

January 3, 2023

Inside this issue:

<i>Pastor Message</i>	1
<i>Budget Review</i>	2-3
<i>Grief Workshop</i>	4
<i>Reminders</i>	4
<i>Office News</i>	5
<i>Volunteer</i>	5
<i>Meet New Members</i>	6
<i>Celebrations</i>	7
<i>Financials</i>	7
<i>Administration</i>	8-9
<i>Diaconate</i>	10
<i>Meditate!</i>	10
<i>Women's Retreat</i>	10
<i>Missions</i>	11
<i>Seeds of Hope</i>	12
<i>WISE Report</i>	13
<i>Small Groups</i>	14
<i>Photos!</i>	15
<i>Member Pages</i>	16
<i>Contacts/Prayer</i>	17



A Message From Pastor Joe

Here we come 2023.

Every January, we celebrate a New Year. However, when and how we choose to start the new year is a bit arbitrary. In China, for example, they have a new year that coincides with a lunar calendar.

That means they will celebrate the new year sometime between mid-January to mid-February. Ancient cultures also used to mark the beginning of a new year by the Summer or Winter Solstice. However, in the US we tend to mark it as January 1st. It is interesting, that different people have chosen different times, because there does seem to be a “new” energy that is associated with whatever time we perceive the new year to be.

That is why in most cultures the New Year celebration is centered around removing the bad and the old and welcoming the new and the good. It is a time in our lives that we can be reminded that God is always making “all things new.”

“Behold, I make all things new” we hear God say in ***Revelation 21:5***. “All things.” That would include each one of us, the world and as well as our church. Please note, that in making all things new God does not say that all that is, is no longer, but rather that all that is, is made new in some way – a transformation, an evolution, new life, new purpose and new meaning, or new excitement and new energy. God is Creator and “New” is God’s specialty. ***The Apostle Paul says in 2 Cor 5:17: The old way of living is gone; a new life has begun!***

Newness, however, need not be something that is relegated to an once a-year event in January. Every day is a day that can be new and bring wanted change. This is something we believe is experiential in the Christian faith. We can create newness in our lives and newness in the lives of others. As a church we will continue to bring that “Newness” every Sunday, in every meeting, every ministry and in every relationship. Bringing the touch God in all we do. As a church we have some ideals and goals that we endeavor to manifest but it will take all of us being excited about the *Newness* that God is continually involved in to accomplish our goals and ideals. Here we come 2023 and by God’s grace here we come.

Blessings,
Pastor Joe

Join the Church!

Are you thinking about joining the church? We want you to be part of the family so it is very easy to do.

1. Fill out a membership form (forms are on the blue table in the Narthex)
2. Give the form to Pastor Joe
3. You can now join online! Simply go to our website, click on ‘About Us’ or the “Become a Member” icon.

2023 Budget Review

Included for your review is a preliminary overview of the 2023 Budget. Jack Chandler, Finance chair, and I will remain after church services on Jan. 8th to discuss questions anyone may have regarding the budget items. That day, I will also be addressing proposed amendments to the Constitution following the Budget question and answer session.

A few items of note:

The pledge amount represents the actual pledges received as of December 14th. To date, we are at 70% of members pledging compared to 90% at this time the previous year.

Expenses in the Administration budget related to contracts (insurance, maintenance, pest control, AC service, and fire and security) and utilities have both increased. We are not able to lower these expenses. Another cost increase is in toner to print weekly bulletins. Going forward next year, we are going to try alternate options for bulletins rather than an in-hand paper that gets thrown in the trash.

Increased expenses in the Diaconate budget mostly relate to software licenses for our AV system and other media. We are also increasing the costs of pay for guest minister and guest musicians.

It has also been proposed to cut our advertising budget as a way to save on expenditures. In lieu of this, we will be exploring alternate ways to market the unique offerings and events of UCCaTV.

Finance expenditures have dropped due to paying off

the church mortgage. While this is reflected in the proposed preliminary budget, we still have an overall deficit due to lower projected income.

We are lifting up prayers for the AC to continue working with monthly maintenance. It is over 10 years old and we expect to be facing the purchase of a new system in the future. With that also comes the cost of a roof replacement in order to remove the old units.

