

# Contact

October 2021

University Presbyterian Church Newsletter for church members and friends

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## From My Window

*This month we lend this space to our Stewardship team.  
You'll be hearing from us on the theme on Sunday mornings!*

## GOING ALL IN

### INTRODUCING OUR ANNUAL STEWARDSHIP CAMPAIGN

When you saw this 2022 annual campaign theme, were you curious to discover what "Going All In" means and how it relates to the campaign? What did you think of when you heard those words? Did you think of "Jeopardy James" Holzhauer using those words as he gestured pushing all his money forward? Or perhaps Christian composer Matthew West's song "All In" came to mind.

A simple definition of going all in is "not holding back." Other frequently mentioned synonyms include involved, inclusive, and in depth. Since going all in implies full participation, we invite you to share your "in" word and/or definition with us.\* We hope to use some of these other words during our campaign.

At this writing time, plans for building usage are uncertain, and our traditional Pancake Breakfast will most probably be virtual. We'll keep you informed of plans as they develop. We'll also inform you of reasons and ways to support UPC's operations and missions. Your time, treasure, and talent are all vital to the continued success of these programs.

Take time to think about what your support can do to further God's work here, in our community, and in the world. Please don't sit back: Go all in!

"Above all, maintain constant love for one another, for love covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received."  
1 Peter 4:8-10

\*Please send "in" words and definitions to [cdurham@upcbr.org](mailto:cdurham@upcbr.org).

# October...

*Meetings times/locations are subject to change.  
Please check with your group leader for confirmation and  
information on how to log into Zoom meetings.*

2 8:00 p.m. LSU vs. Auburn @ LSU (*PARKING starting at 1:00 p.m.*)

## 3 19th Sunday after Pentecost

*World Communion Sunday, Peace and Global Witness Special Offering*

9:45 a.m. "Feasting on the Word" Bible Study - Zoom

9:45 a.m. "Coping with Covid" Parks Wilson Class - Zoom

11:00 a.m. Worship - Facebook (*Live*)

11:45 a.m. Post Service Fellowship - Zoom

4:30 p.m. High School Youth Group - UPC Courtyard

5 8:30 a.m. Nurture Committee - Zoom

9:30 a.m. Staff Meeting - Zoom

10:00 a.m. Day Circle - Zoom

5:00 p.m. Worship Committee - Zoom

7:00 p.m. UPC Book Group - Zoom

6 10:00 a.m. Day Circle II - 1545 Patrick Drive

7 11:00 a.m. "Soul Feast" Small Group - Zoom

1:30 p.m. "Visio Divina" Small Group - Zoom

## 10 20th Sunday after Pentecost

9:45 a.m. "Feasting on the Word" Bible Study - Zoom

9:45 a.m. "Life Stories" Parks Wilson Class - Zoom

11:00 a.m. Worship - Facebook (*Live*)

11:45 a.m. Post Service Fellowship - Zoom

12 9:30 a.m. Staff Meeting - Zoom

7:00 p.m. Mission & Peacemaking Committee - Zoom

13 12:30 p.m. Technology Committee - TBA

5:00 p.m. Property Committee - Zoom

14 11:00 a.m. "Soul Feast" Small Group - Zoom

1:30 p.m. "Visio Divina" Small Group - Zoom

16 TBD LSU vs. Florida @ LSU (*PARKING*)

## 17 21st Sunday after Pentecost

9:45 a.m. "Feasting on the Word" Bible Study - Zoom

9:45 a.m. "Life Stories" Parks Wilson Class - Zoom

11:00 a.m. Worship - Facebook (*Live*)

