

# The Hope Church Beacon



NOVEMBER 2021

## HOPE UNITED CHURCH OF CHRIST

35127 Garfield Road, Clinton Township, MI 48035

Church Office (586) 296-8760

Email: [hopeucc@sbcglobal.net](mailto:hopeucc@sbcglobal.net)

Website: [Hopeuccmi.com](http://Hopeuccmi.com)

Facebook Public Page: [@hopeuccmacomb](https://www.facebook.com/hopeuccmacomb)

Hope United Church of Christ—Clinton Township-  
YouTube

Paul writes to the church to encourage and reassure the early believers that God's hope is steadfast. And then Paul adds these words: **Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.** 1 Thessalonians 5:18 Did you catch that? Give thanks in all circumstances? Paul knew firsthand the suffering of people, and yet he urges Christians to give thanks in *All Circumstances*.

We may be tempted to think that the words of the scriptures are no longer relevant. Where is the reality in those scriptures for you and me? This attitude of thanksgiving takes practice. We need to make a conscious decision to adopt an attitude of thanksgiving, because it does not always come naturally. We may remember to come to God with joyful hearts when all is right in our world; however, many of us have experienced what it feels like to collapse under the weight of life's burdens. In all times, God walks alongside us, not in a magical "fix everything" way but instead with a solid strength that will not dissolve under pressure. Only God can heal those unspeakable hurts. Only God can create goodness from our pain.

Our circumstance may be beyond our control, but the scriptures tell us that our **attitude is in our control**. We can choose to give thanks in all circumstances. We can strive to remain steadfast in the knowledge that we are loved by God. In a world where change is the norm, God's love is not subject to change, it is not up for debate. It does not endure only while the warranty is valid and then it falls apart. Our relationship with God is not in jeopardy of going bankrupt. God is the constant. When we come with a thankful attitude, we are able to see the grain of goodness, the opportunity for growth and the seeds of healing where we previously thought it was hopeless.

Giving thanks in all circumstances allows us to connect with the holiness of God. It is in those moments we are able to embrace who we are and to whom we belong, that we will be open to experiencing transformation. As we gather together this season, let us adopt an attitude of giving thanks in all circumstances and allow God's light to surround us.

*Blessings, Pastor Meg*

## HOPE CHURCH CURRENT NEWS



### NEW MEMBER CLASS

Are you interested in exploring membership here at Hope Church? We'd love to have a conversation with you. Please plan on attending on Nov. 7<sup>th</sup>, and then if you decide to join, we will welcome new members on Nov. 21<sup>st</sup>. Please reach out to Pastor Meg if you are interested.

### HOPE CHURCH CHRISTMAS PAGEANT - 12/12/21

Nancy Fay is creating and directing our Christmas Pageant, held on Sunday, December 12, during worship. The rehearsal will be Saturday, 12/11, from 10 am—12 pm. We need actors, singers, and help with sets and props. Please contact Nancy Fay if interested in participating. This is a multigenerational event, and we need people of all ages to help tell our Christmas story.



### JOIN US FOR FELLOWSHIP FOLLOWING WORSHIP



Now that the weather is getting cooler, we will enjoy each other's company after worship in the hall. We will not have refreshments at this time. We are happy to have this time of fellowship. The Board will review on a monthly basis.

## HOPE CHURCH CURRENT NEWS (cont.)

### *HOLIDAY RUNDOWN*

- *Trunk or Treat, Saturday, October 30th, 1—2 p.m.*
- *Toy Collection, Toys for Tots, 10/31—12/12*
- *All Saints' Day, Sunday, November 14th*
- *Thanksgiving Service, Wednesday, November 24th, Facebook Live only, 7 p.m.*
- *CMWC Hygiene Collection, starts November 28th*
- *Rehearsals for Christmas music: Thursday, Nov 18, Tuesday, Nov 23, Thursday, Dec 2, Thursday, Dec 9, Thursday, Dec 16, Tuesday, December 21*
- *Nativity Sets to church, Sunday 12/5/21*
- *Giving envelopes on tables in hall, 12/05/21*
- *Pageant practice, Saturday, 12/11, 10—12*
- *Hope Church Pageant, Sunday, December 12th*
- *Blue Sunday Christmas Service, December 19th, 4 p.m.*
- *Christmas Eve Services, 6:30 and 11:00*



## HOPE CHURCH CURRENT NEWS (cont.)

### BAPTISM

Congratulations to Theresa and Lucas Mitchell on the baptism of Alexandra Louise Mitchell on October 24th. Grandparents, Carl & Elaine Frank; Great grandmother, Jean Frank.



