

THE *Pillar*
BRECKSVILLE UNITED CHURCH OF CHRIST

JANUARY 2025

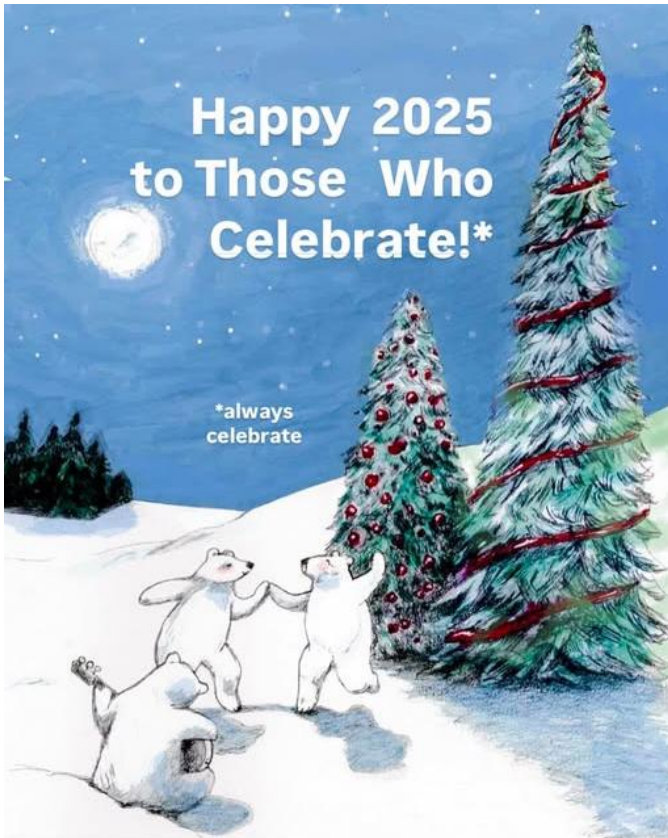


Illustration by Karen Sandstrom

LOVING, SERVING, AND ACCEPTING
OF ALL PEOPLE
WITH GOD'S LIFE-CHANGING POWER
AND GRACE

Pastor's Ponderings.....

Good news! A new study shows that those of us who drink two to three cups of coffee per day have significantly lower risk of stroke and dementia. Woohoo! Yet another reason to gather for coffee after Sunday worship.

Want more good news? A Harvard study by Tyler J. VandeWeele finds that going to church is good for your health too. "Participation in religious services is associated with numerous aspects of human flourishing, including happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, and close social relationships."

The data are striking, showing links between regular church attendance and diverse measures of well-being. The mounting evidence from decades of research suggests that going to church is indeed good for us. Here are some of those findings:

- Longitudinal studies indicate that attending weekly religious services is associated with 25% to 35% reduced mortality over 10 to 15 years
- Regular church attendance over a lifetime translates into about seven more years of life.
- It correlates with less smoking, drinking, and drug use, which benefit overall health.
- Church attendance is associated with better mental health. Regular attendance leads to 20%–30% lower rates of depression and 3- to 6-fold lower rates of suicide.
- It increases the likelihood of having more friends, stronger support groups and greater involvement in the community beyond church walls.
- Weekly church attendance also correlates to a greater sense of meaning, purpose and life satisfaction.

Pastor's Ponderings (continued)

Of course, correlation itself does not prove cause and effect. For example, there's a strong correlation between per capita cheese consumption and the number of people who died by getting tangled up in their bedsheets. And as margarine consumption rises, so too does the divorce rate in Maine.

But that doesn't mean cheese is deadly or margarine bad for your Maine partner. Correlational studies alone don't prove cause and effect.

However, VanderWeele's paper also shows that, indeed, there is a causal relationship between church attendance and numerous health benefits. Stated bluntly, going to church is good for your health. Extensive studies clearly show that the forgiveness and reconciliation taught by Jesus are scientifically proven to improve relationships and overall mental health and well-being.

Sadly, history shows that religion has also been linked to harmful effects, especially when it leads people to act with intolerance, unkindness, violence or deception. When religion leads to hate, the results are catastrophic. When gossip is unchecked, churches can become havens for bullies. Religion is not always good news.

But when religion leads to compassion and forgiveness, the healing is profound. When faith leads us to communicate with integrity, the growth is transformative. Authentic discipleship improves well-being – personally, communally and globally.

Actually doing what Jesus said leads us to take better care of one another, ourselves and our planet. When religion leads us to “love one another” the healing effects are nothing short of miraculous.

As the new year begins, let's make some healthy resolutions; yes, eat healthy, exercise and meditate. And resolve to go to church! It's good for you!



