



Contact

October 2019

University Presbyterian Church Newsletter for church members and friends

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Church Staff

Patti Snyder

Pastor
psnyder@upcbr.org

Betsy Irvine

Temporary Part-time Parish Associate
birvine@ladeltacorps.org

Caralyn Durham

Office Manager
cdurham@upcbr.org

Stuart Dameron

Choir Director
stuardameron@gmail.com

Anne Maverick

Organist
amaverick50@gmail.com

Courtney Dumas

Interim Director of Children and Youth Ministry
courtneyrdumas@gmail.com

Terry G. Iyasere

Day School Director
upcdayschool@yahoo.com

Robert Gourgues

Custodian
rmgourgues@cox.net

Jeff Perry

Clerk of Session
jperry@lsu.edu



From My Window

Each day brings lots of decisions, perhaps most typically small ones, like, "What shall we have for dinner?" or, "What shall I wear?" Of course, some of these small decisions have big impact on, say, the environment or our health or our use of time. Many are simply preferences. From time to time there are, of course, big decisions to be made. Questions like, "Should I continue in this relationship?" or, "Should I go back to school?" clearly have big ramifications. Most of us have methods – often multifaceted ones – for making these types of big decisions. We make lists of pros and cons; we talk with trusted mentors or confidants; we consider our deepest desires; we pray.

Discernment is the spiritual discipline that deals with direction, with prioritizing, with leaning into what we sense God is calling us toward. It is decision making but in partnership with God and with attention paid to who God has created us to be. One practice, with both ancient and more modern variations, that can help in times of discernment is called The Examen.

The Examen was described by Ignatius of Loyola in his Spiritual Exercises. Ignatius believed that the Examen was a gift from God, and he made it one of the rules for prayer for those in the Jesuit order, requiring that those in the order engage in this form of reflective prayer twice each day. Fr. Dennis Hamm, a member of the order, describes it as "rummaging for God." He likens it to "going through a drawer full of stuff, feeling around, looking for something that you are sure must be there." Engaging in The Daily Examen involves reflection on one's day, "rummaging through it" if you will and sorting through what is there.

There are traditional questions for The Examen (easy to find on line if you wish) but lots of variations. The questions typically circle around when and where you found a sense of God's presence in the day. Questions like, "What brought out the best in me today?" or, "When did I not behave as the person I'd like to think I am?" are common in modern versions of The Examen.

Linda Douty, in her book *Rhythms of Growth* suggests the following very subtle questions for a modern Examen that I've found myself returning to again and again as I review my day or ponder God's presence or call. Often when I am attempting to discern something I'll ask myself these questions daily, recording my answers in a journal, and then looking back after a week or two to see what emerges.

Perhaps you have some choices to make, to discern, and you'll want to join me in this spiritual exercise?

Here is Douty's version of the questions:

"What moments today felt life giving?

What inspired me today?

What caused you to break into a smile today or moved you to tears?

What are you doing when you seem to lose track of time?

When do you feel like your energy is being sapped out of you?

What piques your curiosity?"

October...

