or to volunteer: owenjyork@gmail.com or (301) 401-4947.

FELLOWSHIP PLANNING MEETING

Wednesday, January 4

Liz Coffey Room

5:30 – 6:30 pm

This is for anyone interested in taking a planning role in Fellowship. This could include Sundays in the Community Room, funerals, congregational meetings, and events like Everyone's Birthday or movie night. Contact Pastor Kirstin with questions: ksrhoads@erucc.org.

FAITH STEPS – MORNING WALKING GROUP Friday, January 6

Ballenger Creek Park

9:30 - 10:30 am

Join Faith Steps for their weekly walk. This Friday will be in Ballenger Creek Park. We walk about an hour and end our time together in prayer. Email Pastor Kirstin at ksrhoads@erucc.org for more details.



Upcoming at ERUCC

UN-HANGING OF THE GREENS Sunday, January 8

following 10:30 am service

We will be taking down our Christmas decorations and appreciate all the help we can get! Help with the "Un-Hanging of the Greens" after the 10:30 am worship service on January 8.

FRANKLINTON CENTER TRIP PREP MEETING Sunday, January 8 Community Room

12:30 - 1:30 pm

Adults, youth and their parents who will be attending the work trip to Franklinton Center at Bricks should attend this meeting after Christmas decorations are put away. We will discuss expectations, work assignments, travel, packing, and food menu.

FRANKLINTON CENTER WORK TRIP

January 14 – 16

Open to adults and youth (7th – 12th grade)



Please let Pastor Daniel know if you are interested in going on the work trip to The Franklinton Center at Bricks, a conference, retreat, and educational facility in eastern North Carolina with a focus on justice advocacy and leadership development. Franklinton Center is an historic center of transformation where

issues affecting the marginalized, the oppressed, and the poor are addressed. A former plantation, Franklinton Center traces its beginnings to the founding of Franklinton Christian College in 1871 and the Congregationalist Bricks School in 1895. A merger of those two schools in the 1950s formed Franklinton Center at Bricks. The Center is related to the UCC.

As with all church buildings, the more work volunteers can provide to maintain facilities, the more funds are available for programs and meeting the direct needs of people.

The work trip costs \$80 per person (includes housing and meals). The trip is subsidized by budgeted funds for mission trips.

ACTIVE THREAT/SHOOTER TRAINING

Wednesday, January 11

Main Sanctuary

5:30 - 7:00 pm

Mark Landahl, formerly of the Frederick Sheriff's department, who provided our active shooter training several years ago, will be offering this training for us again. Anyone is welcome to attend.

ADULT EDUCATION PLANNING MEETING

Wednesday, January 11 North Room / Zoom 7:00 – 8:00 pm

Zoom: <u>bit.ly/3Go7rPf</u> Meeting ID: 846 7439 1631 Passcode: 092646

Come and discuss with the Christian Education Committee as we plan adult education

opportunities for the next six months and beyond.

JOIN THE MOVEMENT AT ERUCC

Because the Cross Is a Movement, Not a Moment!

Saturday, January 21

Community Room

6:30 – 8:30 pm



The ERUCC Mission and Social Action Committee invites you and your guests (middle school age and older) to join us for an evening of fellowship, a shared meal, and an intentional time to explore your faith passions, harness your gifts, and consider how you can be an agent of the Good News to help change the world into a better reflection of God's love for all.

Dinner will be provided and childcare can be arranged. Walking with us through a brief facilitated exercise, you will end the evening having identified a need in the world

that is speaking most to you, explored how you would like to be part of the solution, and collaborated with others who share your passion for being an agent of change.



Join *The Movement*! Register by scanning the QR code, go to **bit.ly/JOINmvmt**, or email your interest to **pastorbeadle@gmail.com**.

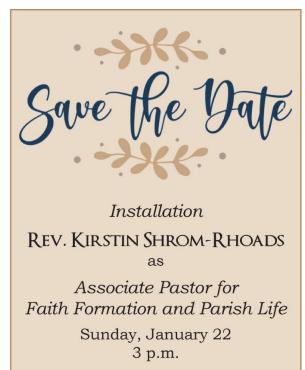
Questions? Contact Michelle Beadle, Mission and Social Action Committee Chair, at pastorbeadle@gmail.com.

OUR CHURCH OFFICE WILL BE CLOSED DECEMBER 26 - JANUARY 2

During this period, as we spend some time with our families and friends we may take longer than usual to reply to your messages.



