



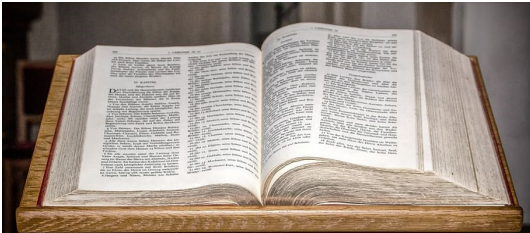
United Presbyterian Church

525 East Front Street • Plainfield, NJ 07060 • 908-756-2666 • <http://www.upcplainfield.org/>

Where God is exalted, Everyone matters, and You belong!

Worship Services: Sunday 11:00 am & Thursday 7pm

July 2022 Newsletter



A MESSAGE FROM PASTOR ALLEGRA HOOTS

We are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life. (Ephesians 2:10)

Dear Friends,

Greetings to you in the holy name of the Lord Jesus Christ, our blessed Redeemer. As always, I trust God this letter finds you in good health and high spirits as you rejoice in the joy of the Lord, which is our strength.

Thank you for your outpouring of love and goodwill extended to me on my commission. Also, thank you for the happy birthday wishes. Every expression of kindness is savored and deeply appreciated. The lovely floral bouquets brightened my living room and added a delightful scent to my small, comfortable apartment.

United Presbyterian Church (UPC) is mission-oriented. We believe one way to show God's love is to use the gifts God has given us to enrich the lives of those less fortunate than ourselves. The congregation has a long history of helping marginalized people through foreign and homeland missions.

However, we are a much smaller congregation than we were ten years ago. This means we do not have the human or financial resources to continue supporting some missions dear to the congregation's heart. Committed to extending God's love into the world, we have developed new strategies for addressing people's needs.

Let me update you on two current projects. On Father's Day, on behalf of the congregation, friends of UPC donated a catered dinner to the men residing in Dudley House (a men's shelter in Plainfield). Darius' Grill, Grill, Grill prepared a sumptuous meal of grilled chicken, cabbage, macaroni and cheese, soda, and water.

In last month's newsletter, I mentioned that a shelter in Newark requested our congregation's help collecting baby items. I am happy to report that UPC has collected over 1,300 diapers that we will deliver to the shelter in the first week of July. By the end of August, I hope we will have fulfilled the shelter's request by collecting one hundred new baby bottles and 1,000 sensitive-skin baby wipes.

The UPC pastor's luncheon, held on June 16, was an immense success. The group was small in number, friendly, and tolerant of diverse opinions and experiences. We had a fun time fellow shipping and eating.

I look forward to the luncheon scheduled for July 21. If you plan to join us, call the church at 908-756-2666, and leave your name and contact information so we can get an accurate number for catering.

On behalf of the UPC congregation, I extend a heartfelt thank you to Ms. Wanda Breitenbach for her dedicated service to God, as demonstrated through her devotion to UPC. The value of Wanda's contributions to the life and ministries of UPC is enormous. She is the church treasurer and chair of the building and grounds committee. Her knowledge of the church's history, excellent administrative skills, tireless commitment to excellence, and gregarious personality make it possible for the rest of us to fulfill the church's goals and objectives. Wanda takes care of our tenants and ensures our lovely campus remains in good repair. In addition, she participates in every church activity, filling in where she is needed. And she does it all with a smile and an infectious, uplifting spirit. Praise God for Wanda!

Thank God for each UPC friend and member. Your generous donations of time, talent, money, and prayer for this ministry illustrate that "teamwork makes the dream work."

Godspeed, Pastor Allegra



WORSHIP SERVICES ARE INPERSON & ONLINE
MEETINGS ARE AS ADVERTISED

"In this world you will have trouble. But take heart! I have overcome the world."

Do this to remember Me!

John 16:33



Sunday Worship (Traditional)

Pastor Allegra Hoots

11:00am

In the Sanctuary & Via YouTube

<https://bit.ly/3jyylpg>

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**Contemporary Worship Service**

7:00pm

Via YouTube

<https://bit.ly/3vapmjf>

**Daily Devotional**

6:00 to 6:15am

Via Zoom

<https://bit.ly/3JuXrzD>

**Vacation Bible School**

July 18-22, 2022; 9am-12pm

Ages 5 years through students entering 6th grade

Curriculum:

**"Olympic Hopeful's - Jesus Loves the Little Children-Running For the Prize!**

- Call the Church Office for more info -



**Sunday School**

&

**Adult Education will start again in September**

**Upcoming Events**

See calendars for more activities and events

| July                                  |        |                   | August |      |       |
|---------------------------------------|--------|-------------------|--------|------|-------|
| Date                                  | Time   | Event             | Date   | Time | Event |
| 4                                     |        | Independence Day  |        |      |       |
| 20                                    | 7:30pm | Session Meeting   |        |      |       |
| Vacation Bible School—July 18 to 22nd |        |                   |        |      |       |
| 21                                    |        | Pastor's Luncheon |        |      |       |
| Plainfield Events—See Page 13         |        |                   |        |      |       |