### BAPTISM

Congratulations to Ryan and Andrea McCuen on the baptism of Mila Ann Bianca McCuen on October 24th. Grandparents, Larry and Karen McCuen.



### CONGREGATIONAL MEETING

Try Again...

We were unable to have our Congregational Meeting for the approval of 2022 Church Budget and to approval where to put the proceeds of the 15 Mile Property due to an

issue with our Zoom Account. Please save the emailed information you received prior to the scheduled meeting. We have rescheduled the Congregational Meeting for November 14, 2021 at 11:15 pm following worship.

The group that was present voted unanimously to hold this meeting in person only. We can accommodate plenty of social distancing by inviting people who don't feel comfortable in the sanctuary to sit on the Fellowship Hall.

## NOTES FROM THE EDGE



I would like to invite anyone who may want to try out playing handbells or singing with the choir to please consider joining us just for Christmas Eve along with the preparatory rehearsals. The Christmas Eve services will be at 6:30pm and 11:00pm.

You may choose to come to either service or to both to join us for singing or ringing. Call times for rehearsals before those services will be 5:45 (for the 6:30pm service) and 10:15 (for the 11:00pm service). You do not need to know how to read music, but being able to count to 3 or 4 will help with handbell playing!

Rehearsals for Christmas music will be the following dates. Handbell rehearsal starts at 6pm and choir rehearsal starts at 7:30pm. We will rehearse the Christmas music first so that you may leave right after.

Thursday, Nov 18

Tuesday, Nov 23

Thursday, Dec 2

Thursday, Dec 9

Thursday, Dec 16

Tuesday, Dec 21

~Keep making music!

Deborah

# HOPE CHURCH CURRENT NEWS (cont.)

BLESSING OF THE ANIMALS, SATURDAY, OCTOBER 16TH, 2 P.M.



# CHILDREN AND YOUTH



## Thanksgiving

S J H B F E G J S W Z G P E S  
W S M G S R P N O H K Z R R K  
L T E I N G I O I Y A U A K N  
Y L A N A B W E H V T R Y R A  
B R N D I P R P N P I Q E K H  
P E R B T P M B I D F G R C T  
I O L P S F P R J A S O Z B D  
L E U E I A C A M H T L A E H  
P X W X R S Z I H E M O H E S  
E J X U H B L E S S I N G V B  
A J E P C Y G O D D U F X O K  
C V T L I P T Q L F H F N L V  
E C N A D N U B A C H U R C H  
D W E F J N P I E M N M F D O  
J R U T N E Q G C P G I U D X

ABUNDANCE  
BIBLE  
BLESSING  
CHRISTIAN  
CHURCH  
FAMILY  
FRIENDS  
GIVING

GOD  
HAPPINESS  
HEALTH  
HOME  
HOPE  
JOY  
LORD  
LOVE

PEACE  
PRAISE  
PRAYER  
SCRIPTURE  
SHARE  
THANKS

# GROUPS, ETC.

**BOWLING** is every two weeks unless on a holiday. Reach out to Donna Canu or Tim Cole if you're interested. They bowl at the AMF Rose Bowl Lanes on Martin Road.



## SENIORS GROUP

The Seniors Group (55+) will not begin gathering in person at this time. They will keep everyone posted.



## KROGER COMMUNITY REWARDS PROGRAM

We now have an opportunity to participate in the Kroger Community Rewards Program. It's easy...all you need to participate is an email address and a Kroger rewards card. Then all you need do is shop at any Kroger store, swipe your rewards card, and a percentage of your purchase will be donated to the **Hope Church Operating Account**. If you have access to a computer, you may enroll in the program by entering <http://www.kroger.com> into your browser and follow this path....Savings & Rewards....Kroger Community Rewards....I am a Customer....Account Summary....Community Rewards....our Kroger number (**HS995**). If you have questions or concerns about this program, please call Susan Winters. If you haven't signed up, please consider doing so. Our last check was \$84.80.