- 1 8:30 a.m. Nurture Committee - Conference Room
10:00 a.m. Day Circle - Parks Wilson Room
Noon AIAnon - Library
6:00 p.m. TBR House Meeting - Fellowship Hall & Conference Room
7:00 p.m. UPC Book Group - 287 Baird Drive
7:00 p.m. Variable Topic Tuesdays Small Group - Parks Wilson Room
- 2 9:30 a.m. Day School Chapel
11:00 a.m. Chair Yoga - Parks Wilson Room
6:00 p.m. Taizé
7:00 p.m. Choir Rehearsal - Choir Room
- 3 11:30 a.m. Soul Feast Small Group - Library
7:30 p.m. New Orleans Gay Men's Chorus Rehearsal - Choir Room
- 4 10:00 a.m. Aphasia Support Group - Conference Room
- 5 TBA LSU vs. Utah State @ LSU (*PARKING*)
- 6 **27th Sunday in Ordinary Time** - *Patti Snyder preaching*
World Communion Sunday, CentsAbility Offering, Peace & Global Witness Offering
9:35 a.m. Church School
10:30 a.m. Choir Rehearsal
11:00 a.m. Worship
- 7 2:45 p.m. Staff Meeting
5:00 p.m. Worship Committee - Conference Room
- 8 Noon AIAnon - Parks Wilson Room
12:30 p.m. Day School Committee - Conference Room
6:00 p.m. Potluck & Movie "This is Home: A Refugee Story" - FS Hall
7:00 p.m. NAMI - Conference Room & Library
7:00 p.m. Variable Topic Tuesdays Small Group - Parks Wilson Room
- 9 11:00 a.m. Chair Yoga - Parks Wilson Room
12:30 p.m. Technology Committee - Library
5:00 p.m. Property Committee - Conference Room
5:30 p.m. Personnel & Administration Committee - Library
7:00 p.m. Choir Rehearsal
- 10 11:30 a.m. Soul Feast Small Group - Library
7:30 p.m. New Orleans Gay Men's Chorus Rehearsal - Choir Room
- 11 10:00 a.m. Cathy Paterson Memorial Service & Reception - Sanctuary
TBA Presbytery Meeting - Broadmoor Presbyterian Church
- 12 TBA Presbytery Meeting - Broadmoor Presbyterian Church
6:30 p.m. LSU vs. Florida @ LSU (*PARKING*)
- 13 **28th Sunday in Ordinary Time** - *Patrice Butler preaching*
9:35 a.m. Church School
10:30 a.m. Choir Rehearsal
11:00 a.m. Worship
3:00 p.m. Church Potluck Picnic - Jefferson Terrace Park
- 14 2:45 p.m. Staff Meeting
7:00 p.m. Huntington's Disease Support Group - Conference Room
- 15 9:30 a.m. Helping Hands - Conference Room
Noon AI-Anon - Parks Wilson Room
6:30 p.m. Fellowship Committee - Conference Room
7:00 p.m. Variable Topic Tuesdays Small Group - Parks Wilson Room
- 16 9:30 a.m. Day School Chapel
11:00 a.m. Chair Yoga - Parks Wilson Room
3:30 p.m. Stewardship & Finance Committee - Conference Room
7:00 p.m. Choir Rehearsal - Choir Room

Office Notes

•Sunday Flower Donations

Spots for Memorial Flower Donations for 2019 are all reserved. Dates for available Sundays in 2020 will be published starting in December. Thank you for making Sunday services so beautiful.



The **UPC Book Club** meets the first Tuesday of every month at 7:00 p.m.
287 Baird Drive

Oct. 1 The Paris Architect by Charles Belfoure

Nov 5 The Unlikely Pilgrimage of Harold Fry by Rachel Fry

Caregivers Support Group

The Caregivers Support Group at UPC meets on the last Sunday of the month right after the 11:00 a.m. service. It is available for church members who are caregivers to elderly parents, friends, or adult children. Caregivers will meet again on October 27. If you have any questions or would like to have a particular topic of interest scheduled for a meeting, call Jane Smith at 225-315-4946.

The University Presbyterian Church CONTACT is printed monthly. Articles may be submitted via email to cdurham@upcbr.org or turned in to the church office no later than the 20th of each month. To be removed from the mailing list, please contact the church office.

UNIVERSITY PRESBYTERIAN CHURCH

3240 Dalrymple Drive
Baton Rouge, LA 70802
(225)383-0345
(225)383-3495 Fax
www.upcbr.org

COME TO OUR
BOOK FAIR!
 Your Ticket to Read!

Day School Annual Book Fair

The Scholastic Book Fair is heading our way! This year's Book Fair will open for day school families on Monday, October 21-27, and will be open Sunday, October 27, for our church families. The fair will be set up in Fellowship Hall. Our goal this year is \$3000 in sales. Several activities for our families are planned throughout the week to reinforce and demonstrate the importance of reading and books.

New Young Adult Group

Calling all interested young graduates, professionals, and friends! We're looking to start a fellowship group for our young adults of UPC to connect in and outside of worship. Let's start by meeting at the church picnic on October 13th to put names to faces and get to know one another. If you are interested, please reach out to Frances Sullivan-González at (662)-832-3103 or dfsfg1991@gmail.com.