No scheduled events/activities for August

Pastor Hoots will be on vacation 7/24-8/14/2022

**FOR VIRTUAL EVENTS:**

TO CONNECT BY COMPUTER OR TELEPHONE, GO TO THE CHURCH'S WEBSITE FOR INFORMATION:

<http://www.upcplainfield.org/>

## USA Independence Day

*The American glory of Red, White, and Blue,  
is celebrated on Independence Day on July 4.*

Americans come together on July 4 to celebrate the nation's birthday and Independence Day. On this day, most Americans enjoy grills in their backyards, at beaches, or in parks. Some partake in parades or marches and enjoy the fireworks that are often launched at dusk. We kick off the festivities with details, trivia, and anything else you need to know about Independence Day. Happy Fourth!



Although most of us had this history lesson in school, we probably weren't paying attention as the clock ticked closer to recess or the end of the day. **But we can't fully appreciate our freedoms if we don't know how we got them** — and, more importantly, how close we came to losing them. The story of America's independence is truly fascinating with historical twists and turns

In the 1700s, there were 13 colonies with distinct personalities. From 1763 to 1773, Britain's King George III increasingly placed pressure on the colonies as he and the British Parliament enacted a succession of draconian taxes and laws on them. Excessive taxes on British luxury goods like tea and sugar were designed to benefit the British crown without any regard for the hardships of the colonists. By 1764, the phrase "Taxation without representation is tyranny" spread throughout the colonies as the cry of outrage.

The more the colonists rebelled, the more King George doubled down with force. Imagine if enemy soldiers not only had the right to enter your home but the soldiers could demand that you feed and house them. The Quartering Act of 1765 allowed British soldiers to do just that.

But the Stamp Act of 1765 became the straw that broke the colonists' backs. Passed by Parliament in March, this act taxed any piece of printed paper, including newspapers, legal documents, ships' papers — and even playing cards! As the colonial grumbling got louder and bolder, in the fall of 1768, British ships arrived in Boston Harbor as a show of force. Remember, the British Navy dominated the seas all over the world due to the far-reaching presence of the British Empire.

Tensions boiled over on March 5, 1770, in Boston Harbor during a street fight between a group of colonists and British soldiers. The soldiers fired shots that killed 47-year-old Crispus Attucks, the first American and Black man to die along with three other colonists in the Boston Massacre.

In 1773, the Boston Tea Party (from which today's Tea Party Republicans get their name) erupted when colonists disguised as Mohican Indians raided a British ship, dumping all the tea overboard to avoid paying the taxes. Continued pressure led to resistance and the start of the Revolutionary War in the towns of Lexington and Concord when a militia of patriots battled British soldiers on April 19, 1775. Conditions were ripe for American independence.

When the first battles in the Revolutionary War broke out in April 1775, only a handful of colonists wished for total independence from Great Britain, and those who did were considered extremists.

On June 7, 1776, the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia. Amid heated debate, Congress rescheduled the vote but appointed a five-man committee to draft a formal statement justifying the defect from Great Britain.

On July 2, 1776, in a virtually unanimous vote, the Continental Congress voted in favor for independence, and on July 4th, it formally adopted the Declaration of Independence, which had been written largely by Jefferson. Ultimately, the drafting of the Declaration of Independence was a contentious process. After much debate over what to include and what to leave out, Thomas Jefferson, tasked with pulling the document together, envisioned a nation where **"Life, Liberty and the pursuit of happiness"** crystallized the very meaning of being an American. The document proclaimed the 13 American colonies' liberation from Britain and reaffirmed their rights as free men — declaring that they were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states.

By an extraordinary coincidence, Thomas Jefferson and John Adams, the only two signatories of the Declaration of Independence later to serve as presidents of the United States, both died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration. Although not a signatory of the Declaration of Independence, James Monroe, another Founding Father who was elected as president, also died on July 4, 1831, making him the third President who died on the anniversary of independence.

## COMMISSIONING CEREMONY—PASTOR ALLEGRA HOOTS

The commissioning service for Pastor Hoots was officiated by Rev. Esther Kim of the Presbytery of the Northeast and supported by Clerk of Session, Elder Alaric Tate.



### LAYING ON OF HANDS

The visible sign of the laying on of hands publicly marks the beginning of a formal ministry, recognizing her before the people and asking for God's blessing on her labors.

*God Gives the Grace*

With the laying on of hands, the elders come before God, in special

circumstances, with a spirit of prayer and particular requests; the laying on of hands asks for blessing on forthcoming ministry; the laying on of hands in 1 Timothy 5:22 publicly commends the candidate to the church for an official ministry. Laying on hands sets apart a qualified leader for specific ministry and signals fitness to bless others.