Lastly, but certainly important, are the increases in personnel. We are returning to having a music accompanist and a choir director, as was done previously. That adjustment in personnel cost has been made, as has salary increases for our office administrator and our UCC Pastor Joe.

One area of note is that percentages are computed based on comparing the change from the 2022 budget to 2023 proposed. That data is skewed related to personnel due to the fact that Pastor Joe received a salary increase in May, 2022. This increase was not reflected in the 2022 budget, but it did result in 8 months of a salary increase over the approved expenditure.

I and the Governing Board hope that you will be able to take time to look over the information given here and also attend the informational question and answer session on Jan. 8th. Thank you for your stewardship and generosity in support of UCCaTV.

Char Davis

(See Budget On Next Page)



2023 Budget

Account	Description	2022 Budget	2023 Budget	% Change from 2022 Budget
0	Income			
	<i>Total Benevolence Income</i>	285,200	224,743	-21.2%
	<i>Total Fundraising Income</i>	5,040	7,545	49.7%
	<i>Total Other Income</i>	9,130	10,250	12.3%
	Total Income	299,370	242,538	-19.0%
	Expenses			
	<i>Total Personnel Expense</i>	145,072	163,878	13.0%
	<i>Total Administration Building and Grounds Ex- pense</i>	69,520	74,815	7.6%
	<i>Total Administration Office Expense</i>	10,575	5,650	-46.6%
	<i>Total Diaconate Expense</i>	7,380	9,300	26.0%
	<i>Total Finance and Stewardship Expense</i>	74,565	4,365	-94.1%
	<i>Total Mission Expense</i>	13,400	15,100	12.7%
	<i>Church Historian</i>	200	100	-50.0%
	<i>Total Outreach (WHO)</i>	8,700	4,200	-51.7%
	Total Expenses	329,412	277,408	-15.8%
	Required from Reserves	(30,042)	(34,870)	16.1%



Grief Workshop Post Holiday Reconnect

Let's gather together, re-connect and do a check-in post-holiday season. This group is for ALL who have experienced grief and loss over the holiday season – past and present.

As we wrap up the old and head into 2023, Grief Educator and Facilitator Mary Ellen Shea, will be posing some questions for us to think about and discuss.

Date: Wednesday, January 18, 1:00 – 3:00 p.m. , UCC Fellowship Hall

*Sign up in the Narthex

(photos from last workshop)



The Yard Sale Cometh! February 17-18, 2023

After the COVID hiatus, our famous Yard Sale returns for 2023. Volunteers will be needed beginning February 12. And, of course, we will need your treasures! Questions? Contact Barbara Teel, bteel5151@verizon.net

Suitcase Drive

Bea Hester will be collecting suitcases for shelters in February. She needs volunteers to help disinfect and organize the donations on February 24, 10:00am. Questions? Contact Bea at elbmub@embarqmail.com



2022 Yard Sale

News from The Office

The New Year has arrived and with it we will have some new people in leadership. As a reminder, for those of you who will be spending money, the procedure is as follows:

1. Complete a Payment Request Form (these can be found outside the church office door in a rack) Designate the address the payment is to be sent. You can also request that your check be placed in your mailbox, if this is for reimbursement.
2. There is a list of accounts on the back of the form, but this is not an exhaustive list. If you are unsure of which account to use, contact the church office.
3. If this is for reimbursement, please attach supporting receipts. If this is for a vendor, please attach the statement/bill received from the vendor.
4. If you are the chair, sign the form. If you are a

member of a committee, have the chair sign the form.

5. Give the form to the office administrator for payment. Payments will be processed on Thursday.

We are a tax-free organization, but this is available through purchases made by the church. If you need an item purchased online, please contact the administrator and she can place the order for you to avoid taxation.

If you have any questions about these procedures, please contact the church office.

Get Involved!