PFLAG-CT cordially invites the congregation of Hope UCC to join in the monthly support meeting. The meeting will be the last Tuesday of the month. Hope has been so good to the chapter, and our mission is to support, educate and advocate for the LGBTQ community. We want to give you the opportunity to join us and see what we're all about.

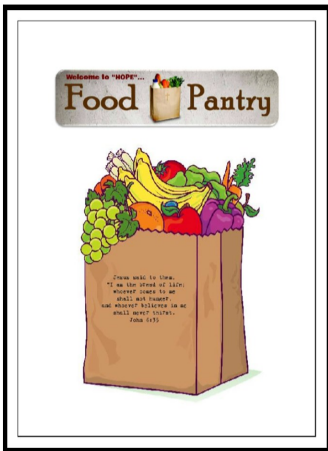
You can go to our website, [PFLAGCT.org](http://PFLAGCT.org), fill out the form and reference Hope UCC on there. This will put you on our email list and you'll get notification of the meetings. You can email me directly to have the Zoom link sent back to you. My email is [yvonne-netad@wowway.com](mailto:yvonne-tadajewski@wowway.com), and again, please reference Hope UCC. Thank you again for your support for our chapter, stay safe and healthy, and God bless you.

Yvonne Tadajewski  
President, PFLAG-CT



# CHRISTIAN MISSION & WITNESS

## News From HOPE Food Pantry...



On October 9, 2021, we held a drive-thru distribution day. We served 118 individuals over 3,627 lbs. of food, cleaning supplies and hygiene products.

This pantry distribution day would not have been a success without the generous support of our donors, volunteers, and your Christian Mission & Witness Council members.

Please join us in thanking the following volunteers for their hard work and dedication for their work on this mission project...

Corey Anderson  
Rick Anderson  
Judy Cole  
Rick Cole  
Harry Drummond  
Emily Earle  
Sawyer Earle  
Carl Frank  
Tony Fortunato  
Terry Hillman  
Opal Lulek  
Cindy Malinowski  
Karen Miller  
Jaden Miyamoto  
Steve Nielson  
Tom Reeser  
Susan Winters  
Jon Zalewski

Our next drive-thru pantry distribution day will be Saturday, November 13<sup>th</sup> from 9:00 - 1:00 pm. **If you are interested in volunteering**, there is a sign-up sheet posted in Fellowship Hall. If you have any questions, please contact Tony Fortunato.

## WE NEED THE FOLLOWING ITEMS:

Toilet paper, 2 in 1 shampoo/conditioner, deodorant, toothbrushes, and women's feminine products. We are well stocked with canned green beans and corn. Please remember we are a food bank ~ we *only* give out food, hygiene and cleaning products. Also please kindly check expiration dates. Thank you for your continued support!



# CHRISTIAN MISSION & WITNESS (cont.)



# CHRISTIAN MISSION & WITNESS (cont.)



## THANKSGIVING MEALS

This year, the CMWC will be partnering with Lakepointe Church and some other churches in Macomb County to provide Thanksgiving meals to those in need. The Thanksgiving Basket project strives to provide Thanksgiving meals to 1,000 families. The

CMWC will support the project by providing several cases of green beans. We are also supporting the project by participating in the packaging and distribution of the meals.



## TOYS for TOTS

CMWC will need to identify an organization that is collecting toys for Toys for Tots. The congregation may start bringing in toys October 31-December 12. CMWC will deliver the toys the middle of December.

## HYGIENE PRODUCTS FOR PANTRY PATRONS

The Christian, Mission and Witness Council has decided not to do the reverse Advent boxes this year. Thanks to Gleaners and the Macomb Food Bank, we are well stocked with food at this time. Instead, we would like to ask our congregation to donate hygiene products such as shampoo, conditioner, deodorant, toothpaste, toothbrushes, razors, shaving cream, bar soap, and feminine hygiene products. These items are not available at Gleaners or through the Macomb Food Bank. Yet, these items are in great need. Please consider putting together a box of hygiene items, and place them in the brown box outside the church entrance starting November 28.