This is a public recognition of the Pastor's call and her gifts.  
<https://www.desiringgod.org/articles/the-laying-on-of-hands>

Following the service, the Fellowship Committee coordinated a delectable spread which was enjoyed by all.

Mr. Tate officially acknowledged Pastor Hoots on behalf of the UPC body. Desrick Hemans and Neekah Hinds shared encouraging words on behalf of our youth and young adults. Ms. Marci Marsh Hinds presented a finale, a well done solo.



### Sunday School Update!

By: Elder Pat Dawson

We've come this far by faith as we continue to build the foundation for Youth Ministry at United. The highlights for this year are:

#### Church School Focus: Bible Awareness

The **Church School attendees** were: Jahvon Moore, who will be going into the 7<sup>th</sup> grade at Queen City Academy Charter School in the Fall. He is 11 years old and his favorite sport is Basketball.

Desrick Hemans, age 15, attends Queen City Academy Charter (High School) and will be going into the 10<sup>th</sup> grade. He loves to play sports and especially enjoys track & field.

Desiree Hemans, 17 years old will be a senior at Gill St. Bernard's School in Gladstone, New Jersey, a college preparatory school in Chester Township. She works part-time (10-12 hours during the school year) at Burger King. Desirea volunteers for special projects including her recent community service project – building hygiene kits. She, along with a friend coordinated and completed the project of 100 kits which were delivered to the community and were appreciated.

Zorina Bowers, Susan Terry, and Patricia Dawson are the teachers/learners who strove to think about the people they were teaching and/or leading and their different gifts. Their desires were for the participants to fully know and love their Bible; discover their gifts; and use them in God's service. The trio worked to effectively teach, guide, encourage, and prompt their students, relying on divine help, Presbyterian Church USA training material and brainstorming. The Church School staff will continue to strive to stay relevant for the youth's exposure to biblical principles and teachings that they can apply in their everyday life.

**Easter Egg Hunt** was held on Holy Saturday, April 16, 2022, from 10:30 am to 12:00. Children and parents participated and enjoyed the hunt, playing games, listening to and watching a puppet show, listening to stories being read, interacting with the Easter Bunny, and enjoying refreshments. UPC's members, Boy Scouts' members, and UPC's youth engaged in making the hunt a success.

**Vacation Bible School** planned for July 18 – July 22, 2022 – 9am to 12 noon. The Theme is: **Olympic Hopeful's - Jesus Loves the Little Children Running for the Prize!** Join us!

Efforts are being made to have as many folks as possible working together to engage in the missions of the church: church members and friends; Boys & Girls Club leaders; our community's youths and young adults from United.

Further Plans include a Talent Show, Basketball Hangout and Children's Choir—Stay Tuned!



L to R  
A. Tate  
P. Dawson  
D. Hemans  
J. Moore  
Pastor Hoots  
D. Hemans  
D. Falowo  
Z. Bowers  
Not shown:  
Sue Terry

## Congratulations!

**Demeji Falowo** graduated from North Plainfield High School and will enter Rutgers University in the fall.

**Connor Hansen** graduated from Clinton Township Middle School and will begin North Hunterdon High School in the fall.



### Teacher of the Year Award

Congratulations to Ms. Nicole Stokes who is Cleveland Elementary School's 2021-2022 Teacher of The Year. Nicole is Gail Stokes' daughter and mother to Izaiyah.





OLYMPIC HOPEFUL'S  
**VACATION  
BIBLE  
SCHOOL**  
SUMMER 2022

Jesus Loves  
the Little Children  
Running for  
the Prize!

On your mark, get set...GO!!!

games, crafts, and more

July 18-22 | 9am - 12pm

From age 5 to students entering 6th grade

Pre-register by July 12

📞 908-756-2666

[www.upcplainfield.org](http://www.upcplainfield.org)

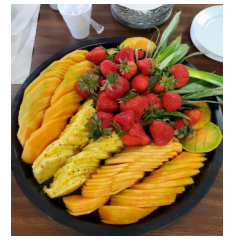
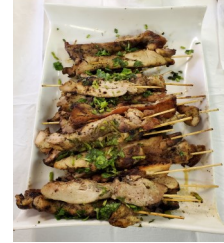


PRESENTED BY THE UNITED PRESBYTERIAN CHURCH OF PLAINFIELD

### PASTOR'S LUNCH



Doesn't this spread make you want to attend the next Pastor's Lunch scheduled for July 21st? The food wasn't the only good thing to be had. There were uplifting and encouraging conversations which included how we as individuals



manage situations in our lives, concerns about our community and ways that we as individuals and as a group can help. Join the next meeting! We can't fix everything but together we can move mountains.

### Father's Day at Dudley House

On behalf of the congregation, friends of UPC donated a catered dinner to the men residing in Dudley House (a men's shelter in Plainfield). Darius' Grill, Grill, Grill restaurant prepared the meal.

The residents enjoyed the food and were incredibly thankful that folks thought enough of them to cater their Father's Day dinner.