It's often been said that if you really want to get to know people, volunteer! At UCC, we make it so easy to find out about volunteer opportunities.—and there is something available no matter what your expertise or lack there of may be. Find out more by visiting our website at www.VillagesUCC.org. Look for the “volunteer” tab at the top of the page. Click it and you will find a variety of things that you can express interest in. Once you complete the form, your entry will be forwarded to the committees involved. This does NOT commit you to anything, but it shows an interest. The committee chair will contact you so that you can ask questions and then decide if this opportunity is for you. And don't forget to check out our sign-up sheets in the Narthex (on the blue table) for other events that need volunteers! Current needs (not listed on website) are:

1. **Kitchen Volunteers**—help setup or serve or clean up for coffee hour. Always looking for people willing to provide treats, too! See the sign up sheet.
2. **Garden Week**—the Administration Committee holds a “garden week” the fourth week of each month. We need weeds & vines pulled from the landscape, mulching, etc. You can come any day of that week and at any time. Contact Cherie Harrold caharrold@gmail.com for information or just show up!
3. **Communion**—help the Diaconate serve Communion on the first Sunday of each month. Contact Joanne Lefevre, joannelefevre@gmail.com or call the church office.
4. **Altar Flowers**—donate flowers for the sanctuary in honor/memory of loved ones. See the sign up sheet.
5. **Committees/Events** - Yard Sale, Suitcase cleaning, and other fun events are coming but they need your help!



Get to Know Some of Our New Members



Meet Gail Cavanaugh

I was born in NJ, but lived in Vermont for nearly 30 years where I raised my family. There I served 2 UCC churches, Malletts Bay Congregational Church and Richmond Congregational Church as choir director and recently was the treasurer of MBCC. I moved back to NJ in 2011 to marry Ron. It was there that I started volunteering for several things, among which is the Tax-Aide Program. When we moved to Florida I continued with Tax-Aide.



Meet Ron Cavanaugh

Ron was born in NJ. He joined the Air Force and served for 23 years in Viet Nam, the Gulf war and more. Ron retired from the State of New Jersey and is currently active in the DAV. (Disabled American Veterans)



Meet John William Stravinsky

I was born July 3, 1949, and graduated from Lorain High School in Laraine, Ohio. I joined the marines 2 weeks later and retired as E-7 Gurney Sargent in November 1988. For 15 years I worked as a correctional officer in Newport, North Carolina. I married my high school girlfriend, Kathy Meyer Nichols, on March 6, 2020. We moved to Florida to be closer to family.



Meet Kathy Meyers Nichols

I was raised in Lorain, Ohio. After high school, I attended nursing school in Cleveland and Kent State. My first Registered Nurse job was at Cleveland Clinic Hospital in Cleveland. I moved to California and worked at Community Hospitals, Central California ICU, and PACU (Recovery Rooms) for over 30 years. I retired and moved to Arizona for 4 years so my grandson would have a place to live while attending ASU.

I reconnected with John Stravinsky after his wife passed and we married in 2020. We decided to make the leap to Florida this past year to be closer to family. I've been a member of UCC since 1972 and look forward to meeting people and gaining friends.

John and I have standard poodles.



Happy Birthday To: Happy Anniversary To:

- | | |
|-----------------------|-------------------------------|
| Joyce Wheeler (6) | Jo Posillico & Lyn Ehard (10) |
| Rick Pixley (12) | Jay & Gail Richards (12) |
| Lynn Moon (13) | |
| Charlotte Stacey (13) | |
| Dinah Andorfalvi (16) | |
| Carol Bentley (18) | |
| Jim Bodenner (18) | |
| Bob Burbank (19) | |
| Doug MacFarlane (21) | |
| Barb Wheelus (23) | |
| Janet Cope (24) | |
| Lyn Lang (24) | |
| Grant Anderson (25) | |
| Barbara Teel (26) | |

Did we miss your birthday or your anniversary? Help us update our files by emailing us the information or by calling the church office.



November 2022 Financial Report

	Current Month	Year to Date	Per Cent of Annual Budget
Total Income	\$16,678	\$267,299	89%
Total Expenses	\$17,280	\$234,433	86%
Audio-Visual Fund	\$6,669		

1. You may support your church by placing your donation in the offering plate on Sunday OR by sending in your pledges/offerings to our mailing address: **United Church of Christ at The Villages, PO Box 194, Oxford FL 34484**
2. You can pay through our online donation system on our website, www.VillagesUCC.org. Make a one-time or recurring donation to the fund of your choice.
3. You can use your own bank/credit union's Bill Pay systems which are usually free and easy to use! If you aren't using one, call your bank/cu for information.

