

GOOD NEWS NOTES

The United Church of Christ East Goshen
1201 North Chester Road, West Chester, PA 19380
Worship 5:30 Saturday & 10:00 am Sunday

610-692-2951
www.ucceastgoshen.org
FALL 2018

Rev. Angelee Benner-Smith, Pastor
Caroline A. Dunleavy, Director of Music Ministry
Phyllis Kinser, Administrative Assistant

From Our Pastor...

Reflection

As we gathered on Saturday August 18 in our sanctuary to view the movie, *Akeelah and the Bee*, I heard from the screen, a reading the tutor meant to inspire his student, a reading which I had known, and used in graduation notes, birthday cards and other occasions for several years now. The theme for the evening at Roots and Roofs worship, and in the movie we watched was “underestimating ourselves”. Hearing the young girl read Marianne Williamson’s “Our Deepest Fear”, I remembered how sad it is to see someone that God loves as perfect and dwell on their shortcomings. How ultimately sad is it when we look in the mirror and see only the places where we don’t measure up to some invisible, self-imposed standard. That’s not what God sees!



OUR DEEPEST FEAR

By Marianne Williamson

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond
measure.*

*It is our light, not our darkness
That most frightens us.*

*We ask ourselves,
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.*

*Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.*

*We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.*

*It's not just in some of us;
It's in everyone.*

*And as we let our own light shine,
We unconsciously give other people permission to do
the same.
As we're liberated from our own fear,
Our presence automatically liberates others.*

☆Beloved children of God, cut this out and stick it on your mirror!

In love, encouragement and faith,
Pastor Angelee

Our Volunteers for Sunday Service

Where there are open spots, members are encouraged to volunteer. Call Patty Yarnall or use www.signupgenius.com

SEPTEMBER	2 Communion	9 Family	16 Rally Day	23	30
Greeters	Charity Harter, M. Lubnow	Sue Onyx, Patty Yarnall	Char Gosselink		Michelle & Anna Lubnow
Acolyte	Eva Yost	Cole Benner-Smith	Lily Yost	Sofia Keith	Anna Lubnow
Children's Chat	n/a		Bonnie Yost	Linda Ardao	Al Benner-Smith
Scripture	Todd Speece	Patty Yarnall			Charity Harter
Hospitality	Keljikian Family	Patty Yarnall, Charity Harter	Sayler Family	Steve & Bonnie Yost	Sue Ogram, Linda Ardao
Counters	Patty Yarnall, Candice Keith	Linda Ardao, Carol Swingle	Bonnie Yost, Leslie Siebert	Bart Yost, Pam Onyx	Bath Sayler, Tina Larsen

OCTOBER	7 - World Wide Communion	14	21- Family	28
Greeters				
Acolyte				
Children's Chat	Kyle Yost	Pastor Angelee	Patty Yarnall	Al Benner-Smith
Scripture			Eva Yost	
Hospitality	Keith Family	Kathy & Bart Yost	Bailey Family	Barber Family
Counters	Linda Ardao & Candice Keith	Patty Yarnall & Al Benner-Smith	Bonnie Yost & Andrei Benner-Smith	Bart Yost & Carol Swingle

10/7 Comm. Servers: Beth Sayler, Leslie Siebert, Al Benner-Smith, Tina Larsen, Bob Pauli

"Café Script," the Pastor's discussion group meets on Tuesday mornings from 10:30 to 12:00 noon beginning. Please come out and share in this opportunity for in-depth discussion. As we share where we each are in our life, we will seek together to hear God's voice and direction on our journey. Our time will include prayer, feedback from others in the group, spiritual direction, support and listening for God's insight as we hear each other's stories.



BREAKFAST - Tuesday Sept 11



From 8:30 to 10:00 am, join others of all ages for breakfast and fellowship. We meet at the West Chester Senior Center on East Union Street to enjoy a full breakfast. Price is \$4.00 per person.

Please join others for this fun outing!

Our Saturday Worship Service

United Church of Christ East Goshen has been enjoying an additional service on Saturdays at 5:30 pm. We pray that folks seeking a Saturday evening worship experience can come to know the unconditional love of God that is presented every Sunday morning from our pulpit!



For all those looking for a new time of day to sing God's praise; a more informal setting (we gather in Fellowship Hall), a new experience of refreshing spiritual uplift, come and give our Roots & Roofs a try. You will be welcomed with a UCC East Goshen extravagant welcome!

Follow us on Facebook: Roots and Roofs

The Turquoise Table West Chester, PA

Browsing through a catalog, a book caught my eye. I read the description and knew I had to have it!