### Father's Day at UPC

Father's Day at UPC was celebrated along with Sunday School Recognition and Juneteenth. Nevertheless, our fathers are central and did not take a back seat.



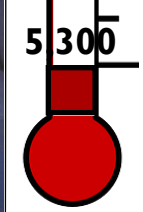
*Fathers  
are  
special  
in  
our  
lives*

### United Presbyterian Church BUILDING FUND

As of 6/30/22 the total collected is \$5,300



The UPC administration committee wants to be certain all UPC members and friends are aware of the establishment of the Building Fund at UPC to which contributions can be made to help defray the cost of four maintenance projects scheduled for 2022. These projects involve heating, roofing, drainage, and renovation that are essential to ensure the health and safety of the occupants of our facility.



This building fund originated in 2021. At UPC's annual meeting on Sunday February 20th a motion was made and passed for United to be more purposeful in our efforts to encourage contributions to the Building Fund. To accomplish this, UPC members and friends will be receiving a letter from United that will provide specifics of the four maintenance projects to which funds contributed to the Building Fund will be dedicated.

Contributions to the Building Fund are welcome anytime and may be accomplished in the following ways:

1. Sending a check, made out to the United Presbyterian Church of Plainfield, to Treasurer, 525 East Front Street, Plainfield, New Jersey 07060 with "Building Fund" written in the memo section of the check.

OR

2. Contributions can be made through the "Give Now" button located at the UPC website at [www.upcplainfield.org](http://www.upcplainfield.org) Enter your contribution to the "General Fund Regular Offering". In the notes section indicate "Building Fund".

Wanda Breitenbach  
Administration Committee, Acting Chair



## How to Be Happy: 25 Habits to Add to Your Routine

### Yes, it's possible

Happiness looks different for everyone. For you, maybe it's being at peace with who you are. Or having a secure network of friends who accept you unconditionally. Or the freedom to pursue your deepest dreams. Regardless of your version of true happiness, living a happier, more satisfied life is within reach. A few tweaks to your regular habits can help you get there.

Habits matter. If you've ever tried breaking a bad habit, you know all too well how engrained they are. Well, good habits are deeply engrained. Work on making positive habits part of your routine?

Some daily, monthly, and yearly habits to help kickstart your quest. Just remember that everyone's version of happiness is a little different, and so is their path to achieving it.

If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you.

### DAILY HABITS

**1. Smile:** You tend to smile when you're happy. But it's actually a two-way street.

**2. Exercise:** Exercise isn't just for your body. Regular exercise can help to reduce stress, feelings of anxiety, and symptoms of depression (<https://bit.ly/311SYp8>) while boosting self-esteem and happiness.

DO NOT overexert. If you suddenly throw yourself into a strenuous routine, you'll probably just end up frustrated (and sore). Consider these exercise starters:

- Take a walk around the block every night after dinner.
- Sign up for a beginner's class in yoga or tai chi.
- Start your day with 5 minutes of stretching. [Here's a set of stretches to get you started.](https://bit.ly/311q0FO) (<https://bit.ly/311q0FO>)

Remind yourself of any fun activities you once enjoyed, but that have fallen by the wayside. Or activities you always wanted to try, such as golf, bowling, or dancing.

**3. Get plenty of sleep:** Adequate sleep is vital to good health, brain function, and emotional well-being.

**4. Eat with mood in mind:** Food choices have an impact on your overall physical health. But some foods can also affect your state of mind. For example:

- **Carbohydrates** — Keep foods high in sugar and starch to a minimum, because that energy surge is short and you'll crash. Complex carbs, such as vegetables, beans, and whole grains, are better.
- **Lean meat, poultry, legumes, and dairy** are high in protein. These foods boost energy and concentration.
- **Highly processed or deep-fried foods** tend to leave you feeling down. So will skipping meals.

**5. Be grateful:** Simply being grateful can give your mood a big boost, among other benefits. For example, a recent two-part study found that practicing gratitude can have a significant impact on feelings of hope and happiness. *Start each day by acknowledging one thing you're grateful for. You can do this while you're brushing your teeth or just waiting for that snoozed alarm to go off.*

**6. Give a compliment:** Research shows that performing acts of kindness can help you feel more satisfied.

**7. Breathe deeply:** You're tense, your shoulders are tight, and you feel as though you just might "lose it." We all know that feeling. Instinct may tell you to take a long, deep breath to calm yourself down. Turns out, that instinct is a good one. According to Harvard Health, deep breathing exercises can help reduce stress.

The next time you feel stressed or at your wit's end, work through these steps:

- Close your eyes. Try to envision a happy memory or beautiful place.
- Take a slow, deep breath in through your nose.
- Slowly breathe out through your mouth or nose.

Repeat this process several times, until you start to feel yourself calm down. If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale.



Remember our sisters and brothers listed below and call them if you are able to. Let us know if there are members who are not on this list.