Amazon Smile

Are you an Amazon shopper? If so, you can make a free donation to your church when you make a purchase through Amazon! To activate charitable giving through Amazon, you can either go directly to Smile.Amazon.com and choose United Church of Christ at The Villages as your charity OR you can click on the link at the bottom of our website, www.VillagesUCC.org and it will take you to Amazon Smile. A small portion of your purchase will be donated to your church for participating products. This is at NO cost to you!



Administration Team



Cherie Harrold,
Admin Chair

The Admin Team met on December 13th at UCC. Present were Cherie Harrold, Jan Cope, Peter Winnen, Carole Winnen, Bill Richter, Barry Davis, Tim Phelan and Charlotte Davis

Tim gave an opening prayer.

Our next meeting is scheduled for 3:30pm on Tuesday, January 10th at UCC.

Completed Projects:

1) The keypad on the door leading into the hallway of UCC was replaced on December 15th. Brian, the owner of Lock-It-Up, was able to find the same brand as the original and luckily in FL so having it shipped was not a big deal. He had already replaced the opening on the doorframe that the latch goes into when locked and it was shimmed it to be in the correct position. The old one was very worn and not holding correctly. With the installed new keypad, new batteries, and new wires, everything works perfectly. Sadly, the chip inside the old keypad that held the codes for users could not be removed and placed in the new keypad, meaning all the codes on the old keypad had to be re-entered into the new one. Bill showed Cherie how to do it (now his backup) and 90 minutes later, all were entered and checked. And Brian reminded us there is **never** a need to yank the door handle to check if it is locked. The new keypad was in the \$750 range plus labor to install. At this writing, the full bill had not been received.

2) Jessa, the young lady who started her own weeding company, completed weeding the Memorial Garden area in 2.5 hours the first of December. She sprayed it well to kill the smaller weeds; larger ones were pulled out by hand. After the holiday, a small amount of fresh mulch will be sprinkled around the Memorial Garden and then a light sprinkling of pine needles will be sprinkled on top. Because there are pine trees in that area, pine needles fall, wanted or not, making all mulch not needed. The bill for this work was \$130 which included weeding and several gallons of weed spray. The plan is to have her back after the holidays and work on a section that hasn't seen much activity in the way of weeding for awhile. With her paid help, this hopefully this will give UCC a chance to catch up with weeds and keep it caught up.

3) The Team had 60 bags of mulch dumped and

stacked in two locations - either side of the church in the front. As each area is weeded, mulch will be spread to help keep weeds at bay as much as possible. It's a work in progress and if we keep at it, with help from Jessa, we might get the gardens back under control.

4) Pete Winnen ordered and installed new handles for our one existing wheelbarrow and got that in tip top shape again. New tires had previously been put on thanks to Dave Zwicker. With no flat tires and no splintered wooden handles, the wheelbarrow is good to go.

Upcoming Projects:

1) Storage issues inside UCC were discussed at length. Of concern is the upcoming suitcase drive planned in the spring. Previously, suitcases were stored in the little room until the shelters picked them up; any leftovers or late-comers were moved and stacked in the attic. But this practice caused damage to a couple air handler (pricy fix) when a few would fall or be knocked over and land on part of the air handlers. They also blocked access to some equipment up there. The team is asking Missions for guidelines for this suitcase drive - maximum number of suitcases we can accept into the building, a limit to the time we'll accept donations and a firm date from the group home for pickup from the church. The air handlers in the attic have to be accessible to service at all time.

2) Discussion was held on the feasibility of selling the round tables in the Fellowship Hall and using only rectangular ones going forward. The round tables take up more floor space, are bulky and harder to put away, and use up quite a bit of space in the storage closet. Rectangular ones fold up easier, can be stacked upright against the wall and use less overall storage space.

3) Pete Winnen volunteered to trim low hanging branches in the Memorial Garden; this has been done and it looks much better.