Helping Hands

Helping Hands will meet again on Tuesday, October 15. Sewing skills are not essential. We have many projects that don't involve sewing. Bring a brown bag lunch and join us at 9:30 a.m. in the Conference Room.

October...

- 17 11:30 a.m. Soul Feast Small Group - Library
- 7:30 p.m. New Orleans Gay Men's Chorus Rehearsal - Choir Room
- 19 9:30 a.m. New Orleans Gay Men's Chorus Retreat - Choir Room
- 20 29th Sunday in Ordinary Time** - *Patti Snyder preaching*
- 9:35 a.m. Church School
- 10:30 a.m. Choir Rehearsal
- 11:00 a.m. Worship
- 12:30 p.m. Stated Session Meeting - Conference Room
- 21 2:45 p.m. Staff Meeting
- 22 Noon AIAnon - Parks Wilson Room
- 7:00 p.m. NAMI - Conference Room & Library
- 7:00 p.m. Variable Topic Tuesdays Small Group - Parks Wilson Room
- 23 11:00 a.m. Chair Yoga - Parks Wilson Room
- 7:00 p.m. Choir Rehearsal - Choir Room
- 24 11:30 a.m. Soul Feast Small Group - Library
- 7:30 p.m. New Orleans Gay Men's Chorus Rehearsal - Choir Room
- 26 TBA LSU vs. Auburn @ LSU (*PARKING*)
- 27 Reformation Sunday** - *Patti Snyder preaching*
- 9:35 a.m. Church School
- 10:30 a.m. Choir Rehearsal
- 11:00 a.m. Worship
- 12:15 p.m. Caregivers Support Group - Parks Wilson Room
- 28 2:45 p.m. Staff Meeting
- 29 Noon AIAnon - Parks Wilson Room
- 30 11:00 a.m. Chair Yoga - Parks Wilson Room
- 7:00 p.m. Choir Rehearsal - Choir Room
- 31 11:30 a.m. Soul Feast Small Group - Library
- 7:30 p.m. New Orleans Gay Men's Chorus Rehearsal - Choir Room

**UPC FALL POTLUCK PICNIC
 AND
 FIRST ANNUAL KICKBALL GRUDGE MATCH
 SUNDAY, OCTOBER 13 - 3:00 P.M.**

The UPC Fall No-Holds-Barred Kickball League (FNHBKL, AKA the Fellowship Committee) is happy to announce the **Fall Picnic at BREC's Jefferson Terrace Park (10202 Cal Rd, BR, LA 70809) on Sunday, October 13, at 3 p.m.** This will be a potluck picnic; FNHBKL will provide drinks, cups, plates, plastic-ware and similar items.

FNHBKL also will provide the recreation and entertainment, namely the UPC First Annual Kickball Grudge Match between Team Bizza and Team Hub. Draft picks will be held; participants will sign medical waivers and the action will begin.

Mission & Peacemaking

You are invited to Dinner and a Movie

The Mission and Peacemaking Committee will present a screening of the film "This is Home: A Refugee Story" at 6:00 pm on October 8, in collaboration with the the Louisiana Organization for Refugees and Immigrants (LORI). This documentary is the story of four Syrian families who arrive in Baltimore, Maryland from their war-torn country and with the help of the International Rescue Committee (IRC) start their lives in the US. The film educates us about the process and the policies governing resettlement and the resulting social and emotional effects.

According to the Office of Public Witness of the PCUSA, more than 65 million people have been persecuted and forced from their homes and are seeking safety. And while the refugee admission goal for the past year is unfortunately the lowest in U.S. history, we are still on track to resettle around 20,000 refugees this year. This film educates us about what happens to four families among the thousands who arrive in the US each year. Following the film, we hope to discuss the resettlement process in Baton Rouge and to learn more about refugees and asylum seekers who are now our neighbors.