- Leroy Anglin
- Emory Dawson
- Karen Edmonds
- Helen Foerster
- O'Harold Hoots
- BJ Klikus
- Frank Klikus
- Vilvurn Marsh
- Bobett Neil
- Sheila Neil
- Marianna Perry
- Pat Perry
- Gail Stokes
- Izaiyah Stokes
- Jamie Sweeney

Please send your Prayer requests to the Church Office  
You will be placed on the prayer list



- July**
- 14 Mary Semambya  
Oladimeji Falowo  
O'Harold Hoots
  - 15 Joy Awobue
  - 18 Tasha Vaughn
  - 25 Chris Awobue  
Avery Breitenbach-Allen  
Amy Grier

- August**
- 7 David Scott
  - 9 Butherde Darius
  - 15 Marcia Marsh-Hines
  - 20 Beatrice Awobue  
Bentley Awobue
  - 25 Neekah Hinds

## Flower Ministry

With your donation of \$25 or more to the Flower Fund, the Deacons will provide a beautiful floral arrangement for the Sanctuary on Sunday mornings. After worship, the arrangement will also brighten the day of a member or friend of UPC who is unable to join us for worship.

Flowers may be made in honor or memory of a loved one. Honoree names will be listed in the church bulletin.

You may complete the form below or add your information to the flower chart in the Narthex.



*Blessings,  
Zorina Bowers*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Amount: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Thank you for your  
generous support of  
UPC's Flower Ministry

*Board of Deacons*

# JESUS

*The shortest, simplest and  
most powerful prayer in the world*

## CHILDREN'S CORNER

Parents, please read this to your younger child(ren)

### It All Depends on Jesus

**Theme:** Jesus sends workers to bring in the harvest.

**Object:** A suitcase; a packing list for vacation

**Scripture:** Luke 10:1-11, 16-20



Have you ever been on vacation? Everyone needs time away to relax and have fun, right? I have a suitcase here. Do you think you all could help me come up with a packing list so I don't forget anything on my next vacation?

- Clothes
- Hair products
- Some comfortable shoes - for when I have to walk
- Sandals - in case I go to the beach
- Swimsuit - for the beach or the hotel swimming pool
- Camera - for sightseeing trips
- A book - in case I get bored
- Money to spend

Can you think of any other things I may have forgotten? I want to make sure I have everything I might need on the trip. What kinds of things do you pack to take on a vacation? (Pause for responses.) Sometimes we pack so much to take on vacation, it feels like we're not really "getting away from it all" -- we're taking it all with us!

The Bible tells us that Jesus appointed 72 of His followers and sent them out, two-by-two, to go into every town and place where He was about to go. Do you know what Jesus told them to take with them? (Pause for response.) Nothing!

Jesus said to them, "Go!" Then He went on to say, "Do not even take a purse, or a bag, or a pair of sandals."

Why would Jesus tell them to leave everything behind? I think it's because none of that stuff could help them share the good news the way only Jesus could.

Just as Jesus sent out 72 people, He wants you and me to go to people today and share the good news about Jesus. We don't need to pack anything special; we can just go as we are and obey Jesus. Jesus loves us and He loves our friends. The results of us telling others about Jesus don't depend upon us. We should not become proud when people receive the message and we should not be discouraged when they reject the message. Jesus tells us just to go and tell others and leave the rest to Him.!



# Jesus Sends Out Workers

He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Luke 10:2 (NIV)

The puzzle is based on Luke 10:1-11 (NIV).



E H O U S E Y H P U R S E V Y  
E D X F G R C H H P P E A C E  
J S A N D A L S U C P E A X C  
H C O N E G Y G N Z R Q Y B U  
T O W N N Z W O R K E R S I C  
M A L X G R E E T N Z Y S Q H  
L P N C H A R V E S T Q U Q X  
O P L Y F W L L L V G H R I G  
N P K E O I P D R I N K I N G  
E F I F N N E U C Q I L I M K  
T A N D E T E L F I A T U Y Z  
B R G Y Z W I O D E A K D E D  
A P D Z L W A F H E C N N A S  
G I O B O W O S U I D Z O Z L  
X R M W A G E S S L Y R M H K

PLENTIFUL  
KINGDOM  
HARVEST  
ROAD

SANDALS  
PURSE  
HEAL  
EATING

FEW  
TOWN  
HOUSE  
BAG

PEACE  
GREET  
DRINKING  
FIELD

ANYONE  
WORKERS  
SICK  
WAGES

## How to Be Happy ...Contd from Page 8

**8. Acknowledge the unhappy moments:** A positive attitude is generally a good thing, but bad things happen to everyone. It's just part of life. If you get some bad news, make a mistake, or just feel like you're in a funk, don't try to pretend you're happy. Acknowledge the feeling of unhappiness, letting yourself experience it for a moment. Then, ***shift your focus toward what made you feel this way and what it might take to recover.***

**9. Keep a journal:** A journal is a good way to organize your thoughts, analyze your feelings, and make plans. And you don't have to be a literary genius or write volumes to benefit.