4) Jo Poscillico and Lyn Eckhard spent a few hours trimming the shrubs along 101 that block our entrance signs from being seen from the street. The shrubs are considerably shorter - and that did the trick. It looks much better.

5) Ron Thomas has volunteered to help the team move bags of mulch to the areas where it will be dumped when that is planned.

(continued on next page)

(continued from previous page)

2023 Budget for the Admin Team

The majority of the December team meeting was spent assessing our costs for 2022 with projects, services, maintenance and revisit the 2023 budget we had created at the November meeting. Because members of this team took on several tasks (such as power washing, fixing items themselves and/or trying to fix before calling for service, taking precautionary measures like routine vinegar for the AC drain pipes, replacing batteries more often, cleaning the ice maker, and running both dishwashers to keep them in good shape), we had some funds in the 2022 budget that were not used. This allowed us to lower the numbers in the 2023 budget request. We had planned for \$20,000 for insurance - property insurance, liability and workmen's comp - as we received a letter saying it could go up as much as 25% over last year. However, the good news is, it did not go up that much and all the insurance costs is approximately \$18,000. We lowered the budget amount to reflect that savings.

Coffee hour on Sundays - Please keep enjoying and helping when you can

Thank you to all who continue to enjoy coffee/treats after Sunday service as well as several who continue to donate something to share with the group - food or beverage. It is noted and appreciated. If you cannot donate, please remember throw a dollar or two in the free will offering basket. Those donations help the Admin Team keep the kitchen stocked with kitchen needs, paper goods (toilet paper, paper towels), bottled water in the fridge, coffee, cleaning supplies, and some basic food items.

Help is also always needed after coffee hour to fold up tables and stack chairs (so the Monday exercise group can use the Hall for their class).

Got Ideas?

The admin team is always willing to listen to any ideas you have for making **OUR** church look better and be more efficient. If not possible now, there is always the future. Keep ideas coming. Just know that budgets are tight for 2023 so we have to work smarter and do what we can ourselves instead of hiring it done. But if we all pitch in, share ideas and efforts, it is very doable.



Jo Posillico (left) and Lyn Echard (right) are shown doing their part to make our church grounds look lovely!



Diaconate

What goes up must come down! We will be taking the Christmas decorations down this **Thursday, January 5, 9:30am**. We especially need some tall people to help take down the tree tops and garland.



**Joanne LeFevre,
Chair**



**Jo Posillico
Coordinator**

Meditation in the Garden

Meditate with Jo (small group trial) three weeks in January 6,12,20. From 10-11am. Meet her by the memorial garden bring a folding chair. And listen to mindfulness practice.



Women's Retreat



**Barbara Teel
Event Leader**

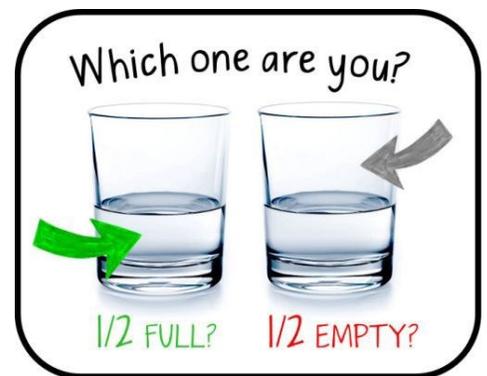
Women are invited to a retreat at the church on January 28th, 2023 9am -3pm

The winter holidays have begun, sometimes joyful and happy, sometimes sad and tiring. Come January it will be time to take a deep breath, to re-focus, to find new joy in our lives. The women's retreat titled "The Cup of Your Life" will walk you through a review of your life. Is your cup half full, half empty, or possibly overflowing? Is there clutter in our lives that we need to deal with so we can receive God's love and grace?

Look for more information and registration the beginning of January.

Wishing everyone a blessed Christmas and a Happy New Year,

Barbara Teel (BTEEL5151@VERIZON.NET)



Missions

Another year has come to an end. With each passing year, I wonder if we did enough to fight for equity, address injustices, help those brothers and sisters in need, make a difference toward changing our climate crisis, or show love and acceptance to our neighbors even in the most challenging times. Our blessing to be embraced is 2023 offers us a new opportunity to make a difference in our church, in our community, and perhaps even in our world.