I got *The Turquoise Table, Finding Community and Connection in Your Own Front Yard* by Kristen Schell . . . and I didn't put it down until I finished it that night. I said, "I want a Turquoise Table!!" And we have it!!

Kristen's concept and now worldwide movement is "a simple way to connect your neighborhood, engage your community, and build friendships." And learn hospitality again.

We realized we really don't "know" our neighbors, their names, what they do. And we might only know the name of their pets or children. Kristen suggests taking your everyday "backyard" activities and moving them into the front yard. So, we bought and painted our table and moved it into the front yard. We sit there some evenings and sometimes during the day and wave at everyone who walks or drives by. People wave and smile.



One afternoon, Charity came home to find a cup of fresh flowers on the table with a note saying "Thanks for adding such a welcoming symbol to our neighborhood." We realized it was working in its mysterious way. Neighbors have wandered over to have conversations instead of just waving or the quick "hi." Our only regret is we don't spend enough time there!

I encourage you to pick up a copy of *The Turquoise Table* and find your way to "gather small and love

deep." And remember, "There are no strangers here; only friends you have not met yet" (William Butler Yeats). #FRONTYARDPEOPLE
www.kristinschell.com

-- Patty Yarnall and Charity Harter

AMAZON SMILE

Thank you to those who have shopped on Amazon Smile and chosen UCCEG as their charity! Please spread the word and encourage your friends and family to choose UCCEG. Every little bit helps! **Amazon's fundraising program will donate .5% of all qualified purchases directly to UCC EG.** Log on to smileamazon.com. Select United Church of Christ East Goshen (spell out full name) as your charity. You will see the same website as amazon.com. So, shop as you normally would and support UCC East Goshen while you shop at smile.amazon.com.

Greetings from Growth Committee!

As we move into one of the busiest and most exciting months for UCC East Goshen, we can perhaps more easily accept the challenges it demands by thinking about how important September is to our wonderful church. There are many opportunities to get to know each other better as we make apple butter, we prepare a basket for the silent auction, we volunteer at a festival booth, and we invite our friends to attend the Festival or buy a ticket for the golf ball drop raffle. Apple Butter Festival gives us a reason to "talk up" our church—to proudly display that we are a family and that we welcome everyone "no matter where they are on life's journey" as the UCC states.

Let's take full advantage of this opportunity. Spread the word about the Apple Butter Festival! Invite people! Ask them to bring a friend or two. This year we will have a couple of new highlights: Cathy Yost and the band she sings with, Five Yard Radius, will be providing entertainment. For the first time, we will have a Food Truck serving ice cream: Scoops 'N Smiles from Malvern. We have some really colorful flyers to advertise the festival. Please take one and post it in the break room at work. If you have businesses you frequent, share the information about the event with them.

I think it's fairly safe to say that most of us love UCC East Goshen because of its warmth, its unconditional welcome, the message it imparts, and the care it offers for all. Let's share that as widely as possible!

It's really easy! Make sure you "LIKE" our FaceBook Page. Same for Roots and Roofs. When you see new events, thoughts, or pictures, share them with your friends. It's a great way to say, "I LOVE MY CHURCH"! Attach whatever emoji or cute symbols seem appropriate. When the Weekly E-Mail hits your in-box, send it on to a friend. It's nice to get a personal note, and a personal invitation. What a wonderful way to show folks you're thinking of them.

From the perspective of Growth Committee, Apple Butter Festival offers us the chance to bring new people onto our lovely property. It allows us to show off what makes us unique and special—our unconditional love for this place and each other. If your friends do come, please show them the Sanctuary while they are here. It's a chance to demonstrate the beautiful, simple openness of the space and how comforting it is to sit in a pew, listen to an inspiring service, and look out at the nature beyond.

See you at Apple Butter Festival, my friends, and hoping to meet your friends too!

--Pam Onyx, Growth Co-Chair

AAA Goals Assessment

Pastor Benner-Smith, Linda Ardao and Patty Yarnall met to assess status of AAA ad hoc committee's ideas for enhancing the life of UCCEG. The following reflects the essence of our findings:

Rental of church space: Our rental of church space has increased over this past year. We have doubled our income from these rentals. Specifically, The Concordia Choral is practicing in our sanctuary and Making Music has increased its days of use, we have opened the sanctuary for community concert recitals and other smaller groups have used classroom space. We thank Steve Yost for taking charge of responding to those who request usage of church space.