Children and Family Ministry



COLLECTING HATS AND GLOVES

A new addition to our outdoor foliage is our Holiday Warmth Tree, so named by our Sunday School children. Our Children's Ministry will be collecting new winter hats and gloves through the end of January. These can be left in boxes throughout our two buildings or added to the tree itself, which lives just outside the glass doors. Placed on a tree, these winter warmth items can be taken by those who might be able to use them. Additional items will be shared through SHIP for Homeless students and Charities. Contact Federated **Pastor** Kirstin. ksrhoads@erucc.org with questions.

GOD'S KIDS CLUB

On Monday, January 2, our young people will help our church with projects to clean up the building. After our projects and lunch, we will enjoy a variety of board games! Email Pastor Kirstin at ksrhoads@erucc.org to sign up!

Other upcoming dates to save for GKC include February 20 and March 22, scheduled 9-3 with students packing their own lunches. Kirstin is also planning a short day on Good Friday, April 7 from 9-12. This day we will participate in the stories of Holy Week through an interactive scavenger hunt of sorts and some imaginative visioning.

Would you like to volunteer for a partial or whole day with God's Kids Club? It is ideal for us to have 4 adults for our day. Reach out to Kirstin at ksrhoads@erucc.org with questions or to volunteer!

JUNIOR CHURCH

Junior Church for children ages $5-5^{th}$ grade will resume on January 8. Children of all ages should enjoy today's Lessons and Carols service, Christmas Day service, and share in the Sacrament of Communion on January 1.

Youth Group Ministry

FRANKLINTON CENTER TRIP PREP MEETING Sunday, January 8 Community Room

12:30 – 1:30 pm

Youth who will be attending the work trip to Franklinton Center at Bricks and their parents should attend this meeting after Christmas decorations are put away. We will discuss expectations, work assignments, travel, packing, and food menu.

Additional Announcements

2022 YEAR END DONATIONS

As 2022 has come to a close, the Finance Committee would like to thank you for your continued extravagant generosity to the financial well-being of ERUCC in support of its programs and mission. The final 2022 year-end giving statements will be sent via e-mail or in the mail mid-January 2023.

All checks postmarked or delivered to the church by December 31 will be considered a 2022 tax year donation.

VOLUNTEER FOR FELLOWSHIP

Helping with Sunday Fellowship can be as easy as helping set up before worship, helping serve after worship, or bringing a special treat to share. Sign up at bit.ly/ERUCC fellowship or talk with Laura Rhoderick or Starr Schaeberle for more details.

Too much left over from Christmas? Hoping to start a New Year's resolution? We welcome any extra cookies or cheese from your holidays to share at Fellowship.

EMERGENCY PREPAREDNESS TRAINING

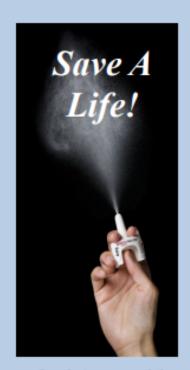
During the course of the sessions Pastor Kirstin held on our child protection policies and practices, we recognized that we need to review, refresh, and offer training for leaders in the church (and anyone else interested) in basic first aid, emergency preparedness for a fire or other emergency.

Here is what is in the works:

- 1. Pastor Barbara has contacted the Junior Fire Company to offer a basic first aid class. We are waiting for a date.
- 2. We have contacted an agency to provide mental health first aid training. This is a more intensive course, and we are determining whether we do this in person, hybrid, or online only.
- 3. I have contacted Mark Landahl, formerly of the Frederick Sheriff's department, who provided our active shooter training several years ago. He will be offering this training on Wednesday, January 11 from 5:30 -7:00 pm in the sanctuary.
- 4. In the meantime, anyone can complete Overdose Response Training for free in just 20 minutes every Friday at 1:00 pm and every 2nd Wednesday monthly at 6:00 pm with the Frederick County Health Department at https://health.frederickcountymd.gov/ORT.

 ***Reminder that we have a box of Naloxone (Narcan) in the church office in the cabinet above the admin desk and a box in the kitchen cabinet in Trinity Chapel. Pastor Barbara and Kim Sexton have already been through the overdose response training.

Overdose Response Training



Assistance with obtaining Naloxone is available at the completion of the training.



Frederick County Behavioral Health Services

Contact us at

HarmReductionServices@Fred
erickCountyMD.gov or (301)
600-1777 for more information,
to schedule a training, to
obtain the virtual link, or if you
have questions on how to
obtain Naloxone/Narcan

www.FrederickCountyMD.gov/bhs

DAY and EVENING VIRTUAL TRAINING SESSIONS!