FROM THE MINISTRIES OF BUCC

MUSIC MINISTRY - Music Ministry - BUCC's adult choir will have its first rehearsal of 2025 on Thursday January 2 from 7-8:15 PM. If you enjoy singing in a group setting but have never sung in our choir, please consider checking us out. Our practices are a great opportunity for fellowship, good humor, and spiritual preparation for Sunday services through the awesome gift of music. Dave makes recordings of each vocal part every week to help with the learning process. We hope to see some new faces on Jan 2 to usher in the New Year! Contact Dave Debick with any questions or concerns.

I'd like to take this opportunity to publicly thank EVERYONE who participated in last month's Christmas cantata - regular choir members, seasonal choir singers, instrumentalists, narrators, Bryan on AV, page-turning phenom Claudia, and Miranda for a beautiful printed program insert. Our annual cantatas are an inspiring example of what's possible when folks pull together for a common goal - in this case, to celebrate the holidays and the true Reason for the Season: Jesus Christ, our Savior, Brother, and Guiding Light through life's joys and struggles. Many thanks again to all our cantata participants!

-Dave Debick

SPIRITUAL LIFE

UN-Hanging the Greens- Please lend a hand following worship on JANUARY 5 to take down and store our beautiful holiday decor. This job always goes quickly, especially with many hands. Thank you in advance!



ANNUAL CONGREGATIONAL MEETING -Congregational Meeting on January 26th: The BUCC Congregational Meeting will be on January 26, 2025 directly after our worship service. We hope that all members can attend this important meeting where we approve and vote on our Officers for the year 2025 as well as approve our Operating Budget. The slate of officers and the list of Ministry heads and members along with the Budget will be sent out via email by January 10th for your review, and there will be hard copies of these items available at that time for those who prefer paper copies for review.

**Brecksville United Church of Christ
Statement of Financial Assets Available
November 30, 2024**

	11/30/24	
Sources of Cash		
PNC Bank		5,844
US Bank		0
First Federal of Lakewood		4,404
Liquid Cash		10,248
	First Federal CD	32,588
United States Treasury Securities		133,907
Cash Balance		
176,743		
	*Spendable Endowment – 0642	84,131
	*Restricted Endowment – 0641	67,169
	*Stock Bequest – Market Value	47,914
Equity Value		199,215
Total Financial Assets		375,957
	Less:	
	Restricted Endowments	(67,169)
	Current Liabilities – Budgeted Expenses	(11,276)
		(78,446)
	Net Financial Assets Available	297,511
	Budgeted Deficit (Revised)	(44,954)
	Available Cash / Deficit (years)	6.6
Years		

Announcements:

Living Water Association – Streams of Connection

By: Evie Novak

Did you know that the United Church of Christ is divided into 36 conferences? Brecksville United Church of Christ is a member of the Heartland Conference. This conference includes churches from Northern KY, OH and WV. The Heartland Conference is comprised of four Associations, NW OH, SW OH & N KY, Central SE, and Living Water. BUCC is included in the Living Water Association.

Our Living Water Association, with the help of its member OCWM church ministries, produces a terrific weekly newsletter called Streams of Connection. It includes articles about Spire Center learning opportunities that benefit those of us involved in our church ministries, church job openings, free concerts within our association, special worship services, and invitations to special meetings on a variety of topics.

In the January 2, 2025 edition of the publication, I read about UCC's 2025 Climate Hope Campaign called "Planting Seeds of Hope". I also read about and signed up for a Caregiver Support Network offered provided through United Church Homes. I have found this publication informative and interesting.

If you are interested in receiving the newsletter, here is a link to sign up <https://livingwaterone.org/streamsofconnection/>

If you would like to read more about our association, conference or the wider UCC, here are the links for those:

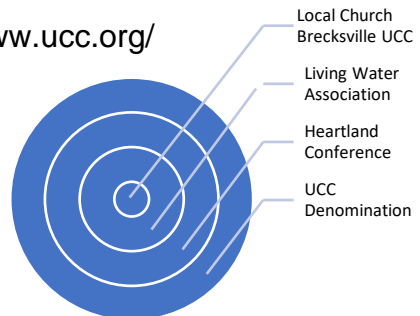
United Church of Christ: <https://www.ucc.org/>

Heartland Conference:

<https://heartlanducc.org/>

Living Water Association:

<https://www.ucc.org/>



Announcements:

On Sunday February 16, in the afternoon, we are planning a community pasta dinner here at our church. This is a new venture and more information will be forthcoming. If you do want to assist in any way (besides eating the food)... let Armand Eusanio or Diane Gressley. But please mark your calendars and plan to attend. We will be delighted for you to join us.



to Dave Debick and Mindy Harris-Wade! The hard work that they put in every year, to present the cantata and the pageant, fills our church with true Christmas Spirit!