The generosity of our congregation is overwhelming as seen in 2022. From the war in Ukraine, to sharing food with our neighbors, or responding to hurricane destruction, the United Church of Christ at The Villages raised and donated over \$29,000 to mission activities and collected over 3665 pounds of food this past year. You have made a difference!.....but was it enough? Your Mission Ministry Team will continue to work to educate, respond, and collaborate with others to meet the needs of our church, community, and world. It is our hope to begin the process of becoming a Creation Justice Church in 2023. But we need your help. We are looking for members to form a “Green Team” to guide the assessment and dialog of the process. If interested please contact a member of the Missions team or Billie Navojosky, Chair of Missions.

Please mark your calendars for upcoming Mission Activities:

January 14: MLK Scholarship Breakfast, Savannah Center, Tickets available, see Jean Christopher.

January 20: Documentary, “Driving While Black” 1:00 – 3:30, UCC at TV. “It is a thorough history of the effort to restrict and shame Black mobility. A Must See to understand the turmoil over slavery, racial issues and civil rights.”

February 11: Seeds of Hope Food Drive, UCC at TV, 9:00 – 1:00 Volunteers needed to collect food. See sign up sheet in Narthex.



February 24: Suitcase Drive for Women’s Shelters, The Haven and Shepard’s Lighthouse. Volunteers needed to assist sanitizing donated suitcases.

March 25: Multiple Sclerosis (MS) Walk, Polo Field, 9:00am **Billie Navojosky, Chair**

Wishing a very Happy & Healthy New Year to all,
Billie Navojosky, Chair of Missions Ministry

You are cordially invited to attend a showing of this documentary at UCC at The Villages
Friday, Jan. 20, from 1pm to 3:30pm

“It is a thorough history of the effort to restrict and shame Black mobility. A Must See to understand the turmoil over slavery, racial issues and civil rights.”

The Missions Committee of UCC at The Villages presents

DRIVING WHILE BLACK

Race, Space and Mobility in America

A FILM BY GRETCHEN SORIN AND RIC BURNS

PRODUCED BY EMILY PFEIL, EMIR LEWIS, KATHRYN CLINARD AND STEVE BENNETT
CO-PRODUCER GREG SORIN | EDITED BY EMIR LEWIS

UCC at The Villages, 12514 CR 101, Oxford FL 34484 Phone: 352-748-9199 www.VillagesUCC.org



2023 Food Drive

February 1-March 5

***Benefiting the Wildwood Soup Kitchen
and the Wildwood Food Pantry***

Four Amazing Concerts, Food Drive-Thru and Pancake Breakfast

Admission: Nonperishable food items and/or monetary donation

1. ***Southern Gospel Sing with Joshua McVey Friday, February 3, 2023 - 7pm***
Oxford Assembly of God, 12114 US N HWY 301, Oxford, FL 34484
2. ***Sean Pollock and Friends Thursday, February 9, 2023 - 7pm***
New Covenant United Methodist Church, 3470 Woodridge Drive, The Villages, FL 32162
3. ***Food Drive-Thru Saturday, February 11, 2023 9am to 1pm***
United Church of Christ at the Villages, 12514 CR 101, Oxford, FL 34484
4. ***The Villages Swing Band Sunday, February 12, 2023 - 4pm***
Lake Deaton United Methodist Church, 6500 Wesleyan Way, Wildwood, FL 32162
5. ***Pancake Breakfast \$5 donation Saturday, February 25, 2023 9am to 12noon***
Wildwood Soup Kitchen (First Presbyterian Church), 203 Barwick Street, Wildwood, FL 34785
6. ***Live Oaks Worship Band Sunday, March 5, 2023 - 6:30pm***
Live Oaks Community Church 12070 CR 103, Oxford, FL 34484]

For more information: Kathy Peters 860-919-9030

Seedsofhopr-wildwood.com

WISE REPORT - Ways to Enjoy the New Year

1. Join a Group

By joining a new group, you are simultaneously meeting new people and participating in something that you enjoy. Both of these activities are good ways to improve mental health.