## CHRISTIAN MISSION & WITNESS (cont.)

### MCREST

Hope Church has been blessed to be a blessing to some of the homeless in our community. As we have done in recent years, we supported the MCREST program for one week in September by providing lunches, hygiene kits, and laundry kits to 36 homeless women and children. When we were asked if we could help out again in October, we readily said "Yes". This time we provided lunches for 36 homeless women and children. It is only through the generosity of our congregation that our MCREST budget allows us to help when we receive a call for assistance. Thank you for your continued support for this important mission project.  
Christian Mission and Witness Council



### CHANGING LIVES: THAT'S OUR CHURCH'S WIDER MISSION SPECIAL OFFERING

*God is still speaking,*  
**UNITED CHURCH  
OF CHRIST**



The world needs a church that proclaims, "No matter who you are, wherever you are on life's journey, you are welcome here." The world needs a church bold enough to say, *God is still speaking.*

We believe the UCC is such a church.

In Christ we are invited to be transformed and to work with God to make a more peaceful, just, and loving world. Our Still-Speaking God invites us to be bold, to think creatively, and to be innovative in our ministries.

Our covenant with one another in the United Church of Christ means learning to be United even when we disagree, Church together even when we worship in different ways, and to see Christ revealed in beloved community. As over 5,000 local congregations across the country, together with the wider movement of UCC agencies and international partners, we strive to be a faith-forming, multi-racial and multicultural, open and affirming, globally minded movement to transform ourselves and our world.

In isolation, no single UCC congregation can be the church the world needs today. To be that world-changing church, we work together through Our Church's Wider Mission to support and inspire each other.

Gifts to Our Church's Wider Mission benefit the full range of the United Church of Christ mission across the country and around the globe. **Please remember "Our Church's Wider Mission" envelope in your offering box for the week of November 14, 2021.**

## HOPE UNITED CHURCH OF CHRIST ONLINE GIVING

More and more, the way we pay our bills is changing. Electronic payments are everywhere, from our monthly utility bills to on-line purchases. As a society, we are writing fewer and fewer checks. We are introducing two new convenient ways to allow members and friends make donations to Hope UCC.

### On-Line – Visit the Hope UCC web site – [www.hopeuccmi.com](http://www.hopeuccmi.com)

Select the “Give a Gift” tab .

Select the “Give Here” button

### **Or from your cell phone**

Text “HUCCF” to 45777. The site will respond with a link which you can use to route your donation to a specific fund.

If you would like to donate to the “General Fund” you can simply text:

“Gift Amount” followed by “HUCCF” to 45777. For instance to give \$5 text “5 HUCCF” to 45777.

In both cases you will be directed to our secure payment processing center where you will be able to easily walk through the steps to register and/or direct your donation (eg to the general fund or a specific mission).

Also: (Hint – if using the text method, save this phone number in your “Contacts” list to make it easier to access.)

You will be able to make donations from your bank account or debit/credit card. The donation can be a one time or recurring (weekly, every 2 weeks, 1st & 15th, monthly) to make it more convenient. You will have the ability to designate where your donation is going (Regular offering, Hope for the Future, etc.). Once you have set up a giving profile, you will be able to edit and change it at any time. You will receive email and text confirmation of your donation each time it is made. Your on-line donations will be recorded on your Annual Giving Statement from Hope UCC for tax reporting.

There is no charge for the on-line giving service. However, there are processing fees associated with each transaction that are deducted from the amount Hope receives. The fees are as follows:

Bank Account = \$.40 + .5% of donation

Credit/Debit Card = \$.30 + 2.9% of donation.

Example = \$10 gift by bank account – fee is (\$.40 + \$ .05) = \$.45 – Hope receives \$9.55

= \$10 gift by credit/debit card – fee is (\$.30 + \$.29) = \$.59 – Hope receives \$9.41

Your Giving Statement will reflect the total donation. You may consider increasing that donation to help offset the fees being charged.

Any questions can be directed to Jan Nenninger.