11:45 a.m. Post Service Fellowship - Zoom

12:30 p.m. Stewardship & Finance Committee - Zoom

2:00 p.m. Children's Faith Formation Adventure - UPC Courtyard

4:30 p.m. Middle School Youth Group - UPC Courtyard

19 9:30 a.m. Staff Meeting - Zoom

6:30 p.m. Fellowship Committee - Zoom

20 5:00 p.m. Personnel & Administration Committee - Zoom

6:30 p.m. Day School Committee - Zoom

21 11:00 a.m. "Soul Feast" Small Group - Zoom

1:30 p.m. "Visio Divina" Small Group - Zoom

## 24 18th Sunday after Pentecost

9:45 a.m. "Feasting on the Word" Bible Study - Zoom

9:45 a.m. "Life Stories" Parks Wilson Class - Zoom

11:00 a.m. Worship - Facebook (*Live*)

11:45 a.m. Post Service Fellowship - Zoom

1:00 p.m. Session Meeting - Zoom

4:30 p.m. Middle & High School Youth Group - UPC Courtyard

5:00 p.m. UPC Trick or Treat Event - UPC Parking Lot

25 Day School Scholastic Book Fair (*through 10/31 see announcement p. 3 for times*)

## Office Notes

### •Church Calendar

In order to prevent conflicts, please check with the church office for availability before scheduling an event.

### •Office Hours

The church office is open 8:30 - 3:30 Monday - Thursday. On Fridays from 8:30 - 2:30 Caralyn will be working remotely. If you need to reach the office, phones are forwarded to Caralyn's cell phone, however, the connection isn't always great; the fastest and easiest way is to contact her at [cdurham@upcbr.org](mailto:cdurham@upcbr.org)

### **IDENTIFIED GIVING STATUS 2021**

*(as of 9/28/21)*

**Received Pledged giving:**

**\$375,227**

**Received Unpledged giving**

**\$28,496**

**TOTAL GIVING RECEIVED:**

**\$403,726**

*It's never too late to make a  
pledge to UPC!*

*You can pledge online through your Realm  
account under GIVING or by contacting  
the church office ([cdurham@upcbr.org](mailto:cdurham@upcbr.org))*

*for a pledge card.*

*Thank you for your prayerful  
consideration and donation.*

**The University Presbyterian  
Church CONTACT is produced  
monthly. Articles may be sub-  
mitted via email to [cdurham@upcbr.org](mailto:cdurham@upcbr.org)  
or turned in to the church office no later than the  
20th of each month. To be added  
to or removed from the mailing  
or email list, please contact the  
church office.**

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CHURCH**

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**[www.upcbr.org](http://www.upcbr.org)**



The **UPC Book Club** meets the first Tuesday of every month at 6:30 p.m. For meeting location or link contact Susan Ourso at [emmorgan@cox.net](mailto:emmorgan@cox.net)

- Oct 5 The Lathe of Heaven  
by Ursula LeGuin
- Nov 2 The Book of Joy  
by Desmond Tutu and Dalai Lama
- Dec 7 The Thursday Murder Club  
by Richard Osman



### 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 25-29 (8-11 AM and 3-5 PM), and will be open Sunday, October 31, for our church families (time TBD). The fair will be set up outside on the sidewalk near the parking lot. If you can't make it in person, you are invited to go to [www.scholastic.com/fair](http://www.scholastic.com/fair) and search for University Presbyterian Church Day School to browse through over 6,000 products including Book Fair exclusives, new releases, value packs, and more! 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. Your support of the Day School means a lot and we thank you!

**NOVEMBER  
CONTACT  
DEADLINE  
OCTOBER 20**

## October...

- 26 9:30 a.m. Staff Meeting - Zoom  
28 11:00 a.m. "Soul Feast" Small Group - Zoom  
1:30 p.m. "Visio Divina" Small Group - Zoom  
31 **23rd Sunday after Pentecost**  
9:45 a.m. "Feasting on the Word" Bible Study - Zoom  
9:45 a.m. "Life Stories" Parks Wilson Class - Zoom  
11:00 a.m. Worship - Facebook (*Live*)  
11:45 a.m. Post Service Fellowship - Zoom



### GAME DAY PARKING VOLUNTEERS NEEDED

Game day parking is in full swing and we need your help! UPC will continue to offer parking as long as we can secure enough volunteers. If there are not enough volunteers on any given week, we will block the parking lot and put up "NO PARKING" signs. 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	2	Auburn	November	13	Arkansas
	16	Florida		20	ULM
				28	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 225-241-6374 or [rknichols@homelessinbr.org](mailto:rknichols@homelessinbr.org).

