



United Presbyterian Church
2819 Hudson Dr.
Cuyahoga Falls, OH 44221



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UNITED PRESBYTERIAN CHURCH

The Monthly Voice

July 2019

Phone: 330. 923. 9735 Web: www.cfupc.org Facebook: MyUPC

Office Hours:

Monday - Tuesday 9:00am - 4:00pm

Wednesday - Thursday - Friday 10:00am - 2:00pm



It is for **FREEDOM** that **CHRIST** has set us **FREE!**



Galatians 5:1



Dear Friends,

Thriving faith communities have a common understanding of their faith story. The faith communities that effectively retell the story year after year, allowing that story to transform and change the particular mission and ministry of the congregation thrive with a multi-generational impact. The most effective faith community, which has thrived against insurmountable odds for thousands of years, is the Jewish community. They continue to thrive because they tell their story during Passover year after year. They engage the children as a significant part of the liturgy. Knowing their story impacts the confidence with which they live out their lives, within the synagogue and within the community. It is no coincidence that in the arts and medicine, research and commerce our brothers and sisters excel. They are clear about their values, their community and their story. It all begins with story.

Wonder what our faith story is as a congregation? Each time we gather around the Lord’s table it brings us back to a place of remembering the depths of our roots that began not only at the Table of our Lord rather with Moses, and before him Abraham, and before him the creation of the world. Pressing forward it continues with the establishment of the early church all the way to this moment. So I wonder: what is our faith story? Who are we as congregation here in Cuyahoga Falls? We who grew and shrank; yet continue to grow as a congregation, who are we? If we had to choose one passage of scripture to describe us in this moment what would it be? I’m curious. Would we speak about our unity or diversity? Do we claim only the tough times or the miraculous moments?

Sunday June 23, our friends from the Cameroon shared their music, dance, food and words about their journey of faith to our congregation. They know their story. Will we be able, as a congregation and as people of faith to listen carefully? Not so we notice difference, rather so that together as God’s children we will notice how God has woven our faith stories together in His great Love.

Faithfully,
Pastor Karen



Summer UPC Golf Schedule

- July 7 - Raccoon Hills
 - July 14 - Brookledge
 - July 21 - Firestone Public
 - July 28 - Fox Den
 - August 4 - Raccoon Hills
 - August 11 - No Golf
 - August 18 - Brookledge
 - August 25 - Fox Den
- (Note 4:00pm)

If you have any questions
please call or text John Hubicsak
at 330.592.1348 All are Welcome!

July BIRTHDAYS!



- | | |
|------|---|
| 1st | Jacinto Nunez
Nicholas Hyder |
| 2nd | Joseph Eyre
Bella Smith |
| 5th | Mike Farris |
| 6th | Patricia Ewald
Nancy Pringle |
| 8th | Laura Braddock
Emily Dreger |
| 9th | Michael Firtha |
| 10th | Rich McCleary |
| 11th | Josephine Simms
Steven Evans |
| 12th | Brianna Chapman
Evelyn Yeager |
| 13th | Mary McKinley |
| 14th | Clayton Evans
Joshua Lewis |
| 16th | Bobbie Holtzapple |
| 17th | Lee Snyder |
| 18th | Mike Simms |
| 22nd | Rob Jernigan Jr. |
| 23rd | Ann Straley
Sara Johnson
Olivia Snyder |
| 24th | Charles Mason
Ed Marquette
Ben Marquette
Tiffany Dooley
Andrew Hackman
Keith Hackman |
| 25th | Nancy Marquette |
| 26th | Annie Padrutt
Jason Atanga |
| 29th | Criss Chapman
Lydia Ure |
| 30th | Amber Chapman
Jaxon Flavelle |

Cameroon Luncheon at UPC I

On Sunday June 23rd, 95 UPC members attended Cameroon day at the church! 30 of our friends from Cameroon joined us for special worship and fellowship. We enjoyed learning about the culture and tasted authentic food cooked especially for us. The day ended with music, dance and dessert. Thank you to all who participated and shared the love of Christ in a new and exciting way A special Thank You to our Cameroon friends who took the time to put this together. God Bless from the Outreach team !



UPC UPDATE

The Session and Deacons are grateful for the work Pastor Karen has done in the short time that she's been with us. In addition to leading worship, moderating Session and providing pastoral care, Pastor Karen's basic duties also include serving as Head of Staff, overseeing administrative procedures and communication within the congregation as well as working with Deacons and Session committees to assist them in carrying out their tasks. Pastor Karen has brought energy, creativity and compassion to all these tasks. As an Interim Pastor, Karen is charged with preparing the congregation for the arrival of a new minister. That's a broad goal, and in many ways we rely on Karen's wisdom and experience to identify the preparations that need to be made. We've specifically asked her to work to develop our next generation of leaders, train new officers in the Presbyterian tradition and work with committees to continue visioning and goal-setting, providing special attention to Worship, Christian Education, Stewardship and Mission Outreach. Much is happening as we begin to step into our future - God is at work in our midst!

July Community Meal - Hosted by the Session



All are welcome to attend the Community Meal on Saturday, July 13th at 11:30am The Session will host this month and plan to serve a delicious menu. The Community Meal outreach ministry touches about 65 people every month by serving a good meal and opening our church for fellowship. We hope you join us!

Pantry Donations School Supplies Needed

Pantry will be collecting school supplies for distribution in August. We supply basics only. When shopping, please pick up a pack of wide ruled notebook paper, wide ruled spiral notebook, pencils, blue pens, glue and glue sticks, ruler, 2 pocket folders with prongs, pencil box or pouch, colored pencils and markers, teen-size scissors, erasers and bookbags. All donations will be appreciated.



Thank You!

THANK YOU!