Of course, we will still be have a donation box every Sunday. If you prefer to continue making your donations as you have in the past, please do. We appreciate the generosity of all of our members and friends, no matter what form it takes: financial or volunteering your time and talents to help Hope UCC be a church of mission and compassion; of outreach and caring; of vision and inspiration. For all you do, we thank you!!



## BOARD OF TRUSTEES NOMINEES

We are looking for your input and want you to join the Board of Trustees! We need to fill one seat on the Board of Trustees (BOT). Currently, the meetings are held via Zoom meeting, and will continue until further notice. A three-year commitment is needed for this seat. Being on the BOT is a great way to support the future of Hope Church. We currently have a very dynamic and fun group of members on the BOT and would welcome a new member. If you are interested in running for this seat, please let Nancy Michelson know. Thank you!

The Nomination Committee

*The Power of Prayer ...  
Those that are  
Homebound*

**NANCY HORNFISHER**

**MARILYN JACKSON**

**DICK NOBIS**

**FAY SNYDER**

**MARILYN WEIDENBACH**

**MEMORIALS\***

**ANDY ANDERSON**

By: Bethany Lutheran Church  
JoAnne Bolas  
Mary Lou Bolas  
Andrea Bumler  
Judy & Rick Cole  
Jan Dolland  
Ed & Ida Eckert  
Sue Grimshaw  
Eleanor Gurich  
Joe Holland  
Shirley Kirby  
Kathy Kraydich  
Donna Lasecki  
Steve & Paula Lo  
Tracy & Kevin Magee  
Helena & Tom Martin  
Debi Mastalski,  
Katie & Darron Dickson  
Norm & Jan Nenninger  
Karen & John O'Leary  
Linda Parsons  
Reyman Family Trust  
Susan B. Robinson  
Jeffrey & Julia Rust  
Alan & Lori Sarnowski  
Carol Semack  
Carol Shaner  
The Siciliano Family  
Leigh, Fay & Kurt Snyder,  
Laurel Betts  
Pam Steffens  
Greg & Carol Thompson  
Carol Troutman

**MEMORIALS\* (cont.)**

**EDWARD HEUSSNER**

By: Ed & Ida Eckert  
Donna Lasecki  
Tom & Carol Reeser  
Carol Troutman

**GAIL REINHARDT**

By: Donna Lasecki

**LYLE ANDERSON**

By: Kent & Linda Stonebreaker

**MARGE JOHNSTON**

By: Louis & Suzanne Johnston

**TOM FAY**

By: Kent & Linda Stonebreaker

**\*MEMORIAL GIFTS ARE  
APPLIED TO THE BUILDING  
FUND, ACCORDING TO OUR  
BYLAWS. THANK YOU!!**

# PLEASE REMEMBER IN YOUR PRAYERS ...

Nancy Burnham  
Joyce Clifford  
Nancy Cole  
Michelle Dziwanowski  
Debbie Emmons  
B.J. Essen  
Elaine Frank  
Jean Frank  
Marilyn Holland  
Linda Kaufman  
Legoas Family  
Bob Rayment  
Bills/Elizabeth Rogers Family  
Linda Smith  
Drew Tomlin



## HOPE CHURCH PRAYER LIST

Our congregation knows that prayer is our tool for connecting to God. Together, we pray in worship and we pray at home. Please check the prayer list in both the newsletter and the bulletin to help us keep our prayer requests current. **You may contact the church office to remove or add a name.** We also have a prayer sculpture in the church lobby and you are welcome to write a prayer request on a heart and hang in on the sculpture. When we lift our concerns in prayer, we will surely know the presence of the Lord.

Please remember those on our Prayer List ... with a phone call, card, note and keep them in your Thoughts & Prayers. **For those who are silent with your concerns and needs, a special prayer for ALL of you to have the strength, courage and patience to deal with your individual situation.**



With  
Deepest  
Sympathy...

**OUR DEEPEST SYMPATHY** to the family of Ida Eckert on the passing of her brother, Edward Heussner. Please send cards to his daughter: Nancy Sefcovic.

**OUR DEEPEST SYMPATHY** to the family of Gail Reinhardt who passed away on October 18th. Please send cards to: Eleanor Gurich & Nicki Reinhardt.