## Session Notes

At the September stated meeting the ruling elders took up the question of when we will worship and meet in person again. Following the recommendation of the COVID Safety Task Force, they voted as follows:

*We will consider that in-person indoor worship and indoor gatherings are "safe enough" when:*

- LDH Region 2 test positivity rate (average over 14 days) reaches 7% or less,

*AND*

- LDH Region 2 number of new cases (average over 14 days) is 115 or less.

*Upon reaching these metrics, as reported on the official state website, session approves the building opening. Co-pastors with input from other staff are empowered to determine the precise date of return to in-person indoor worship/gatherings as soon thereafter as they determine it feasible.*

In other news the following church officers are rotating off: Drew Patty, who has been serving as both church treasurer and chair of the Stewardship and Finance Committee, will be replaced by Cordell Haymon (Chair of S & F) and Edward Peterson (Treasurer). Jerry Trahan has agreed to serve as Clerk of Session, replacing Jeff Perry. Since the church treasurer and clerk are both trustees of the church, these positions will rotate as well.

It has been an honor to serve as your clerk!

Respectfully submitted,  
Jeff Perry.

## Nurture

### PARENT GROUP AT UPC

There has been a request for UPC to begin a Parents Group. Virginia Davis and Jane Smith have agreed to help get it started. Anyone interested in possibly joining the group, please contact either Jane at (225)315-4946 or by email: [jmvsmith51@gmail.com](mailto:jmvsmith51@gmail.com), or Virginia at (225)938-3665 or by email: [vwdlcs@gmail.com](mailto:vwdlcs@gmail.com). The first gathering will be at a time suitable for the most parents, and at an outside location where people are able to be spaced apart from each other. At that meeting the assembled group will decide what the focus of the gatherings will be, and the time and place for the gatherings. The gatherings will be held once a month.

## Mission & Peacemaking

### Cuba and Syringes

Although Cuba was relatively unaffected by COVID-19 early in the pandemic, the island nation has been rocked in the last six months by great numbers of infections and deaths. Over 70 people die daily, with 7,000 to 9,000 new cases each day, including 1,500 - 2,000 children. However, Cuba's biomedical capacity is impressive, despite the enormous constraints of the US embargo of the past 59 years. Cuba has actually developed three COVID vaccines: Abdala, Soberana 1, and Soberana 2, which require 3 shots per person. Cuba is the only Caribbean or South American country to develop their own vaccine. Their plan is to have 90% of the entire population vaccinated by November 15th. They are also exporting the vaccines to other third world countries.

So, Cuba has vaccines but needs syringes and has been unable to obtain them because of the US embargo. UPC partnered with Westminster Presbyterian Church in Minneapolis and other churches that are a part of the Living Waters for the World Cuba Network to raise funds to purchase syringes (at 3 cents each) through the Global Health Partners and ship them to Cuba. Leveraging the donations with a \$10,000 match grant, a total of 641,967 syringes were sent!

In addition, the Cuba Partners Network of the PC(USA) (UPC is a member) raised funds in support of the Presbyterian Reformed Church of Cuba; a part of those funds were used to purchase sufficient staples that are in desperately short supply to fill a shipping container. Included were 40,000 pounds of rice, beans, coffee, and 28,000 syringes. The container was awaiting shipment out of the Port of New Orleans when Hurricane Ida struck, but will soon depart. It is an enormous joy to be able to support our Cuban partners and friends in their great time of need.