No need to pre-register!

2nd Wednesday monthly: 6 pm and Every Friday: 1:00 pm

You will learn:

- Types of Opioids
- How to Recognize, Respond, and Prevent an Opioid Overdose
- How to administer <u>Naloxone/Narcan@</u>
- Resources for Family Members, Friends & Loved Ones

What is naloxone?

It is a prescription medicine that reverses an opioid overdose. It cannot be used to get high and is not addictive. Naloxone is safe and effective; emergency medical professionals and doctors have used it for decades.

Can't Make One of the Times Listed? Call to schedule an appointment or do an online training at:

www.getnaloxonenow.org

- Takes about 20 minutes to complete.
- You must be at least 18 years old to register.
- You must register with a Maryland zip code.
- You must complete the guided questions throughout the training.
- Certificate is not required to obtain naloxone at pharmacies.

Know someone that has a substance use problem? Call the FCHD at 301-600-1755 for resources and information.



To join a training please use the QR Code or use the link below.

https://health.frederickcountymd.g ov/ORT

Sunday Morning Schedule

8:30 – 9:15 am	Worship, Trinity Chapel
9:30 am – 12:00 pm	Nursery Care, Main Building
9:30 – 10:15 am	Adult Education, Main Building Resuming January 8: Let's Talk (9:30 am) and Let's Study the Bible (9:00 am)
9:30 – 10:10 am	Children's Sunday School , Trinity Chapel <i>Ages</i> $3 - 2^{nd}$ <i>Grade</i> , $3^{rd} - 6^{th}$ <i>Grade</i> , <i>Confirmation Class</i>
10:10 – 10:25 am	Children's Music & Movement, Trinity Chapel Pre-K through high school
10:30 – 11:30 am	Worship, Main Sanctuary
11:30 am	Fellowship, Community Room
11:30 am – 12:00 pm	Cambridge Handbell Choir Rehearsal, Flora Room Pre-K through high school

Stay Informed



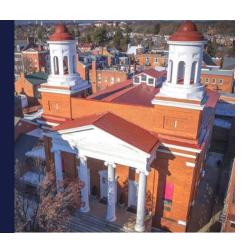
Read the ERUCC monthly newsletter, *Trinity Chimes*, for more information about activities, opportunities, and updates. You can find the newsletter in the back of the sanctuary and online by scanning the QR code or at bit.ly/22DecChimes.



Please send announcements for the bulletin, Thursday Thoughts, or Trinity Chimes to erucc@erucc.org.

MISSION STATEMENT

We, the members of this congregation, seek to celebrate in word and deed the gospel of Jesus Christ, by nurturing spiritual growth through worship, study and prayer; by caring for one another as God cares for us; and by proclaiming God's love for all people as we work to help our neighbors near and far. We commit ourselves to develop and implement specific programs to fulfill our mission.





EVANGELICAL REFORMED UNITED CHURCH OF CHRIST

FIRST SUNDAY AFTER CHRISTMAS DAY

January 1, 2023

Psalm 148

Cosmic Praise

Some people make resolutions at this time of year. Others prayerfully select a word or phrase to guide them into the days ahead. Still others prefer to find renewal every day, not setting aside only the first of the year as a day to intentionally promise a fresh start to God or self. Whichever camp you fall into, take your cue from Psalm 148, and begin with PRAISE.

In difficult times (and for many of us these mid- and post-pandemic days are definitely difficult times) praise can feel unnecessary or even inappropriate. Praise - the outward expression of gratitude - can seem like an extra we can't afford. But scientists today affirm what people of faith have known for centuries. Praise is not just good for God, it's good for you, as studies continue to show that gratitude felt and expressed lowers stress and increases overall happiness. Here are some ways to make your New Year praise-full

- Find and maintain a regular prayer practice.
- Notice God in the glory of creation, whether your vista of nature is a vast desert landscape, a stand of towering trees, a small city park, or simply the sun rising and setting.
- Make praise a part of your giving to your United Church of Christ congregation. (Haven't pledged what you plan to give this year to your church? It's never too late!)
- Bring your praise to social media, which too often trades in snark and unhealthy competition. How can you notice what is praise-worthy and uplift that instead?
- Look for ways that family members or friends shine God's light in the world through their own acts of praise. Make sure to notice and thank them.
- * Keep a gratitude journal, writing down what you are grateful for each evening or morning.