**10. Face stress head-on:** Life is full of stressors, and it's impossible to avoid all of them.

There's no need to. [Stanford psychologist Kelly McGonigal](#) says that stress isn't always harmful, and we can even change our attitudes about stress. [Learn more about the upside of stress.](#)

For those stressors you can't avoid, remind yourself that everyone has stress — there's no reason to think it's all on you. And chances are, you're stronger than you think you are.

Instead of letting yourself get overwhelmed, try to tackle the stressor head-on. This might mean initiating an uncomfortable conversation or putting in some extra work, but the sooner you tackle it, the sooner the pit in your stomach will start to shrink.

### WEEKLY HABITS

**11. Declutter:** Decluttering sounds like a big project, but setting aside 20 minutes a week can have a big impact. Set a timer on your phone and take 15 minutes to tidy up a specific area of one room — say, your closet or that out-of-control junk drawer. Put everything in its place and toss or give away any extra clutter that's not serving you anymore.

**12. See friends:** Humans are social beings, and having close friends can make us happier.

**13. Plan your week:** Feel like you're flailing about? Try sitting down at the end of every week and making a basic list for the following week.

**14. Ditch your phone:** Unplug. Really. Turn off all the electronics and put those ear buds away for at least one hour once a week. They'll still be there for you later. If you still want them, that is.

**15. Get into nature:** Spending 30 minutes or more a week in green spaces can help lower blood pressure and depression. Your green space could be anything from your neighborhood park, your own backyard, or a rooftop garden — anywhere you can appreciate some nature and fresh air.

**16. Explore meditation:** There are many [methods of meditation](#). They can involve movement, focus, spirituality, or a combination of all three. Meditation doesn't have to be complicated. It can be as simple as sitting quietly with your own thoughts for 5 minutes. Even the deep breathing exercises mentioned earlier can serve as a form of meditation.

**17. Consider therapy:** We're certainly happier when we learn how to cope with obstacles. When you're faced with a problem, think about what got you through something similar in the past. Would it work here? What else can you try? If you feel like you're hitting a brick wall, consider speaking with a therapist on a weekly basis. You don't need to have a diagnosed mental health condition or overwhelming crisis to seek therapy.

**18. Find a self-care ritual:** It's easy to neglect self-care in a fast-paced world. But your body carries your thoughts, passions, and spirit through this world, doesn't it deserve a little TLC? Maybe it's unwinding your workweek with a long, hot bath; adopting a skin care routine that makes you feel indulgent; or simply setting aside a night to put on your softest jammies and watch a movie from start to finish. Put it in your planner if you must, but do it.

### MONTHLY HABITS

**19. Give back:** If you find that giving daily compliments provides a needed boost to your mood, considering making a monthly routine of giving back on a larger scale. Maybe that's helping out at a food bank one a month, or offering to watch your friend's kids one night per month.

**20. Take yourself out:** No one to go out with? Well, what rule says you can't go out alone? Go to your favorite restaurant, take in a movie, or go on that trip you've always dreamed of. Even if you're a social butterfly, spending some deliberate time alone can help you reconnect with the activities that truly make you happy.

**21. Create a thought list:** You arrive for an appointment with 10 minutes to spare. What do you do with that time? Pick up your cell phone to scroll through social media? Worry about the busy week you have ahead of you? Take control of your thoughts during these brief windows of time. At the start of each month, make a short list of happy memories or things you're looking forward to on a small piece of paper or on your phone.

The other 4 items can be found at: <https://bit.ly/3bCvE5l>



**City of Plainfield—Recreation Events**

**For More information and activities go to: <https://bit.ly/3yvXfxK>**

|                                                |             |                                                                                                                      |
|------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------|
| July 4th                                       | 10am<br>7pm | Parade—E. Front Street<br>Music and fireworks—Cedarbrook Park                                                        |
| Thur<br>July 28th                              | 8:30pm      | Movies on the Lawn: Spiderman No Way Home<br>510 Watchung Avenue—City Hall Lawn                                      |
| Mon/Wed/Fri                                    | 9am         | Walk with Ease<br>Hub Stine Sports Complex, 1410 Randolph Road                                                       |
| Fri—1st Friday of the Month<br>July 1 to Oct 7 | 5pm         | Food Truck Festival<br>Gavett Place Across from Netherwood Train Station                                             |
| Sat<br>June 18-Aug 6th                         | 8:30-9:45am | Pickleball lessons/Program; adult intro<br>Milt Campbell Field, Tennis Courts<br>1322 East 3rd Street - 908-753-3097 |
| Daily                                          |             | Summer Tennis Camp<br>Milt Campbell Field -Tennis Courts<br>1322 East 3rd Street - 908-753-3097                      |

**If anyone destroys God’s temple, God will destroy him. For God’s temple is holy, and you are that temple. 1 Corinthians 3:17**

**~ Cottage Meetings ~**

**No Meetings in 2022**

Let’s look to 2023 to restart these meetings and discussions

*The sign of God*

Fear, confusion, anxiety, hate, impatience are just a few of the signs that show us that we need God to heal us.