### Seeking Support

Afghan refugees will be coming into Baton Rouge to be resettled by Catholic Charities. More ways to help will be forthcoming from the folks on Mission and Peacemaking Committee, but a big need is for leads on apartments to house these families. If anyone can help finding apartments and working with landlords, it will be of great service. The families will not meet some typical rental criteria (ex. 3 months work history). If you can help please contact Caralyn at [cdurham@upcbr.org](mailto:cdurham@upcbr.org).

## LINK LOVE

Some fun, funny, inspirational, or thought-provoking links for you this month.

- Rain, rain, go away! Randy Newman's "Louisiana 1927" - the song with images from the great Mississippi River flood. Thanks for passing this along Mary Mikell. <https://www.youtube.com/watch?v=MGs2iLoDUYE>
- All the productivity at your desk got you down? Here is a game you play in your browser - It's like Where's Waldo, but with emoji. It gets really hard, really fast, and before you know it, the day is gone. You're welcome. <https://games-forcrows.itch.io/feels>
- Cosmetics or a lifeline? Read about the company in Poland that offers women a way to report domestic violence when they seem to be ordering from an online shop. <https://bit.ly/359R432>
- COVID is awful, but sometimes people can find ways to make you laugh in the midst of the terrible. Here are some logos you'll recognize, redesigned with COVID in mind. <https://www.behance.net/gallery/93755381/Coronavirus-Logos>
- A 2 1/2 minute video of a Toronto nurse who, together with an artist friend, made art out of the plastic caps from medications in the ICU and memorialized the little things they do that are huge for the patients they serve. <https://www.youtube.com/watch?v=ex54lkG5afw>
- Tatsuya Tanaka is an artist who works in miniature, and he makes a new miniature every day and posts it to Instagram. You don't have to have an account to click and see this. [https://www.instagram.com/tanaka\\_tatsuya/?hl=en](https://www.instagram.com/tanaka_tatsuya/?hl=en)
- What would it be like to have an entire city consider the needs of its older citizens, particularly those who are experiencing some dementia? What would it be like to always ask what people can offer, rather than what they can no longer do? <https://bit.ly/2Qyv12v>





# Presbyterian Women

Join our Facebook group PW of UPC, Baton Rouge

<https://www.facebook.com/groups/340272321019732>

*PW at UPC has expanded beyond women only to include ALL!*

## CIRCLE MEETINGS X 2!

PLEASE BE AWARE THAT WE ARE CURRENTLY MEETING ON ZOOM. WHEN RESTRICTIONS TO THE BUILDING ARE LIFTED WE WILL MEET IN PERSON IN THE PARKS WILSON ROOM. WE WILL NOTIFY YOU IF THIS CHANGE OCCURS.

This fall there will be two options for UPC PW Circle. One will be on ZOOM and the other will be on Peggy Carroll's carport. The UPC PW Circle begins on ZOOM on Tuesday, October 5th, at 10:00 a.m. This circle will meet the first Tuesday of every month. Join Zoom Meeting [https://us02web.zoom.us/j/81365121229?pwd=Q2YxUjJTa0RD\\_TIJHTDFRSWg4a2xWQT09](https://us02web.zoom.us/j/81365121229?pwd=Q2YxUjJTa0RD_TIJHTDFRSWg4a2xWQT09) Meeting ID: 813 6512 1229 Passcode: 810057

The UPC PW Circle at Peggy's begins on Wednesday, October 6th, at 10:00 a.m. This circle will meet the first Wednesday of every month. This meeting will take place in Peggy Carroll's carport, 1545 Patrick Dr. If you plan to attend, please call Peggy at (225)726-7856 so that there will be a chair for you.

## Youth Group

**September Highlights:** Pool parties abounded in September with the high schoolers and middle schoolers getting started on two different Sundays to keep our numbers down. (What a great problem to have!) Between parking cars for home games and packing food boxes at the Baton Rouge Food Bank, we have gotten our service underway as well.