However, **we do need someone to spearhead an effort to seek out those people and groups who could make use of our building and area.**

Roots and Roofs (second service): Our Saturday service, "Roots and Roofs" began last October, 2017 and has provided "a different way to worship"

service each Saturday this past year. The service is planned by committee and used a variety of modalities to offer a new kind of worship experience. Committee members take an active role in the services. We have a worship band which offers a variety of music options other than traditional hymns and we invite guests to offer the message in a variety of ways (i.e.: storytelling, bread-making and experiences in working for justice issues). The planning committee is considering ways to take this service into the community.

After receiving a grant from our conference R&R has purchased sound equipment, a laptop computer, a projector and hired a "worship leader", Ms. Charity Harter. **R&R is still seeking to hire an "Outreach Coordinator" to reach out to the community and invite new members in.** This service takes an offering which is given to the UCCEG general fund. As of July 31 this service has taken in \$4,216. Presently, 10-20 people attend each service. Of the UCCEG church members who attend R&R, all but 2 attend both Saturday and Sunday UCCEG services.

RECOMMENDATIONS: We recommend that we form an "Ad hoc" committee to further explore future possible uses for our building and grounds. It is important to back up ideas with data on its viability. It seems logical to have, at least one person from our building and grounds committee in this group.

CHRISTIAN EDUCATION

Rally Day - September 16

Join us for a celebration on Rally Day, September 16! The children will begin a new year of Sunday School with some special activities. Children are invited to bring their school backpacks and adults are invited to bring their "work" case for Pastor Angelee to bless. We will ask the congregation to encourage and support all the teachers who provide the lessons for the Sunday School classes. We can always use more volunteers for Christian Education so if you're interest, please see me! *Bonnie Yost*

Adult Christian Education

On October 28 and November 4 Caroline Dunleavy will be offering a class on the new denominational web site about the History and Polity of UCC following worship. Please watch the bulletin for more information.

September 16 is also

SALAD SUNDAY!

This popular event, sponsored by Congregational Life, has been scheduled to coincide with Rally Day this year. After we celebrate the beginning of the school year during the 10:00 AM service we will gather for a delicious lunch of tasty salads. Drinks will be provided but please bring a salad to share if you are able. Green salads, potato salad, bean salad, coleslaw.... these are just a few of the many options. Contributions of breads, rolls, or crackers are also welcome. Please join us for the service and the special Fellowship Hour!

Crafty Meeting

Do you like to knit or crochet? Have you tried embroidery? Would you like to learn or teach any of them? Join me on Wednesday, September 19 from 1-3 pm in Fellowship Hall. We can create for ourselves or for others. We may broaden this into crafts that we can sell at Election Day, or we may just create and socialize! Please let me know if you are interested. Do you prefer a different day/time? Saturday morning? Weekday evening? Let me know! I look forward to hearing from you. Beth Saylor - bethwsaylor@gmail.com

Missions Report

How great we together have done in support of the various missions of our church! Now we have a new one – Church World Service is in need of toothpaste. This year we have donated 28 hygiene kits and now we are asking everyone to bring extra new tubes of toothpaste to church this Sunday to add to those kits. When box is full it will be sent to New Windsor Maryland's warehouse facility, packed with other hygiene kits and sent to disaster areas of the world, including those areas being burned with forest fires and flooded with excessive rain in the United States. In addition to this, we have already covered two of our church's fixed missions, including One Great Hour of Sharing. A great deal of our own produce from the garden at the church and the work of Beth Keates have gone to help feed people within Chester County and West Chester itself.

Close to a ton of canned and packaged foods have been collected for both the Food Cupboard in West Chester and the Chester County Food Bank. In addition, a wonderful group of volunteers from our

church are preparing a large meal each month for the Salvation Army meal program! There will be two additional offerings coming up, one of them being Neighbors in Need and the other, the Christmas Fund. We on the committee thank you in advance for all of these gifts in this year of Our Lord 2018.

Bob Pauli and Jane Resides

Confirmation

for Youth Growing in Faith

This fall, all youth grades 7 and older, are invited to speak with Pastor Angelee about their faith development and growth. Confirmation class is a year experiencing personal faith growth and commitment. It culminates in the Communion worship service in the spring of 2019 (date TBA). Together we will have opportunities for book learning, discussions, personal discoveries and many hands-on experiences of faith.

Our first meeting is for Parents and youth, and will be held on Sunday October 7, at 11:30-12:30 in our choir room in the Lambert Sunday school wing.