## *Birthdays for the Month of November*

- 1 Lori Sarnowski
- 4 Wilbur Pfromm
- 6 Elaine Frank
- 8 Denise Kildea
- 15 Nancy Burnham  
Tony Butler
- 22 Susan Bisio
- 25 Rev. William DeWitt
- 28 Christin Woodham

## *November Anniversaries*

- 15 Timothy & Nancy Cole
- 24 George & Shirley Kirby

**WOULD YOU LIKE  
TO ORDER ALTAR  
FLOWERS  
FOR THAT SPECIAL  
DAY?**



Contact the church office for the availability. One arrangement per Sunday.

## *Birthdays for the Month of December*

- 1 Lincoln Rogers
- 2 Sue Robinson
- 4 Adelyn Wegmeyer
- 5 Kyle McCuen
- 6 Wayne Hacker
- 8 Laurel Betts  
Jillian Dziwanowski
- 9 Augie Rivera
- 10 Grace Watson  
Camilla McCuen
- 14 Ryan McCuen
- 15 Jon Zalewski
- 17 Margaret Smafield
- 19 Linda Kaufman
- 21 Teresa Watmore  
Huxley Rogers
- 22 Chryll Brown  
Steve Nielson
- 24 Jerry Rogers
- 25 Carol Shaner
- 26 Penny Butler
- 27 Ben Dib
- 29 Mark DeCraene  
Bill Frank  
Kaylin Wegmeyer  
Victoria Lasecki-Webb
- 30 Edward Rogers  
Andrea Luke
- 31 Tessa Gartin

## *December Anniversaries*

- 2 Jeremy & Tara Blankenbeckler
- 4 Amber & Shaun Cross
- 18 Judi & Dave Fogel
- 19 Toshi & Kristin Miyamoto



# COMMUNITY



## FRASER GOODFELLOWS HOLIDAY ASSISTANCE 2021

You Must Be a Fraser Resident  
For all children 17 and under

**The person registering MUST Bring The Following Documentation To Register For Holiday Assistance**

**1. PROOF OF RESIDENCY:**

**Photo ID with Current Address AND One of the following:**  
Utility Bill, Telephone/Cell Phone Bill, Cable, Car Payment, Insurance, Mortgage or Lease Agreement, bills must have current address. (all bills within 30 days)

**2. PROOF OF INCOME:**

**Current Determination letter** for Bridge Card and/or cash assistance  
**verification letter from DHS (dated within the last 6 months)** indicating amount of award.  
**OR provide proof of household income for all Adults in household within the last 30 days** from all applicable sources such as: Pay Stub, Social Security Statement, Child Support Statement, Unemployment Statement, SSI Statement.

**3. PROOF OF FAMILY SIZE:**

**Original Birth Certificate** with raised seal or Verification of Birth for **all minor children in the home.**  
**Original Guardianship Papers** if you are not the parent, Michigan ID or Driver's License for all adults in household.

- > \*\*\* Foreign born birth certificates must be translated into English
- > \*\*\*Passports or Green Cards cannot be accepted this year\*\*\*

**\*\* THE ABOVE DOCUMENTATION IS NECESSARY TO REGISTER \*\***  
**IF YOU DO NOT HAVE THE NECESSARY DOCUMENTATION, WE WILL NOT BE ABLE TO ASSIST YOU.**

### Registration Dates/Times/Locations:

**Fraser Public Library, 16330 Fourteen Mile Road, Fraser 48026**  
(One block West of Utica Road)

Monday, November 1st	From	2:00 PM – 5:00 PM
Tuesday, November 9 <sup>th</sup>	From	3:00 PM – 5:00 PM
Monday, November 15 <sup>th</sup>	From	3:00 PM – 5:00PM

*We ask that you do not apply at other agencies.  
Duplications can result in your name being voided from all lists.*

Any questions or changes in your information, Please Call: 586-241-2758 and leave a message. A Fraser Goodfellow Member will respond ASAP.