Red beans and rice, with a vegetarian option, and drinks will be served. You may bring a salad or dessert if you like. Dinner will be served at 6:00 p.m. and the 90-minute film will start promptly at 6:30 to be followed by 30 minutes of discussion.

UPC WELCOMES A NEW SHORT TERM INTERN!

For six weeks this fall (October 1 through November 15), UPC will be host to an intern, Patrice Butler. Patrice is an elder at Scotlandville Presbyterian in the process of becoming a Commissioned Lay Pastor in the PC(USA). Commissioned Lay Pastors are, as the name suggests, commissioned for service in a particular congregation and not part of the regular call process for Ministers in our denomination. They typically serve congregations for whom the calling of a full time pastor is not possible and provide vital leadership in those small congregations. Patrice will be working with both Betsy and Patti, attending session meetings, helping to lead in worship, and participating as time allows in a variety of parts of the life of the congregation.

Patrice is a native of Baton Rouge and was raised in the Scotlandville area. She has sons Darnell, Joseph, and Kenneth Butler. She attends First Presbyterian Church of Scotlandville. Patrice earned a Bachelor's in General Studies at New Baptist Theological in 2005 and an Master's in Social and Community Services at Capella University in 2015. She has also completed Clinical Pastoral Care Education at McFarland's in New Orleans, LA. Her clinical pastoral training was at Ochsner Medical Center New Orleans Transplant and Critical Care units. She worked at Our Lady of the Lake Regional Medical Center as a Chaplain in Critical Care, Oncology and Mental Health units. Patrice served as the pastor of Bethlehem Baptist Church for 15 years and develop an Intensive Outpatient Drug Treatment Program for reentry offenders. She is a certified Addiction Counselor and is also certified in Clinical Supervision.

Once Patrice completes her internship she will be responding to the call to become Scotlandville's Commissioned Pastor. We are excited about her presence with us and are sure we will learn from her as much as she learns from us. Please join in welcoming her with open arms!



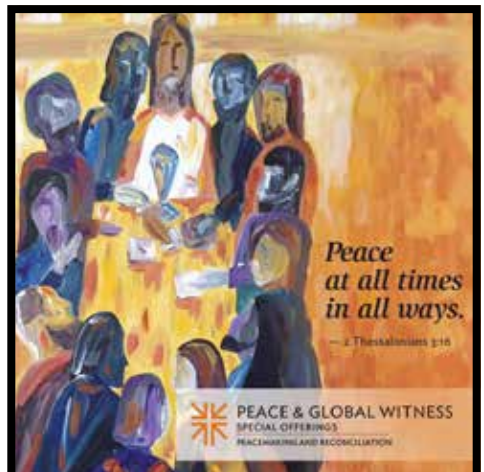
Taizé Sung Prayers

in the form of the ecumenical prayer
community in Taizé, France

**Wednesday, October 2,
at 6:00 p.m.
in the Sanctuary**



**Are you collecting change at home?
UPC will be collecting coins to
support the Presbyterian Hunger
Program, Cents-ability, on the first
Sunday of every month.**



**SPECIAL OFFERING
Sunday, October 6**

Christian Education Fall 2019

Please join us for Church School every Sunday morning at 9:45 a.m.

Pre-K and Kindergarten

Godly Play helps our children explore their faith through story, gain religious language, and enhance their spiritual experience through wonder and play.

**To receive text updates on this class, text @upck to the number 81010*

Early Elementary (1st-3rd Grade)

Whirl Curriculum: Each week, kids watch an animated Bible story video, talk about the story, complete a creative leaflet activity, and work on a craft relative to the story.

**To receive text updates on this class, text @upcel to the number 81010*

Upper Elementary (4th-5th Grade)

Whirl Curriculum: Each week, kids watch an animated Bible story video, talk about the story, complete a creative leaflet activity, and work on a craft relative to the story.

**To receive text updates on this class, text @upcel to the number 81010*

Junior High

Making Sacred Art Curriculum: Students will create various forms of art (poems, murals, music, videos, etc.) as they learn important life lessons through the stories of the Bible.