These are the opposite of what we receive and experience when we are full of God’s love and light.

**UKRAINE**



**Want to support the people in Ukraine? Here’s how you can help**

**UNICEF** supports health, nutrition, HIV prevention, education, safe drinking water, sanitation and protection for children and families caught in the conflict in Ukraine.

(800) 367-5437 | 125 Maiden Lane, New York, NY 10038

**2022 PER CAPITA APPORTIONMENT**  
**Never too Late!**

Your annual Per Capita is \$40.00 and is shared by the General Assembly, The Synod of the Northeast, The Presbytery of the Northeast. Per Capita is a member assessment used to fund the operating expenses of the governing bodies. (Book of Order; G-9.0404 d). Mark your check or envelope "Per Capita".

**Consider paying more than your share to help cover the cost of others who are unable to pay**

**Important:**

**Deadline is the 20th of each month** for the Newsletter. Leave your news in the Church Office or email it to [upcnews525@gmail.com](mailto:upcnews525@gmail.com)

Church Office Hours: Mon-Fri 9am-3pm

**Schedule of Pastor's Office Hours**

Monday to Friday  
9:00am to 1:00pm

Please call the Church Office for an Appointment  
or to contact the Pastor

**Session Members**

Al Tate (Clerk)  
Emory Dawson  
Patricia Dawson  
Avril Lecky  
Marcia Marsh-Hinds

**Newsletter**

**Newsletter Editors**

Avril Lecky  
George Hansen  
Hugh Lecky  
James Plummer

**Contributors**

Daniel Bofah  
Zorina Bowers  
Pastor Allegra Hoots  
Patricia Dawson

**Church Administrators**

**Pastor Allegra Hoots**  
**Director of Music:** Mr. Ronn Daniels  
**Administrative Assistant:**  
Mr. Davaughn Hoots  
**Custodian:** Mr. Charles Rivers

**Board of Deacons**

Helen Foerster - Moderator  
Daniel Bofah  
Thelma Fleming  
Virginia Hansen  
Desirae Hemans (in training)  
Tania Hemans (in training)  
Maggie Anglin (Volunteer)  
Zorina Bowers (Volunteer)

To contact the deacons for assistance  
Call the church office at 908-756-2666

**CONTACT INFORMATION**

**Church Email:** [upchurch@aol.com](mailto:upchurch@aol.com)  
**Stewardship:** [upcplainfield525@gmail.com](mailto:upcplainfield525@gmail.com)  
**Newsletter:** [upcnews525@gmail.com](mailto:upcnews525@gmail.com)  
**Church website:** <http://upcplainfield.org>  
**Telephone No.:** (908) 756-2666

**If you have information that you would like to  
share, send them to  
[upcnews525@gmail.com](mailto:upcnews525@gmail.com)**

# United Presbyterian Church

525 East Front Street • Plainfield, NJ 07060 • 908-756-2666 • <http://upcplainfield.org>

## July 2022

| SUNDAY                                                              | MONDAY                                                    | TUESDAY                    | WEDNESDAY                                            | THURSDAY                                                              | FRIDAY                     | SATURDAY                   |
|---------------------------------------------------------------------|-----------------------------------------------------------|----------------------------|------------------------------------------------------|-----------------------------------------------------------------------|----------------------------|----------------------------|
| 1                                                                   | 2                                                         |                            |                                                      |                                                                       | 1                          | 2                          |
|                                                                     |                                                           |                            |                                                      |                                                                       | 6-6:15am Daily Devotion    | 6-6:15am Daily Devotion    |
| 3                                                                   | 4                                                         | 5                          | 6                                                    | 7                                                                     | 8                          | 9                          |
| 11am Worship Service<br>In-person & Livestream<br>Communion Service | 6:00-6:15am Daily Devotion<br><br><b>INDEPENDENCE DAY</b> | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion                           | 6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion |
| 10                                                                  | 11                                                        | 12                         | 13                                                   | 14                                                                    | 15                         | 16                         |
| 11am Worship Service<br>In-person & Livestream<br>Youth Sunday      | 6:00-6:15am Daily Devotion                                | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion                           | 6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion |
| 17                                                                  | 18                                                        | 19                         | 20                                                   | 21                                                                    | 22                         | 23                         |
| 11am Worship Service<br>In-person & Livestream                      | 6:00-6:15am Daily Devotion                                | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion<br><br>7:30pm Session Mtg | 6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion |
| <b>VACATION BIBLE SCHOOL 7/18-22</b>                                |                                                           |                            |                                                      |                                                                       |                            |                            |
| 23                                                                  | 24                                                        | 25                         | 26                                                   | 27                                                                    | 28                         | 29                         |
| 11am Worship Service<br>In-person & Livestream                      | 6:00-6:15am Daily Devotion                                | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion                           | 6:00-6:15am Daily Devotion                                            | 6:00-6:15am Daily Devotion | 6:00-6:15am Daily Devotion |
| 30                                                                  |                                                           |                            |                                                      |                                                                       |                            |                            |
| 11am Worship Service<br>In-person & Livestream<br>Dedication Sunday |                                                           |                            |                                                      |                                                                       |                            |                            |