**October Plans:** We rallied all month and now we're raring to go! Each month the High Schoolers will meet twice and the Middle Schoolers will meet twice. Each group will meet on their own once and together once, and there will be one week with no youth group meeting. (HS: 10/3, 10/24 and MS: 10/17, 10/24)

This month we're going to get to know each other better, create a group covenant, and make some plans for the rest of the year. Plus, we'll get to have fun doing some Halloween/fall celebrating. Larry Reynolds, Rosa Campbell, and Samantha Hartmann would love to have one more advisor to add to their number, so join us! It's a great crew.





# Faith Formation

## ADULT CHURCH SCHOOL 9:45 - 10:45 a.m. Sundays

### 1. Feasting on the Word - Adult Bible Study

Group led bible study centering on the lectionary texts for each Sunday. On zoom: <https://us02web.zoom.us/j/81701086436?pwd=Y255a0dwK0NkSVhseEhzaWVwMWRFdz09> Meeting ID: 817 0108 6436 Passcode: 369663

### 2. Parks Wilson Class

"Life Stories" - Starting October 10 the Parks Wilson class will be gathering around the theme of "Life Stories." After so much time apart during the pandemic, this will be an opportunity to get to know each other once again. Each week will have a different theme, for example: stories of surprise, stories of resilience, stories of courage. The group is invited to share their own personal experiences based on the week's theme. Come share your stories with your fellow UPCers. On zoom at <https://lsu.zoom.us/j/2765203639>

## Fall Small Groups

Held on various days, at diverse times, and in a variety of locals (all either virtual or outside at this time) UPC's small groups for adults will begin this week.

### Soul Feast

Thursdays at 11:00 a.m. Zoom (*ongoing*)

*Readings from various writers in spirituality. The group reads essays, books, and poems from a wide variety of authors.* <https://us02web.zoom.us/j/83432015573?pwd=QVY3aHJDUnJZY1d5c3NNenN6aHVqZz09> Meeting ID: 834 3201 5573 Passcode: 184455

### Visio Divina

Thursdays 1:30 - 3:00 p.m. Zoom

*This group engages together in contemplative reading of scripture texts and sharing reflection and our own artistic responses to text related pieces of art. We will be using a series of images from A Sanctified Art paired with biblical texts about Old Testament characters to ignite our time together. Curious? Join us and see if this group is for you!* <https://us02web.zoom.us/j/87918082267?pwd=a1M4OUgzellOTW52UU43QW8xMUdMQT09> Meeting ID: 879 1808 2267 Passcode: 325964

### Jesus on Main Street

Martin Luther King, Jr. once reflected that "budgets are moral documents." Few would argue, but teasing the morality out of a budget is undoubtedly controversial. UPC – never shy about controversy – jumps into issues of economic justice in a new small group this fall. David Kresta's book *Jesus on Main Street: Good News Through Community Economic Development*, will provide background and serve as a jumping off point for the discussion. Group meetings will begin with a summary of a section of Kresta's book (a nice way of saying participants aren't required to buy or read the book in order to participate) and proceed to an open discussion. Randy Nichols will be the facilitator. If you are interested, contact Randy at [rknichols@homelessinbr.org](mailto:rknichols@homelessinbr.org) or 225-241-6374. Participants will receive a doodle poll to fix the day and time. Meetings will be a combination of Zoom and in person in an outdoor setting with social distancing. If you are interested but undecided, go to <https://davekresta.com/> for more information about the book and author.

## FAITH FORMATION ADVENTURE FOR KIDS!

What involves both grown ups and children, lots of laughter, beach balls, neon markers, circle games, and snacks? UPC's 1st Faith Formation Adventure, of course! (*See below*)



What's more, there will be another gathering on Sunday, October 17 at 2-3 pm. If you have a child in Pre-K through 5th grade this event is for your child (children) and you too, if you are able to stay. Designed as an opportunity to reconnect our children with the actual physical church space and each other, these monthly events are the centerpiece of this year's COVID Faith Formation for children. And the more the merrier! In addition, bags with conversation prompts and activities centered around bible stories for families to engage in each week will be handed out at the event or delivered to your home if you are unable to attend. Don't miss this chance to be together at UPC with and for our children!