Please consider this step in your child's faith development. Please see Pastor Angelee with questions and concerns. Looking forward to growing in faith together!!

Financial Update

*Thank
You*

Thank you for your continuous, faithful giving to UCC East Goshen.

Beth Saylor & the Financial Team

Food Donations Please remember that non-perishable food items are always being collected for the Chester County Food Bank! Take a red bag from the Narthex home with you and bring it back the next week. No need to completely fill it! Our neighbors in need will be most appreciative!



Apple Butter Festival 2018 - Saturday, Sept. 29

Mark your calendars for this year's Apple Butter Festival! On Saturday, September 29, 2018, we will gather on the lawn of the church for a church tradition that is a community favorite. We will be striving to make this year's festival the best ever — for that we will need your help. Todd Speece is the Chairman of this upcoming ABF, and he is asking that you take an active role in the planning and preparations for this wonderful event. Join in the fun! Please contact Todd or **sign up in the narthex** to help make this year's festival a memorable event.
Todd Speece - (610) 639-9268 Todd.speece6@gmail.com

Wanted

Bakers/Candy/Craft Makers:

Please sign up on the sheet in the Narthex to bring some item(s) for our bake table at the Apple Butter Festival on September 29. We need all types of baked goods/candies/crafts - in addition to regular food items, our customers look for sugar free, glucose free, nut free. Please be sure to have the item(s) covered and labeled as to what it is. Individual servings as well platefuls are needed. (Some people look for craft items to use for teacher gifts) Also, needed are people to sit at table to sell these items.

Any questions, please call me. Thank you. Avalon Wittig 610-436-8651

GOLF BALL DROP

AN APPLE BUTTER FESTIVAL FAVORITE

Indeed, 100's of golf balls will be dropped from atop East Goshen's ladder truck again this year! With balls bouncing everywhere, which three will be closest to the pin? This exciting event will take place at the end of the day while getting ready to jar the freshly made apple butter.

Numbered golf balls are being sold now and three lucky winners will receive cash prizes if their ball is one of the nearest to the pin.

Our goal is to sell 800 "chances" with as many as possible sold prior to the Festival. It is great fun to watch and an even better way to support the church.



Your council members have already accepted the challenge of selling 475 chances which is a great start. Now it is your turn to help us reach our goal. We would like members and friends of UCCEG to not only buy tickets for themselves but also sell tickets to other friends, family, and coworkers. "With a little help from our friends" (that is Beatles talk) we can easily attain this goal.

Golf Ball tickets will be available after most church services or by contacting Bill Edrington or Steve Yost. So how about joining in on the excitement and imagining your ball closet to the pin for a tap in and the grand prize! Your support is truly appreciated!

Lunch Bunch – Fridays at 1 PM



Open to all ages, to enjoy lunch these Fridays at 1 pm!

Sept 7 Gramm's Kitchen,
557 E Gay St

CELEBRATE TOGETHER

Come celebrate 25 years of shared ministry.

Nov 11 we celebrate Pastor Benner-Smith's **25th Anniversary** with the Church! Rev. Bill Worley, our Conference Pastor, will deliver the message at our worship service. Caroline is planning special music and some surprises are in store. Please join Pastor Angelee as we celebrate these years of growth with song, word and joy for God's leading.

UCCEG Rental Space -

Spread the Word!

Our building is conveniently located and includes areas for a wide variety of groups and events. Remember, the best advertising is word of mouth! Brochures with this information are available in the Church Narthex. (*Steve Yost and Todd Speece are our church rental contact people.*)

Flowers at the front of the Sanctuary

If you are interested in sponsoring flowers in memory of a loved one or in celebration of an event, please pick a date and sign up on the sheet hanging on the bulletin board in the Narthex! The cost is \$15.00 for one vase or \$25.00 for two vases.



Choir Rehearsals

Rehearsals will resume **Wednesday September 12 at 7:00 pm**. All voices are invited to sing a joyful song to God!

Worship Service September 2

On September 2, we will share the worship tradition of one of our founding denominations. Rev. Bob Pauli will join Pastor Angelee and preach and share in a service that will include parts of the service German Reformed Congregations used to prepare for communion. Join us next week as we remember and experience our history.