2. Volunteer

Finding a cause to donate your time to can be very rewarding. Volunteering is a great way to feel good and give back at the same time.

3. Improve Sleep Habits

Getting good sleep is one of the fundamental ways to ensure we feel our best. Focusing on getting enough hours of quality sleep can help improve your mood and mental health.

4. Spend Time With Loved Ones

Spending more time with people who make us feel safe and loved can be a mood booster. Make sure to set aside some quality time with family and friends next year.

5. Clean Out

Decluttering is a great way to start the new year fresh. Gather up unused items and donate them to a local organization to help those in need and free up space in your home.

6. Get Away

A change of scenery can help improve your state of mind if you are feeling stuck or stressed out. Committing to time away for yourself, even if it is a “staycation” at home, will help you recharge and refocus.

7. Practice Mindfulness

Creating a mindfulness practice can greatly reduce stress and anxiety and also improve overall physical health.

8. Self-Care

Self-care focuses on prioritizing your mental and physical health so that burnout does not happen. Self-care is beneficial to overall wellness.

9. Regular Exercise

Regular exercise can help reduce stress, boost self-esteem, improve sleep and lessen depression and anxiety.

10. Learn To Say “No”

Saying “no” is an important skill to learn. By limiting the commitments you say “yes” to, you can better utilize your time for things you enjoy.

11. Ask for Help

Asking for help when you need it can greatly reduce the amount of stress you have when dealing with big tasks.

12. Meditate

Regular meditation can improve overall health. It has been shown to reduce symptoms of anxiety and improve blood pressure, and it can even help reduce the urge to smoke.

13. Hydrate

Dehydration can cause you to experience headaches, agitation and tiredness. To help combat dehydration, make sure to drink enough water every day to stay properly hydrated and healthy.

14. Reduce Screen Time

Too much screen time can affect mental health. Cell phones, TVs and video games can cause strain on the eyes and can lead to long-term mental health complications like depression and anxiety. Reduce screen time to help reduce these negative side effects.

15. Embrace Change

Although change can feel intimidating, it can lead to wonderful new possibilities. Learning to embrace change instead of fearing it will help transitions feel more exciting and less stressful.

16. Practice Gratitude

It can be easy to hold on to things that you feel aren’t going right in life. However, focusing on and having gratitude for the good things in your life can change your overall perspective from negative to positive.

17. Treat Yourself

Treating yourself to a special item or experience can act as a positive reinforcement for hard work and help motivate you to keep pushing toward your next goal.

WISE Mental Health Group

The WISE Spiritual Support Group invites you to join their weekly Zoom meeting each Monday at 2 p.m. For more information call Becky at 612.281.1811 or Bev at 207.807.5896 (leave a message).



UCC Golf Group



The UCC Friday Golf Group welcomes all golfers at any level. Remember, no matter who you are, or where you are on your golf journey, you are welcome with us! Please contact Denny Lawson for further information at dennylawson@hotmail.com

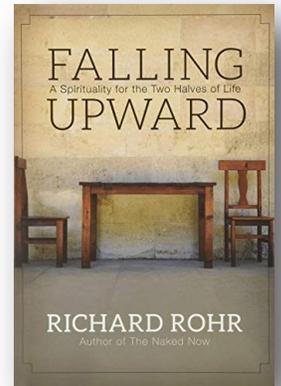
Women's Spirituality Group



Rev. Rachel Beam

In December, our group began a discussion of the book, "Falling Upward: A Spirituality for the Two Halves of Life," by Richard Rohr. We had a lively and spirited discussion, and look forward to continuing with this book in January. We will meet on Wednesday, January 4, at 2:30 PM, at the church. All women of the church are invited to attend.

If you have questions about the group or would like more information, please contact Rev. Beam at rachel.beam@att.net



Why should you follow us on Facebook? Go to our page at UCC at the Villages and you'll see inspirational postings, photos, and a live link to our worship service every Sunday. Don't forget to "like" our page so you won't miss out on a thing!

In Case You Missed It....