## HALLOWEEN TRICK-OR-TREAT

October 24, UPC Parking Lot

The Fellowship Committee is inviting our church families to trick-or-treat and decorate pumpkins in the UPC parking lot on October 24 from 5:00-6:00 PM. Safely distanced tables will be set up in the parking lot near the playground, and families will be directed to park and walk as a family unit by the tables. Masks required and costumes are encouraged for everyone! There will be NO BUILDING ACCESS, so plan accordingly. Youth will be assisting with this event."

Hosts are needed to help hand out treats. As a host your responsibilities are to bring and decorate a small table before 5:00 PM, purchase treats (100), and wear a costume, mask, and gloves to hand out treats. Each treat would need to be individually wrapped. To sign up to host a table and give out treats, please contact Junita Meier at [ajmeier1@bellsouth.net](mailto:ajmeier1@bellsouth.net) or (225) 229-2832.



# 5 WAYS TO GIVE



## IN PERSON

Drop your gift into the offering plate on Sunday



## MAIL

Mail your gift to:  
University Presbyterian Church  
3240 Dalrymple Drive  
Baton Rouge, LA 70802



## ONLINE

Give online at:  
<https://onrealm.org/UniversityPresb15909/give/now>  
or through your REALM portal  
under GIVING/+GIVE



## MOBILE APP

Realm Connect is available  
for download at iTunes  
and Google Play  
(uses your onrealm login)

UPC BR 75

## TEXT

Text UPCBR and  
your amount to  
73256  
(as shown above)

## Prayer Requests

**Lois Liggett • Gary Meise • Ruth Bivins • Dean Kerr • Tabitha Lewis**

**John Earle • Bettye Burford • Gerard Klein • Melanie Driscoll**

**Alan Williams • Our Cuba Partners • Kathy Rossman**

**James and Jeanette Hanifen • Michael Terry**

- **George Strain and his family**, upon the death of his mother Maryann Strain
- **Peggy Carroll**, upon the death of her niece, Terry, from COVID
- **Aiden Rowland**, after surgery to remove his adenoids
- **Eucaris Carroll**, with a broken ankle
- **Scott Phillabaum**, recovering from surgery on a broken arm after a bicycle accident
- **Joyce Poché**, at the Care Center recovering from a TIA and COVID
- **Linda Clark**, recovering from major oral surgery
- **Peggy Carroll**, recovering from a broken ankle
- **Kathy Poché**, recovering from surgery for a broken leg
- **Jean Roberts**, Samantha Hartmann's aunt, with stage 4 ovarian and colon cancer
- **All those who suffered loss in the wake of Hurricane Ida**
- **All those who have been diagnosed with COVID in our community, congregation, and among our Day School staff and families**
- **Teresa Longer**, cousin of Frances Sullivan-González, with complications following brain surgery
- **Jennifer Bravinder**, recovering from breast cancer surgery
- **Nancy Pensis**, aunt of Linda Clark, making decisions regarding cancer treatment
- **Bonnie Shuman**, wife of Barbara Hoffman's brother, Thom, undergoing tests
- **Carl Stoddard**, brother of Linda Walker, facing neck surgery
- **John Stoddard**, nephew of Linda Walker, with continuing heart problems
- **Jordan Sealey**, nephew of Lorinda Sealey who is experiencing neurological symptoms of unknown origin
- **Eric**, friend of Lorinda Sealey, who is dealing with a cancer diagnosis in his family
- **Fay Coco**, recuperating at St. James after a fall
- **Carmen Rodriguez**, friend of Cindy Tyler, with stage 4 colon cancer
- **Lee Jenkins**, recovering at home after hip surgery
- **The Dominguez family**, friends of Kathy Rossman, who are going through difficult times
- **Linda Mathis**, sister of Ron Garton, diagnosed with stage 4 pancreatic cancer
- **Premature baby Norah Adams**, Darlene and Gus Rowland's niece, and her parents
- **Mary Garrett**, sister of Elizabeth Roberts, with pancreatic cancer
- **Bae Landry**, father-in-law of Janet Whyde, diagnosed with cancer
- **Linda Clark's family** who are going through difficult times
- **Judith Gooch**, friend of Pat Ho, and her daughter Jennifer and granddaughter Evelyn
- **Misha Gottesman**, two-year-old nephew of Peggy Carroll, with leukemia
- **RJ LeBlanc**, father of Kathie Pohlman's 'Bonus Daughter,' Nikki, with lung cancer
- **Kaley Hall**, ten year old niece of John Grubb, undergoing chemotherapy
- **Anne Bender**, friend of Pat Ho, undergoing cancer treatment
- **Ginger Zipperer**, friend of Darla O'Connor, with stage 4 lung cancer
- **Marla Kerr-Lawson**, Kelly Kerr's sister, undergoing chemotherapy
- **Ralph Simone**, friend of Darla O'Connor, undergoing treatment for bladder cancer
- **Joellen Hawkins**, Aunt of Emily Cogburn, with Alzheimer's
- **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**