At a Glance

Church Council & Committee Chairs

President –

Linda Ardao tracerman411@gmail.com

Treasurer

Beth Sayler bethwsayler@gmail.com

Secretary

Candice Keith candice.keith@villanova.edu

Asst. Treasurer

Patty Yarnall lyricsnan@gmail.com

Financial Secretary

Leslie Siebert siebertles@gmail.com

Building & Grounds

Bart Yost bcyost@verizon.net

Andrei Benner-Smith

andreibennersmith21@gmail.com

Christian Education

Bonnie Yost sbbaa@verizon.net

Church Growth –

Pam Onyx abtface@aol.com

Al Benner-Smith office@saintlukedevon.org

Congregational Life

Tina Larsen tinalarsen54@aol.com

Carol Swingle cswingle@aol.com

Mission & Outreach

Jane Resides Jane.resides@comcast.net

Bob Pauli 610-449-5468

Worship & Music

Avalon Wittig Avalon.wittig@verizon.net

SEPTEMBER CALENDAR

Sept. 1	5:30 pm	Roots & Roofs Worship
Sept. 2	10:00 am	Sunday Worship Holy Communion Shared Fellowship
	11:15 am	
	11:30 am	
Sept. 4	10:30 am	Café Script
Sept. 6	<i>by 10:30am</i>	Salvation Army Meal
Sept. 7	1:00 pm	Lunch Bunch meets at Gramm's Kitchen
Sept. 8	5:30 pm	Roots & Roofs Worship
Sept. 9	10:00 am	Sunday Worship - Fellowship
	11:15 am	
	10:30 am	Congregational Life Mtg.
Sept. 11	8:30 am	West Chester Senior Center Breakfast
	10:30 am	Café Script
Sept. 12	7:00 pm	First Choir Rehearsal
Sept. 15	5:30 pm	Roots & Roofs Worship
Sept. 16	10:00 am	Family Worship Rally Day
	11:15 am	Salad Sunday!!
Sept. 17	7:00 pm	Council Meeting
Sept. 18	10:30 am	Café Script
Sept. 19	7:00 pm	Choir Rehearsal
Sept. 22	15:30 pm	Roots & Roofs Worship
Sept. 23	10:00 am	<i>Sunday Worship</i> Fellowship
	11:15 am	
Sept. 25	10:30 am	Café Script
Sept. 26	7:00 pm	Choir Rehearsal
Sept. 29	9-3	APPLE BUTTER FESTIVAL
Sept. 30	10:00 am	Sunday Worship

OCTOBER CALENDAR

Oct. 2	10:30 am	Café Script
Oct. 4	<i>by 10:30am</i>	Salvation Army Meal
Oct. 5	1:00 pm	Lunch Bunch meets at
Oct. 6	5:30 pm	Roots & Roofs Worship
Oct. 7	10:00 am	Sunday Worship World Wide Communion Fellowship
	11:15 am	
	11:30-12:30	Confirmation Meeting
Oct. 9	8:30 am	West Chester Senior Center Breakfast
	10:30 am	Café Script
Oct. 13	5:30 pm	Roots & Roofs Worship
Oct. 14	10:00 am	Sunday Worship - Fellowship
	11:15 am	
Oct. 16	10:30 am	Café Script
Oct. 20	5:30	Roots & Roofs Worship
Oct. 21	10:00 am	Family Worship <i>Duo Festivo - Special Music</i>
Oct. 22	7:00 pm	Council Meeting
Oct. 23	10:30 am	Café Script
Oct. 27	5:30 pm	Roots & Roofs Worship
Oct. 28	10:00 am	Sunday Worship Fellowship
	11:15 am	
	11:30 am	Adult Education
Oct. 30	10:30 am	Café Script

Every Monday 7:00 pm – AA Meeting
Every Tuesday 7:30 pm – GA Meeting





why is singing good for communities?

BOOSTS IMMUNE SYSTEM

The amount of proteins in the immune system that function as antibodies significantly increase immediately after performing, more so than when passively listening to music.

CALMS HEART RATE

Studies have found that singers' heartbeats synchronize when they sing together, bringing about a calming effect that is as beneficial to our health as yoga. Singing has a dramatic effect on heart rate variability, which is linked to a reduced risk of heart disease.

LOWERS STRESS

Singing releases stored muscle tension and decreases the levels of a stress hormone, cortisol, in the blood stream.

Physical Benefits

Brain Benefits

RELEASES ENDORPHINS

Singing releases endorphins, the feel-good brain chemical that makes you feel uplifted and happy. Scientists have also identified a response to singing that creates an immediate sense of pleasure, regardless of what the singing sounds like.

IMPROVES MEMORY

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain, which improves mental alertness, concentration, and memory.

COMMUNICATION

Singing to babies helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life.

