

## SHENKEL HAPPENINGS, JANUARY 2024

Greetings, Shenkel Friends and Family!

It's January, time to regroup and figure out how to do life in the new year. First, take a look back. Were you often stressed out, running around taking care of everyone else's needs at the expense of your own? Did you spend your time doomscrolling and worrying about stuff you just cannot change? If you answered yes, it may be time to make a 180 and set out in a new direction. This may mean a promise to focus more on your health and well-being. During our January Reboot on Saturday (1/11), we picked up some helpful pointers that I'd love to share with you.

We had two presenters: a Qigong teacher and a yoga instructor. Pastor Suzanne led us in a centering meditation to start us off, and Salil, a self-taught Qigong practitioner and teacher, gave us information on this ancient Chinese practice that enhances health by allowing good energy in our bodies to flow freely. Talk about energizing! Leslie Gates, certified yoga instructor, continued the energy work with simple chair and standing yoga exercises. Then, she led us in an exercise where we mindfully ate a Clementine orange, using each of our senses to take in how it felt in our hands, how the skin looked, blemishes and all, how the sweet, acidic juice tasted and activated our salivary glands. It was a particularly satisfying mindfulness experience, especially for those of us who tend to wolf down our food to move on to more important things. And it is something you can practice any time! I think I can confidently say that any of us who came in feeling stressed out or out of sorts left feeling relaxed and energized. And dare I say optimistic and ready to embrace life!

Let me just encourage you on this cold January day to take some deep breaths, really look at what's around you and accept it as it is, move your bodies to let go of stress, and receive the God-energy that is always present, in you and around you. Then go out and share this Love with everyone you encounter. Namaste!

Now let's catch you up on what is happening at your church!

### **SUNDAY SERVICES**

You have two great choices for worship each Sunday:

1. **REFLECTIVE SERVICE AT 8:30 AM**, a good choice if you prefer no music, time for discussion and reflection, and
2. **TRADITIONALISH SERVICE at 9:45 AM**. You will find everything you've always wanted in a traditional service plus more. Pastor Suzanne has added a time for centering at the beginning which people in person and online are really appreciating.

### **CONSISTORY HIGHLIGHTS**

Please join us for the **Annual Congregational Meeting on Sunday, January 26 immediately following the 9:45 AM service. This will be the only service that day and will be held in the**

**Social Hall.** In addition to general programming and budget updates, we will have time to connect with each other in fellowship. Please consider bringing your favorite snack or appetizer to share.

### **FINANCIALS**

In December, the Congregation approved the 2025 budget, which will be discussed in greater depth at the Annual meeting. We finished the year with strong December giving. Giving, in combination with monies from the Carol Challenge and changes to how we funded some budget lines, allowed us to end the year with a positive balance in the Current Fund of \$3,169. OCWM giving was short by \$2,614. The shortfall was made up using Program/Mission funds.

### **PASTOR ATTENDING CONFERENCE**

Pastor Suzanne will be leaving Wednesday, January 15, for Georgia to attend the Southern Lights Conference. The theme is Reimagining Faith and Democracy. Rev. Kris Hayden will be leading worship on **JANUARY 19**. Should you have any pastoral care needs, Rev. Jim Jannotti is available and can be reached at 610-326-3941 or templeumc@comcast.net.

### **CHURCH SCHOOL**

Church School will be held on **JANUARY 19 at 11:00 AM** for children ages 3 through sixth grade. Hope to see you there!

### **SANCTUARY OPEN FOR PRAYER**

Our sanctuary will be open for prayer on **MONDAY, JANUARY 20 from 11:00 to 1:00 PM**. Organ music will provide background music for this time of reflection.

### **COMMITTEE REPORTS DUE**

Attention all committee chairpersons: Your annual report is due to Danielle at [shenkelucc@aol.com](mailto:shenkelucc@aol.com) by **NOON ON TUESDAY, JANUARY 21**. Thank you!

### **PRIDE FEST 2025 MEETING**

Interested in being a part of the Pride Fest planning conversations? Here's your chance! The Committee responsible for last year's Pride Fest is meeting on **WEDNESDAY, JANUARY 22 at 6:30 PM by ZOOM**. If you would like to take part, please email Pastor Suzanne so she can set you up if you have not already participated in previous meetings.

## **GUEST SPEAKERS**

On **FEBRUARY 2 during both services**, our Global Ministry Partners serving in Lebanon, Rev. Nishan and Maria Bakalian, (they were with us in the past) will share about their experiences and the critical situation in Lebanon. To find out more, you can read his blog at [nshanakir.blogspot.com](http://nshanakir.blogspot.com).

## **ADOPT A WINDOW!!**

Our Fellowship Hall refresh looks amazing, and we are almost finished. We have twelve windows that desperately need new window shades, and we found a reputable vendor, Brandywine Blinds, to do the job at a good price. You may wonder why we need shades? The truth is, sun heats up the room in the warmer months, placing more cooling stresses on our system. While some of the money is coming from the Carol Lykens bequest, it will not cover the full cost of the windows. Here is your opportunity to help by adopting a window for \$180 to take care of the rest. But don't worry! If that number is beyond your budget, you can donate whatever you can afford. **PLEASE MAKE YOUR CHECK PAYABLE TO SHENKEL UCC BY FEBRUARY 9 AND WRITE "ADOPT A WINDOW" IN THE MEMO LINE or GO TO SHENKELUCC.ORG TO DONATE ONLINE by choosing the "ADOPT A WINDOW" button.** Thank you in advance for your generosity!