Many enjoyed our Potluck Sing-Along!





Member Only Website Pages

Members may access private pages on our website. Pages includes a photo membership directory, Meetings, and

the Annual Report. So, how do you access it?

YOU HAVE TO BE A CHURCH MEMBER

Only church members will have access to the Membership Page. That means you should not share your registration with anyone else. This is private information for your use only. Each registration must be approved before access is granted.

YOU MUST REGISTER ON OUR WEBSITE

- Go to our website, www.VillagesUCC.org and click on the **Registration/Log In** tab at the top of the page.
- When you click on the registration tab, a box will appear that will allow you to register. Fill in your name, email address, and a password that you can remember. Please note: we will not know your password and cannot retrieve it for you if you forget it. If that happens, you will have to retrieve the password on the site itself by re-entering information.
- Once you register, our administrator will have to give approval. This might take a couple of days, depending on when you register.

LOG IN TO SEE YOUR PRIVATE PAGES

- Once approved, you can “log in” to the site. At that time, a box will appear showing you the private pages to which you have access. Click on the page you wish to view and it will appear.
- The Membership Directory can be accessed two ways. If you want a printable non-photo directory, click on the title “Membership Directory” at the top of the page and a pdf of the directory will appear. You can print this page. If you want to view the photo directory, it is listed in an accordion-style menu on the Membership page. Just click on the letter of the last name of the person you would like to see and all last names beginning with that letter will appear in a list.

KEEP IT PRIVATE

Please remember that the information listed on these pages is for your personal use only. It is not to be used for any kind of solicitation, other than church business. Your password is yours only, so please do not share it with anyone else.

PROOF YOUR INFORMATION

Don't forget to look at your own information in the membership directory to make sure it is correct. If anything needs to be changed or you have any questions, please contact our church office at uccatvoffice@gmail.com

Where are the Sign-Up Sheets?

We often talk about signing up for an event, a luncheon, a committee, etc. If you are looking for the various sign-up sheets, they are located in the Narthex on the blue cloth-covered table. Take a few minutes on Sunday and stop by to see if there is something for which you'd like to participate!





12514 CR 101
PO Box 194
Oxford FL 34484

Phone: 352-748-9199
Email: uccatvoffice@gmail.com

We're on the Web!

VillagesUCC.org

MAILING TO UCC?

If you need to mail your contributions/pledges or anything else to us, please remember to mail it to our **PO BOX**. Our mailing address is: PO Box 194, Oxford, FL 34484. **DO NOT MAIL** us at our physical location address. We want your contributions and communications to be safe. Thank you!

2022 UCC at The Villages Officers, Assistants & Chairs

Moderator.....	Charlotte Davis
Vice Moderator.....	TBA
Secretary.....	Carol Wahlenmayer
Recorder.....	Jeff Osterman
Asst. Recorder.....	Kathy Frey
Treasurer.....	Jean Doyle
Asst. Treasurer.....	TBA
Membership Clerk.....	Kaye Phelan
Administration Chair.....	Cherie Harrold
Diaconate.....	Joanne LeFevre
Mission.....	Billie Navojosky
Finance/Stewardship.....	Jack Chandler & Donna Herbert



Prayer Requests

Prayer Requests may be submitted to our Pastor through our website www.VillagesUCC.org. Prayers are held for one month only. If you need prayers to continue, please resubmit your request each month. To ensure we're not violating confidentiality, if you're submitting a prayer request for someone other than yourself, please ensure you have their permission to do so. Prayer recipients will be announced during our Sunday worship service.

This week's Joys & Concerns:

Prayers for Doris Adams (health)

Discretionary Fund

The first Sunday of every month, we collect donations for the Discretionary Fund. This is a fund which our church uses to help local families in need who come to our church door. 100% of your donations go to aid those in need in our own community. If you are able, please consider giving to this important fund. Thank you for your continued support! ***Whether at our door or in our pews, this fund helps all those of our "beloved community!" You can make donations through our online giving on our website or mail your donations—just write "discretionary fund" on the memo line of your check. If mailing, make sure you only use our PO Box 194, Oxford FL 34484 address.***