**To receive text updates on this class, text @upcmid to the number 81010*

Senior High

Students will enjoy walks to our caffeinated holy place (Highland Coffees) and take a closer look at what the Bible says on a variety of life relevant issues that they face on a daily basis at school.

**To receive text updates on this class, text @upchig to the number 81010*

Adult Bible Study

The Conference Room class will explore a variety of biblical texts through the Feasting on the Word curriculum.

Adult Parks Wilson Room (TEMPORARILY MEETING IN THE FELLOWSHIP HALL)

We will explore a variety of topics throughout the year beginning with "Your Faith and the Environment."

October 6 Craig Colten (LSU geographer)

Craig a historical geographer working on the long-term aspects of human adaptation to hazards such as flooding. His presentation will examine the role of social memory in creating public policy to reduce flood risk since the tragic 1983 Amite River flood.

October 13 Gene Turner (LSU)

Eugene Turner, LSU Boyd Professor in the Department of Oceanography and Coastal Science, is an expert on coastal wetland conservation and habitat restoration. He will explain "How We Lost the Coast: Past, Present and Future."

October 20 John Day (Coastal Studies)

The topic : Global Change in the 21st Century with Emphasis on Climate Change and the Mississippi Delta.

October 27 Melissa Baustien, MS, PhD (LSU -The Water Institute)

Climate Change and the Environment



Volunteer Opportunities

Opportunities at Park Elementary

UPC Public School Partner

•Become a UPC Reading Friend at Park Elementary We Need YOU!

Are you looking for fulfilling ways to connect to your Baton Rouge community? Please join UPC members who are each reading a few hours a month with an eager young student at our partner school, Park Elementary, through the Everybody Reads program of Volunteers in Public Schools. Training sessions have already started for this fall (<http://vipsbr.org/everybody-reads-training-registration/>). Please call Karen Foote, 387-2594, for help signing up and more info on the UPC Reading Friends.



UPC Food Ministry

Many UPC folks have volunteered to provide meals to folks who may be recovering from surgery or illness or welcoming a new baby into their home. If you know of someone who has a need, please contact Rev. Patti Snyder or Pat Ho. If you wish to volunteer for the food ministry, please contact Pat Ho.



GAME DAY PARKING VOLUNTEERS NEEDED

Once again UPC will open its parking lot for LSU Football Game parking. For several years we have provided this service which doubles as a fund raising event with proceeds going to support youth, education, and mission projects. The home game schedule is:

| | | |
|----------|----|------------|
| October | 5 | Utah State |
| | 12 | Florida |
| | 26 | Auburn |
| November | 23 | Arkansas |
| | 30 | Texas A&M |

Game times are subject to change due to television. Typically volunteers arrive four or five hours before game time, and are done an hour before kickoff. To volunteer, contact Randy Nichols at rknichols@homelessinbr.org or 225-241-6374.

Looking Ahead...



PANCAKE BREAKFAST

Sunday, November 3
9:30 a.m.
Fellowship Hall

FOOD - FUN FELLOWSHIP!
INFO ON UPC'S ANNUAL CAMPAIGN

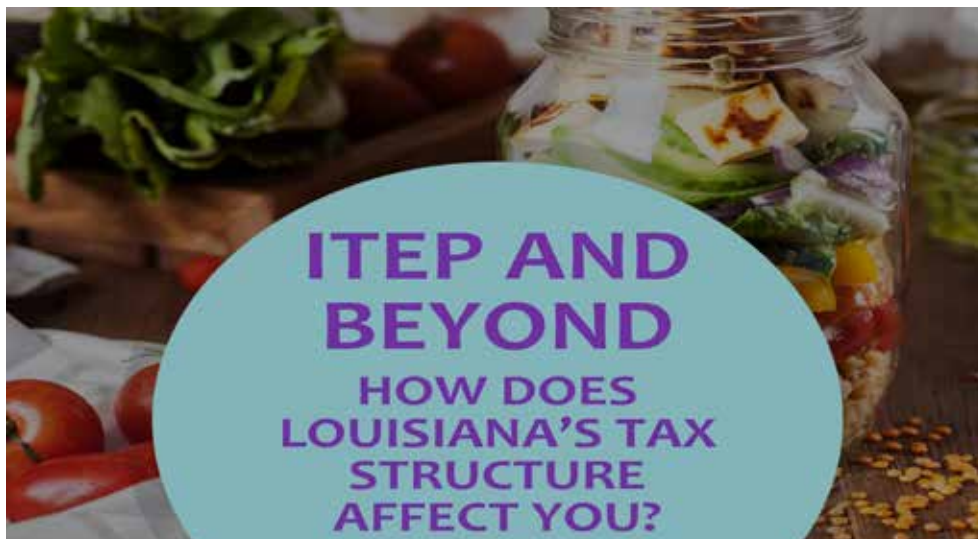
A stack of pancakes with syrup and a pat of butter is shown on the left side of the banner.