## **CLUSTER NEEDS**

January: Laundry detergent and dishwashing soap

February: Bath soap and shampoo

## **LOOKING AHEAD**

- Join us for our **ASH WEDNESDAY SERVICE ON MARCH 5 at 7:00 PM** as we begin our Lenten journey.
- **TAIZE SERVICES begin March 12.** See February's Shenkel Happenings for more details.

**CHURCH SECRETARY VACATION:** Our Church Secretary, Danielle, will be on vacation from January 27 through February 14.

## **CAROL LYKENS FILL-THE-HAT GIVING CHALLENGE**

You rose to the challenge! The Carol Challenge collected \$5,571.50—that's \$571.50 over our goal-- which goes directly to help with our budget deficit. Thank you, everyone, for your amazing Shenkel generosity!!

### **CHURCH SCHOOL**

Attention all children ages 3 through 6<sup>th</sup> grade! Church School is held the **THIRD SUNDAY OF EACH MONTH from 11:00 AM TO NOON**. The focus is on God's love in us and through us and showing compassion for others, as well as Bible stories. The kids love it!

### **LOCAL MISSION OPPORTUNITY**

Shenkel folks are caring individuals who want to help those in need. We yearn to make a difference, but sometimes don't know where to start. Here is an opportunity to show you care: The **4<sup>th</sup> Monday of each month**, a handful of our members help serve a **Community Lunch at Christ Episcopal in Pottstown**. Our church is an active participant in this local mission. Pastor Suzanne brings 70 salty and sweet snacks that are given out at lunch. These are purchased at Giant using the Giant gift cards that we also sell at church. These caring volunteers would love to welcome more helpers! You can serve lunch from 11:30-1:00, and/or go earlier to help sort food donations and prepare dessert trays. Don't worry—Shenkel is not responsible for the meal as we were years ago. We are simply willing helpers who are there to do whatever tasks need to be done.

### **HAVE A FUNDRAISING IDEA?**

Share it with the Stewardship Committee. Members are Chris Gray, Julie Zachesky, Kim Yocom, Dan Jenkins, and Brenda Berriker.

### **GIANT AND REDNER'S GIFT CARDS**

You're doing a great job! This is an easy way to raise money for our church. Purchase your cards Sunday mornings or in the Church Office Tuesday-Thursday, between 9:00 and 1:30. Thanks for doing your part!

### **ONLINE GIVING/QR CODE**

It's easier than ever to catch up on your giving to support and sustain our church. Just go to [www.shenkelucc.org](http://www.shenkelucc.org), open up Online Giving, and choose where you want your donations to go. Simple! In addition, QR codes are in the pews and will be on the table in the grove for an easy, fast way of contributing. Thank you in advance for your continuing support of your church.

### **PASTORAL RELATIONS COMMITTEE**

This committee is tasked with supporting the Pastor as well as bringing to her any concerns of the congregation. Information discussed is confidential. Members are Sandy Rowe, Brenda Berriker, and Dan Jenkins. Please feel free to discuss any joys or concerns you have with any member of this committee.

## **JANUARY BIRTHDAYS**

Kimberly Yocom 1/4/25  
Susan Miller 1/5/25  
Barry Peterman 1/5/25  
Olivia Dushanko 1/9/25  
James Heath 1/10/25  
Brandon Foss 1/13/25  
Freda Wanner 1/13/25  
Delia Sanseverino 1/18/25  
Mike Martin 1/21/25  
Aurora Keim 1/22/25  
David Braley 1/24/25  
David Klein 1/24/25  
Eric Klein 1/27/25  
Joseph Bradley 1/29/25  
Suzanne Spaulding 1/30/25

## **JANUARY PRAYER LOTTERY**

Jan 5

Elizabeth, James, Zoey, Henry and Molly Carr  
Barbara Sweinhart  
Freda Wanner  
Barbara Brown  
Clay Zachesky

Jan 12

Clayton, Katerina, Maxine and Bellamy Brewer  
Lucas Zachesky  
Michaela Craner  
Lilly Keim  
Drew Sweinhart

Jan 19

Kelly Strunk, Steve, Madeline and Jacoby Mest  
Louise Hine  
Scott Kutz  
Rachel Berrick  
Anthony Gulotta

Jan 26

Erika, Kyle and Gio Manetti  
Ashlyn Augustine  
Donald Laverty  
Tesia Craner  
Jim and Elaine Bevan

## **FEBRUARY BIRTHDAYS**

Britnee Sanseverino 2/2/25  
Barry Miller 2/4/25  
Jesse Painter 2/4/25  
Sandra Peterman 2/5/25  
Nicole Meehan 2/10/25  
Doug Allen 2/11/25  
Audrey Dyott 2/13/25  
Lori Skulski 2/15/25  
Bill Sanseverino 2/24/25  
Erika Manetti 2/25/25  
Gary McDermit 2/26/25  
Kathy Murphy 2/27/25

## **FEBRUARY PRAYER LOTTERY**

Feb 2

Abigail Dise  
Kaleena Sweinhart  
Gene and Nick Takach, Eric Croom  
Linda and John Jonides  
Gary and Sue Stultz

Feb 9

David Phillips  
Collin Gray  
Mike and Robin Martin  
Joe and Joan Palubinsky  
Henry and Carole Bailey

Feb 16

Mark Dushanko  
Brian and Pam McShane  
Lucas Zachesky  
Doug and Margie Allen  
Dan and Rose Wolgemuth

Feb 23

Barbara Sweinhart  
Erika Burhans Price  
Lori Skulski  
Drew Sweinhart  
Linda and Andrew Foss, Lexi, Brandon, Aaron, Michael and AJ

Your Shenkel Happenings Editor,

Brenda Berriker

\*\*If you need to reach me by email, please contact me at [Brenda.berriker@gmail.com](mailto:Brenda.berriker@gmail.com) instead of the AOL address. Thanks!