**NOTE:**

Communion & Deacon Sunday — 1st Sunday Monthly  
 Youth Sunday—2nd Sunday monthly  
 Dedication Sunday—4th Sunday Monthly

**Committee Meetings** (unless stated otherwise):  
 2nd Saturday @ 10:00am: Administration Meeting  
 3rd Wednesday @ 7:30pm: Session Meeting

*If you would like to be a member on any committee or help with any project, call the Church Office at 908-756-2666.*

# United Presbyterian Church

525 East Front Street • Plainfield, NJ 07060 • 908-756-2666 • <http://upcplainfield.org>

## August 2022

| SUNDAY                                                                     | MONDAY                           | TUESDAY                          | WEDNESDAY                                                  | THURSDAY                                                                                        | FRIDAY                           | SATURDAY                         |
|----------------------------------------------------------------------------|----------------------------------|----------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------|
|                                                                            | 1<br>6:00-6:15am Daily Devotion  | 2<br>6:00-6:15am Daily Devotion  | 3<br>6:00-6:15am Daily Devotion                            | 4<br>6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service                      | 5<br>6:00-6:15am Daily Devotion  | 6<br>6:00-6:15am Daily Devotion  |
| 7<br>11am Worship Service In-person & Livestream Communion Service         | 8<br>6:00-6:15am Daily Devotion  | 9<br>6:00-6:15am Daily Devotion  | 10<br>6:00-6:15am Daily Devotion                           | 11<br>6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service                     | 12<br>6:00-6:15am Daily Devotion | 13<br>6:00-6:15am Daily Devotion |
| 14<br>11am Worship Service In-person & Livestream<br><br>YOUTH SUNDAY      | 15<br>6:00-6:15am Daily Devotion | 16<br>6:00-6:15am Daily Devotion | 17<br>6:00-6:15am Daily Devotion<br><br>7:30pm Session Mtg | 18<br>6:00-6:15am Daily Devotion<br><br>-Pastor's Lunch-<br>7:00pm Contemporary Worship Service | 19<br>6:00-6:15am Daily Devotion | 20<br>6:00-6:15am Daily Devotion |
| 21<br>11am Worship Service In-person & Livestream                          | 22<br>6:00-6:15am Daily Devotion | 23<br>6:00-6:15am Daily Devotion | 24<br>6:00-6:15am Daily Devotion                           | 25<br>6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service                     | 26<br>6:00-6:15am Daily Devotion | 27<br>6:00-6:15am Daily Devotion |
| 28<br>11am Worship Service In-person & Livestream<br><br>Dedication Sunday | 29<br>6:00-6:15am Daily Devotion | 30<br>6:00-6:15am Daily Devotion | 31<br>6:00-6:15am Daily Devotion                           | 6:00-6:15am Daily Devotion<br><br>7:00pm Contemporary Worship Service                           | 6:00-6:15am Daily Devotion       | 6:00-6:15am Daily Devotion       |

**NOTE:**

CALENDAR EVENTS MAY CHANGE BASED ON THE STATES POLICY ON GROUP MEETING. THE CALENDAR REFLECTS REGULARLY OCCURRING EVENTS AND SUBJECT TO CHANGE. **CHECK OUR WEBSITE FOR UPDATES.**

Communion & Deacon Sunday — 1st Sunday Monthly

Youth Sunday — 2nd Sunday monthly

Dedication Sunday — 4th Sunday Monthly

**Committee Meetings** (unless stated otherwise):

2nd Saturday @ 10:00am: Administration Meeting

3rd Wednesday @ 7:30pm: Session Meeting

*If you would like to be a member on any committee or help with any project, call the Church Office at 908-756-2666.*



# tithes & offering

*Worship the Lord in Giving*



**THIS IS  
STEWARDSHIP!**

*Our gift, no matter how small, goes a very long way to support the church and the community.*

*Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.*

[2 Corinthians 9:7](#)



To bless the Church with your tithes and offering you may:

1. Drop it off at the church office
2. Mail your check (not cash) to the church
3. Log in to <https://bit.ly/3oyj1J6> or
4. Go to the UPC website homepage and click on the "Give Now" button

*~ Thank you ~*

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Fold here to mail

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**United Presbyterian Church**  
525 East Front Street  
Plainfield, NJ 07060

*Where God is exalted, Everyone matters, and You belong!*