DAYLIGHT SAVING TIME ENDS
SUNDAY NOVEMBER 3rd : FALL BACK 1 HOUR

The background features a clock tower and trees under a sunset sky.

NOVEMBER CONTACT DEADLINE OCTOBER 21



ITEP AND BEYOND
HOW DOES LOUISIANA'S TAX STRUCTURE AFFECT YOU?

A jar of salad and fresh vegetables are in the background.

Help us develop a new Civic Academy by bringing your stories, concerns, and ideas to a preliminary house meeting

University Presbyterian Church
3240 Dalrymple Dr. .
Tues. Oct. 1, 6-8 PM
TOGETHER BATON ROUGE

Fall Blood Drive

The Fall Blood Drive at UPC will be on Sunday, November 3, from 8:30 to noon. Each donation can help up to three recipients. If you can donate that day, please email Beth Paskoff at bpaskoff@lsu.edu. Include your preferred time to donate so she can add you to the schedule.

If you cannot give on November 3, you can also donate at United Blood Service, 1 Calais, Baton Rouge. Call them at 225-769-7233 to schedule an appointment. Please be sure to tell them that you want your blood dona-

Prayer Requests

To add a name, remove a name, or update information on our prayer list, please contact the church office by noon on Thursday at cdurham@upcbr.org.

**Pat Kennedy • Lois Liggett • Mary Timmons • Gary Meise
Ruth Bivins • Dean Kerr • Tabitha Lewis • Don Snyder • Gerri Ward
Gerard Klein • Jonathan Lewis • Talia Daigre • Bettye Burford**

- **Karen Paterson**, upon the death of her daughter, Cathy.
- **Mike and Chip**, friends of Robbie Phillabaum, facing difficult cancer treatments in the coming months
- **Jim Hanifen's mother**, recovering from a broken leg
- **Phil Quatararo**, in rehab at Landmark South Nursing and Rehabilitation Center
- **Patti Snyder**, continuing with the side effects of a concussion
- **Jerry Fabre**, friend of Susan Seifert, living with ALS
- **Susan Cottrell**, friend of Darla O'Connor, diagnosed with breast cancer
- **Becca Bartlet**, recovering from surgery
- **Shelby Lewis**, recovering from surgery
- **Alicia Lewis**, recovering from foot surgery
- **Courtney Dumas**, recovering from surgery
- **Mariano Hinojosa**, recovering from a stroke.
- **Barbara Behrmann**, in hospice care in North Carolina
- **Charley Fisher**, having severe back pain
- **Art**, Cynthia Peterson's brother, diagnosed with cancer
- **Betty Crawford**, friend of Robbie Phillabaum, recovering from a stroke
- **Melanie Driscoll**, with chronic Lyme Disease
- **Ralph Simone**, friend of Darla O'Connor, diagnosed with bladder cancer
- **Kelli Carruth Miller**, friend of Kathy Rossman, undergoing immunotherapy
- **Joyce Dotson**, friend of Kenton Cooper, undergoing chemotherapy
- **Joellen Hawkins**, Aunt of Emily Cogburn, with Alzheimer's
- **Alan Williams**, brother of Virginia Davis, with Parkinson's
- **Marla Kerr-Lawson**, Kelly Kerr's sister
- **Edna Faust and her son Gregory**, friends of Kay Lindsey
- **Janice Frugé**, friend of Tavia Crumpler and Darla O'Conner, with Stage 4 metastatic lung cancer
- **Frances Sullivan-González's mother's family** in Masaya, Nicaragua, and the rest of the country in this time of civil unrest and political turmoil
- **Norma Fernández and her husband Panchito** from San José de los Ramos.
- **All families affected by Huntington's Disease**
- **All hospice patients and their families**
- **All those who suffer with mental illness and emotional disorders**
- **Men and women serving in the armed forces**
- **Those who are going through separation or divorce**
- **Those who are affected by domestic violence**
- **Those who are affected by alcoholism and addiction**
- **Our partner church, La Iglesia Presbiteriana, in San José de los Ramos, Cuba, and La Pastora, Zorky Crespo Orozco**