CONNECTION

Studies have found that singers' heartbeats synchronize when they sing together. Joining a choir can have a profound effect on one's ability to connect both socially and spiritually.

COMPASSION

Singing feels vulnerable, which can open individuals to deeper levels of appreciation and understanding not only toward those you are singing with, but those you are singing for.

Social Benefits

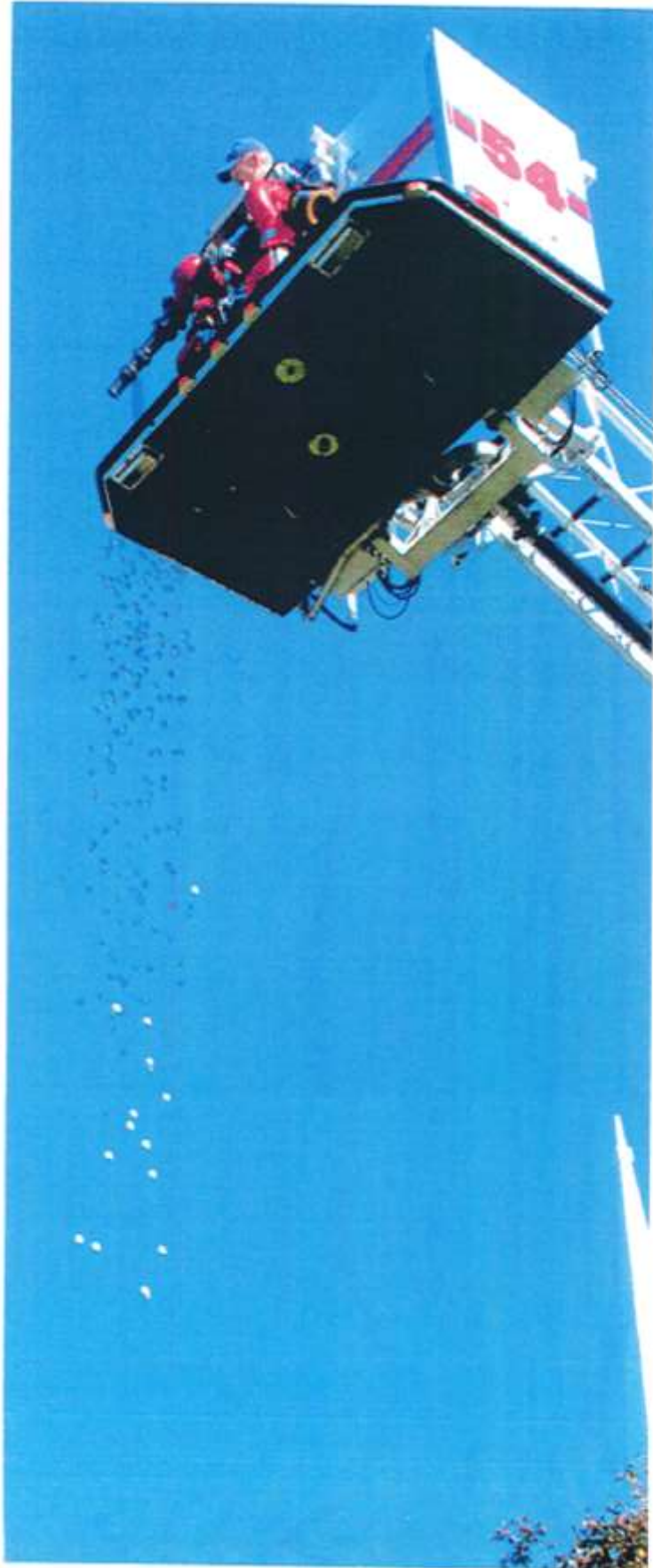
Join Concordia Choral Arts for a celebration of Peace through Music on Sunday, September 23rd, 3:00pm at First Presbyterian Church in Phoenixville!

Many voices, one heart



ConcordiaChoralArts.org

© 2018



**UCCEG 2018
APPLE BUTTER
FESTIVAL**

GOLF BALL DROP

Saturday September 29, 2018

Drop at 3:00 pm

**United Church of
Christ East Goshen**

**Rte 352 & Greenhill Road
West Chester, PA 19380
610-692-2951**

**Tickets: \$ 5.00/ea
or (5) for \$ 20.00**

3 golf balls closest to the pin win!!!

**1st Prize = \$ 400
2nd Prize = \$ 200
3rd Prize = \$ 100**

**Proceeds assist the
United Church of Christ East Goshen
with its outreach to the local
West Chester Community**