## Online Meditation Room

UPC has a virtual meditation room! This is a site you can go to whenever you want to immerse yourself in peace, calm, and focus.

### How do I find it?

Click on [https://docs.google.com/presentation/d/e/2PACX-1vS7Vno1cyHWSFsBZjcp3\\_Hdf-0M5ag4QsAgjVMMmBan4CC2Fi6U-IRN1vGhpJgFthVj18QPXiS1-zAREs/pub?start=false&loop=false&delayms=3000&slide=id.p](https://docs.google.com/presentation/d/e/2PACX-1vS7Vno1cyHWSFsBZjcp3_Hdf-0M5ag4QsAgjVMMmBan4CC2Fi6U-IRN1vGhpJgFthVj18QPXiS1-zAREs/pub?start=false&loop=false&delayms=3000&slide=id.p)

### How do I use it?

Click on the different items to see what they do! You will find videos, coloring books, a labyrinth, online Bible apps, a chair yoga video, and instructions on candle gazing meditation. Almost every item in the room is clickable. Click around and enjoy the resources that have been pulled together for you!

### Are there rules?

The beauty of an online meditation room is it is never closed or crowded, and there's never a dress code! Use as few or as many of the resources in the room as you like. The point is to help relieve stress and worry, not add to it.

*Come back as often as you like.  
You're always welcome here!*

## FOLLOW US!



&



Facebook Instagram

*See us Sundays on Facebook for a live broadcast of our worship service!*

[www.facebook.com/universitypresbyterian](http://www.facebook.com/universitypresbyterian)

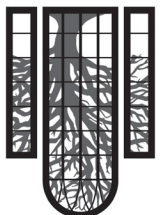
<https://www.instagram.com/universitypresbr/>

# October Birthdays

1	Talia Daigre	7	Betty Armstrong	19	Sadie Knapp	27	Hannah Armstrong Becca Bartlett Vinny Talley
3	Pamela Bistany Miranda Church Jon Cogburn Amybeth Mainord	9	Linda Green	20	Rick Bowles Lori Tucker Doug Walker	31	Cecil Eubanks Viki Guillot Claire Shihadeh
4	Cullen Phillips	12	Linda Walker	21	Jane Wallace		
5	Peggy Carroll Thomas Cogburn	13	Drew Bartlett	22	John Miller Joseph Tyler		
6	Drew Patty Scott Phillabaum	15	Keith Carruth	23	Pat Wright		
		17	Laurie Gaona Ann Miller	25	Ed Britton Larry Reynolds		
		18	Katherine Carroll Tessa Dietz Jill Scherrer				

**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

University Presbyterian Church  
3240 Dalrymple Drive  
Baton Rouge, LA 70802



Change Service Requested