HOSPITAL VISITS BY UPC OFFICERS

- 1 Lois Kuyper-Rushing
- 2 Peggy Carroll
- 3 Doug Walker
- 4 Thomas Shelton
- 5 Betty Armstrong
- 6 Lorinda Sealey
- 7 Steven Hartmann
- 8 Darla O'Connor
- 9 OPEN
- 10 OPEN
- 11 OPEN
- 12 Carl Motsenbocker
- 13 Mary Mikell
- 14 OPEN
- 15 Nan Patt
- 16 Beth Paskoff
- 17 OPEN
- 18 Cordell Haymon
- 19 Kristin Savicki
- 20 Jennifer Bravinder
- 21 Linda Benedict
- 22 Lee Jenkins
- 23 Pat Wright
- 24 Betsy Wilks
- 25 OPEN
- 26 Barbara Gray
- 27 Edward Peterson
- 28 OPEN
- 29 OPEN
- 30 Junita Meier
- 31 Andy Maverick

On your chosen date, please remember to contact the church office to check for people to visit!

The Greater Baton Rouge Food Bank needs your help!

Please place your contribution in any of the large marked FOOD BANK boxes located around UPC or bring it to the front of the sanctuary during the service.

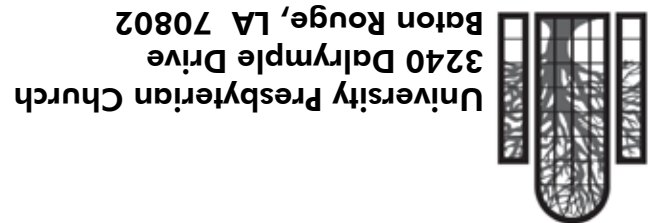


Check out UPC on Facebook!
www.facebook.com/universitypresbyterian

October Birthdays

| | | | | | | | |
|---|--|----|---|----|---|----|--|
| 1 | Talia Daigre | 9 | Linda Green | 19 | Sadie Knapp | 27 | Hannah Armstrong Becca Bartlett Vinny Talley |
| 3 | Pamela Bistany Miranda Church Jon Cogburn Amybeth Mainord | 12 | Linda Walker | 20 | Rick Bowles Lori Tucker Doug Walker | 31 | Cecil Eubanks Viki Guillot Claire Shihadeh |
| 4 | Cullen Phillips | 15 | Barbara Behrmann Keith Carruth | 21 | Jane Wallace | | |
| 5 | Peggy Carroll Thomas Cogburn Hailey Paubel | 16 | Judith Schiebout | 22 | John Miller Joseph Tyler | | |
| 6 | Drew Patty Scott Phillabaum | 17 | Laurie Gaona Ann Miller | 23 | Pat Wright | | |
| 7 | Betty Armstrong | 18 | Katherine Carroll Tessa Dietz Jill Scherrer | 25 | Ed Britton Larry Reynolds | | |

Mission Statement
 In response to God's grace, University Presbyterian Church of Baton Rouge seeks creatively – through nurture, education, worship and community outreach – to sustain an inclusive, compassionate family of faith; it seeks to promote spiritual growth by awakening souls to God's infinite mercy embodied in the reconciling love of Christ.
 --Adopted by the Session
 December 1995



Change Service Requested