- > Roseville Residents can call the Roseville Goodfellows: 586-774-4222
- > Clinton Township Residents can call Clinton Twp. Goodfellows: 586-248-8948
  - > (Phone Numbers only active during November and December months)

IF YOU DO NOT LIVE IN FRASER, CONTACT YOUR LOCAL GOODFELLOWS FOR ASSISTANCE.

*Women's Club Craft Show Information*

*St. Malachy Holiday  
Craft Show*





**Our Holiday Craft Show will be held on Saturday, November 6, 2021 from 9:30 a.m. - 4 p.m.**

Rectangular Snip

**If you are a crafter or vendor and would like to reserve a spot please contact Carolyn Zorwick at 586-838-5503.**

14115—14 Mile Rd.  
Sterling Heights 48312

# November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 AA 7–8 p.m.	3	4 Handbells 6 pm Choir 7:30 p.m.	5	6 AA 7:30 p.m.
7 <b>CLOCKS BACK!!</b> <b>HOLY COMMUNION</b> <i>Worship in person and on Facebook 10 a.m.</i> <a href="http://Hopeuccmi.com">Hopeuccmi.com</a> — Sunday School New Member Class	8	9 Board Meeting 7 p.m.  AA 7–8 p.m.	10	11  Handbells 6 pm Choir 7:30 p.m.	12	13 Pantry 10–12  Confirmation 10-3  AA 7:30 p.m.
14 <i>Worship in person and on Facebook 10 a.m.</i> <a href="http://Hopeuccmi.com">Hopeuccmi.com</a> — ASD Service Sunday School Congregational Meeting In Person  Bowling 12:30	15	16 AA 7–8 p.m.	17	18  Handbells 6 pm Choir 7:30	19	20 AA 7:30 p.m.
21 <i>Worship in person and on Facebook 10 a.m.</i> <a href="http://Hopeuccmi.com">Hopeuccmi.com</a> — Sunday School	22	23 Handbells 6 pm Choir 7:30 AA 7–8 p.m.	24 Thanksgiving Service, Facebook Live (only) 7 p.m.	25 	26	27 AA 7:30 p.m.
28 <i>Worship in person and on Facebook 10 a.m.</i> <a href="http://Hopeuccmi.com">Hopeuccmi.com</a> — Sunday School Bowling 12:30	29	30 AA 7–8 p.m.  PFLAG, 7 p.m.				

# A LITTLE MORE...

## 38 Ways to Relieve Stress

In less than 10 minutes

by Sharon Martin, LCSW

- Listen to your favorite music
- Get some fresh air
- Stretch or do some yoga poses
- Do a grounding exercise
- Disconnect from technology 
- Talk to someone supportive
- Meditate
- Look at photos that make you smile
- Squeeze a stress ball
- Read for pleasure 
- Walk, bike, or skateboard around the block
- Count to 10 slowly and repeat
- Dance
- Journal 
- Write down 10 things you're grateful for
- Doodle, draw, color, or Zentangle
- Chew a piece of gum
- Watch a funny video on YouTube
- Sit in the sun 
- Punch a pillow
- Knit
- Read an inspirational quote
- Spend time with your pets 
- Do 20 jumping jacks
- Do something nice for someone else
- Hug a loved one 
- Visualize a safe, comforting place
- Pick some flowers (or pinecones or leaves or seashells or rocks)
- Give yourself a neck massage
- Take a shower 
- Kick a soccer ball
- Diffuse essential oils or use scented lotions or candles
- Slow, deep breathing
- Savor a cup of decaffeinated tea or coffee
- Repeat a mantra
- Do a progressive relaxation exercise
- Tend your garden; water and talk to your plants 
- Make a list of your worries and identify which you can do something about

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LiveWellwithSharonMartin.com

### THE LEADERSHIP OF HOPE UNITED CHURCH OF CHRIST

Rev. Meg Wilson, Pastor & Editor ~ Sue Robinson, Publisher & Editor  
Church Office (586) 296-8760

#### BOARD OF TRUSTEES

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Vice-President - Rick Cole  
Secretary - Donna Canu  
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Ida Eckert  
Steve Nielson  
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Kirk Schoenherr  
Jim Wilson

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Organist: Patrick Baker  
Accompanist: Denise Kildea  
Music Director: Deborah Frontczak