Dear United Presbyterian Church,
Thank you for your support of our CFHS students through the food pantry. We sincerely appreciate your efforts to establish the collaboration with the Akron-Canton Foodbank and dedication keeping the pantry stocked throughout the school year. Your efforts have helped countless students! Thank you again and have a wonderful summer ! Sincerely, Allison Bogdan and Holly Merkle



Church Garden

Wanted everyone to know that we do have a Community Garden again this year. We got a late start due to the weather, and have cut back in what we are growing, but what we have planted is doing well! At present we have planted Tomatoes and Potatoes and hope to add a few more things if the weather permits. If you are interested in helping with the Garden please see Dale Craddock or Tom Stewart for more information.

			July 2019			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00am 10@10 Worship 11:00am Sundae Sunday 5:00pm Golf at Firestone	1 6:30 pm Worship Mtg.	2 10:00 am Tai Chi-Café Connection 6:00pm PNC 6:00 pm Heart 2 Heart Prayer	3 7:00 pm Praise Team practice	4 Building & Office closed Today INDEPENDENCE DAY	5 Tawnya Off 10:00 am Tai Chi-Café Connection	6 2:00 pm Game Day @ Ewing's
7 Communion Sunday 8:00 am Get up and Go 9:00am Education Hour 10:00 am 10@10 Blended Service 3:00pm Powell Memorial 5:00 pm Golf at Raccoon Hills	8 6:00pm Hand bell Practice	9 10:00 am Tai Chi-Café Connection 6:00pm PNC 6:00 pm Heart 2 Heart Prayer	10 7:00 pm Praise Team practice	11 9:00 am TOPS Meeting	12 10:00 am Tai Chi-Café Connection	13 9:00 am Project RISE in library 11:30 am Community Meal Hosted by The session
14 8:00 am Get up and Go 9:00am Education Hour 10:00 am 10@10 Blended Service 5:00 pm Golf at Brookledge	15 6:30pm Session Mtg.	16 10:00 am Tai Chi-Café Connection 6:00pm PNC 6:00 pm Heart 2 Heart Prayer	17 7:00 pm Praise Team practice	18 9:00 am TOPS Meeting	19 10:00 am Tai Chi-Café Connection	20
21 8:00 am Get up and Go 9:00am Education Hour 10:00 am 10@10 Blended Service 5:00 pm Golf at Firestone public	22 5:00pm Personnel Meeting	23 10:00 am Tai Chi-Café Connection 6:00pm PNC 6:00 pm Heart 2 Heart Prayer	24 5:00pm Personnel Mtg. 7:00 pm Praise Team practice	25 9:00 am TOPS Meeting	26 10:00 am Tai Chi-Café Connection 6:00 pm Pantry Set-Up	27 9:00 am Pantry Distribution Fellowship Hall Reserved Barker -Olzewski
28 8:00 am Get up and Go 9:00am Education Hour 10:00 am 10@10 Blended Service 11:00 am Sundae Sunday 5:00 pm Golf at Fox Den	29	30 10:00 am Tai Chi-Café Connection 6:00pm PNC 6:00 pm Heart 2 Heart Prayer	31		August Newsletter article submission deadline is July 22	

Summer Sunday Schedule at UPC

During the Summer at UPC we change things up! We provide opportunity for the 8:30 and 11 AM worshippers to gather as one UPC family at 10 AM. Together we praise God! We blend music that is traditional and contemporary. We praise and pray and commune together as one church. Church School precedes worship at 9 AM.

This year 10 at Ten begins Sunday June 30th and continues through September 1st. Pastor Karen will preach two series this summer the first beginning July 7th on the Psalms. The second series will begin August 4 on the book of Hebrews. Come and join us for worship at this new time!

But wait, there is more! For those who would like to gather for a quick worship service because there is a lot of life to squeeze into summer there is a new Get Up and Go worship service in the chapel at 8:00 AM. This abbreviated 45-minute service accommodates tee time, sports schedules and family obligations allowing for more time in your day without sacrificing time to worship God!

And if you need something to sweeten the time schedule change there are 2 ice cream socials in the planning for Sundays July 28, and September 1st.



Diabetes Corner - by Joanne Shaw

Last month I said that **prediabetic** person had a second chance if they make some life-style changes. The two biggest changes to your lifestyle have to be **diet** and **exercise**.

I'm not sure which one is the easiest but here are some guidelines. **Cut your carbohydrate intake and increase your walking.**

Easier said than done. So here are some guidelines:

Eat carbs 4 times a day: 40 carbs for breakfast, 20 carb morning snack, 40 carbs for lunch, 20 carbs for afternoon snack, 40 carbs for supper. Even carb loading for the day! Keep your total calorie count to your doctor or dietitian recommended level. Mine is 1200 calories because I am overweight and my carb loading is 30-15-30-15-30. You have a magic number too but you should ask your doctor.

Simple NOT.

You will have to become an avid label reader to check out the carb content and a good estimator of unlabeled goods. Some simple rules.... For estimating amount no more than ¼ plate with the carbs or ½ cup cooked rice, or cooked pasta, or potato (in any form). Always couple your carb snack with a protein (such as peanut butter, cheese or cream cheese) as protein slows down the process of converting the carb into sugar.

Not hungry for that afternoon carb snack? You can move it to evening but don't have both.

"But I miss my morning Bagel and Cream Cheese" Did you know that a plain Panera bagel has 58 carbs! So you will note that I suggest to all my friends to make the rice cake substitution. The rice cake is only 11 carbs (and 50 calories) for one rice cake so there is plenty of room for the peanut butter, or cheese spread. And if one is not enough you have room for a second one.

Potassium 300mg	9%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Soluble Fiber 5g	
Insoluble Fiber 3g	4%