Welcome: Welcome Tracey, Gordon and Ellie! We welcomed the Gibb family as new members. Tracey works with Centene, and Gordon works with Key Bank. Eleanor is in 4th grade at BBH. She loves all things musical theater and enjoys dance and voice. The Gibb family enjoys theater, movies, board and card games, volunteering with school activities and playing with Josie, the rescue pup. (photo attached)





JANUARY

***Happy, Happy JANUARY Birthdays* to the following
BUCC Members! Please share in their joy and wish them a
Happy Birthday!***

Cassy	Martinez	January 05
Maxwell	Hunt	January 07
Sue	Maier	January 07
John	King	January 14
Janet	Renovetz	January 18
Dorothy	Cook	January 22
Jonathan	Cook	January 30
Cliff	Cribbs	January 31

****If you have a **JANUARY** birthday and are not included above,
please contact the church office so we can add you to the
BUCC Birthday List!***



CALENDAR

JANUARY 2024

Wed., JANUARY 1
OFFICE CLOSED
11am Mindfulness & Meditation

Thu., JANUARY 2
5:30pm Youth choir
6:30pm Music committee
7pm Choir Practice

Fri., JANUARY 3

Sat., JANUARY 4

SUNDAY., JANUARY 5
10am Worship Service
12pm Membership

Mon., JANUARY 6
7pm facilities meeting

Tue, JANUARY 7
8:15am "Holy Grounds"
(Brecksville Panera)
6pm AA in Pilgrim Hall
7pm Spiritual life

Wed., JANUARY 8
11am Mindfulness & Meditation
7pm Council

Thu., JANUARY 9
5:30pm Youth choir
7pm Choir Practice

Fri., JANUARY 10

6pm Piano Recital

Sat., JANUARY 11

SUNDAY., JANUARY 12
10am Worship Service

Mon., JANUARY 13

Tue, JANUARY 14
8:15am "Holy Grounds"
(Brecksville Panera)
6pm AA in Pilgrim Hall
6:30pm Social Justice

Wed., JANUARY 15
11am Mindfulness & Meditation

Thu., JANUARY 16
5:30pm Youth choir
7pm Choir Practice

Fri., JANUARY 17

Sat., JANUARY 18
4pm St Bridget

SUNDAY., JANUARY 19
10am Worship Service

Mon., JANUARY 20

Tue., JANUARY 21
8:15am "Holy Grounds"
(Brecksville Panera)
6pm AA in Pilgrim Hall

7:30pm Communication & Outreach

Wed., JANUARY 22
11am Mindfulness & Meditation
7pm Stewardship Leadership

Thu., JANUARY 23
5:30pm Youth choir
7pm Choir Practice

Fri., JANUARY 24

Sat., JANUARY 25

SUNDAY., JANUARY 26
10am Worship Service

Mon., JANUARY 27

Tue., JANUARY 28
8:15am "Holy Grounds"
(Brecksville Panera)
6pm AA in Pilgrim Hall

Wed., JANUARY 29
11am Mindfulness & Meditation

Thu., JANUARY 30
5:30pm Youth choir
7pm Choir Practice

Fri., JANUARY 31

PARTICIPANTS IN WORSHIP

JANUARY 5, 2025

Head Usher: Evelyn Seager
Ushers: Mark Lehman
Lay Reader: TBD
Greeter: Carol Miller
Counters: Marjorie Culver
Janet Renovetz
Nursery Asst.: TBD
Acolyte: TBD
A/V: David Pastor
Flowers: TBD
Snack: TBD
Setup/Serve: Betsey Wilson
Cleanup: TBD
Snow Herder: Betsey Wilson

JANUARY 19, 2025

Head Usher: TBD
Ushers: Mark Lehman
Lay Reader: Kate Matthews
Greeter: TBD
Counters: Marjorie Culver
TBD
Nursery Asst.: TBD
Acolyte: TBD
A/V: Fred Pedersen
Flowers: TBD
Snack: TBD
Setup/Serve: TBD
Cleanup: TBD
Snow Herder: TBD

JANUARY 12, 2025

Head Usher: Jill Zedan
Ushers: TBD
Lay Reader: Robert Petrus
Greeter: TBD
Counters: Marjoire Culver
Nursery Asst.: TBD
A/V: TBD
Flowers: Katie MacKeigan King
Snack: TBD
Setup/Serve: TBD
Cleanup: TBD
Snow Herder: TBD

JANUARY 26, 2025

Head Usher: Evie Novak
Ushers: TBD
Lay Reader: Jill Zedan
Greeter: TBD
Counters: Marjorie Culver
Janet Renovetz
Nursery Asst.: TBD
A/V: TBD
Flowers: TBD
Snack: TBD
Setup/Serve: TBD
Cleanup: TBD
Snow Herder: TBD

The Pillar

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United Church of Christ

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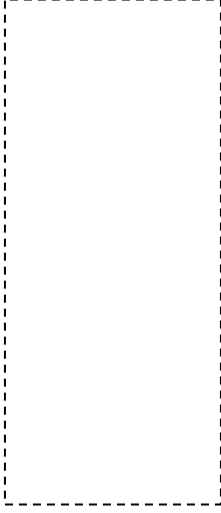
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FIRST CLASS



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Brecksville United Church of Christ