

JANUARY 7, 2018

Welcome to UALC! We're glad you're here.

Please stop by the Connect Center in the lobby if you have any questions or want to learn more about our church.

Additional information and announcements can be found online at ualc.org/announcements.

NEW WORSHIP SERMON SERIES STARTS TODAY:

WHAT
TO DO
WHEN...

Insights from Ordinary People of the Old Testament



The Bible is full of normal people just like us. They face difficult challenges, questions they don't have answers to, great joys, simple blessings, and terrible tragedies.

In this series, we'll look for practical insights from the Old Testament for the things we face in everyday life. We'll be trained, learning from saints before us, to live wisely in the world, and to turn to God in all circumstances.

Coming Up:

Alpha - Come Join the Discussion

Have you attended Alpha? Come and learn how a good meal can ease uncertainty, and how the course content and the small group discussions, with questions and shared answers, helps everyone grow.

Mondays, Jan. 22-March 26, 6:15-8:45 pm, MR

Free and nursery available

Register and details: ualc.org/alpha

IFI Training Conference - January 13

International Friendships, Inc. (IFI) is a Christian community group seeking to promote friendship and hospitality for international students. Training is required for some types of serving.

Saturday, Jan. 13, MR

Registration and information: ualc.org/ifi

New Volunteer Training (Half-Day)

This is the first step in training.

9:30 am-12:00 pm, MR

Conference Training and Workshops

Advanced training sessions.

8:30 am-4:00 pm, MR. \$20 fee includes lunch



Upper Arlington Lutheran Church

web www.ualc.org | email ualc@ualc.org | phone 614-451-3736



Coming Up:

New Fitness Classes Offered

Join us for new fitness classes in 2018:

Tai Chi/Yoga

Weekly exercise class to increase balance, flexibility and core strength while reducing stress in a biblical approach to tai chi and yoga.

Mondays starting Jan. 15, 4:15-5:15 pm, LR

Christian Yoga

These classes are for people of all fitness levels and provides a way to enjoy Yoga in the presence of God.

Sundays, 7:00-8:00 pm and Mondays,

5:30-6:30 pm, MR

REFIT® Cardio Fitness

REFIT® is a program for that engages the whole person; body, mind, and soul. This community-centered program focuses on building relationships as well as endurance.

Thursdays starting Feb. 8, 6:00-7:00 pm, LR

For fitness class details, including instructor information and fees, go to ualc.org/sports.

GriefShare®

GriefShare® is for those journeying through one of life's most difficult seasons. Meetings consist of DVD-based teaching, small group discussion, and workbook assignments. A broad range of topics are covered to help whether the loss you're grieving is recent or happened years ago.

Sundays, Jan. 14-April 15, 2:00 pm, LR. Cost: \$15

Details and register: ualc.org/care

Ministry Time 101 and 201 Workshops

The Holy Spirit has been called the “present tense” of God. He brings us power to live for and witness to Christ. Here are workshops to better experience this life.

Ministry Time 101 - Healing Prayer

Most people have experienced intercessory prayer. Here is a fresh way to pray to hear God as we pray for others. We will learn and practice.

Saturday, Jan. 20, 9:30-11:00 am, MR

Ministry Time 201 - The Gift of Prophecy

Jesus said His voice is recognized by His followers. When He wants us to share revelations from Him with others, we can call it prophecy. Come hear it described and practice.

Saturday Jan. 27, 9:30-11:00 am, LR

Details and registration: ualc.org/adults

New Small Groups Forming

Are you a caregiver? Is your child struggling with mental health issues? Would it help to have others to talk to and to pray with once or twice a month? New groups are forming for those who provide care for others as well as parents of children struggling with mental health issues.

Contact: Judy Webb, jwebb@ualc.org,

614-451-3736

Details: ualc.org/smallgroups

Confidential groups will form as people sign up.

Renewing the Mind - Equipping Class

Renewing the Mind invites us to become aware of the thoughts and self talk that God wants to renew

using the power of scriptural truth. We can overcome negative thinking, emotions, and habits.

Wednesdays beginning Jan. 10, 6:45 pm, MR

Register: ualc.org/adults

Contact: Gail Bren, don.bren@att.net, 614-876-5984

Adults 65+:

Inclement Weather Policy

All events and meetings for Adults 65+ will be canceled if either Upper Arlington or Hilliard Schools close due to weather.

Progressive Euchre Card Party

Never played? Come and learn—all ages welcome! Bring a friend and a snack to share.

Every 4th Tuesday, Jan.-May, 1:00-4:00 pm, LR

Thursday Bible Study

“Christian Faith and The Nightly News” - what the Bible has to say about current events in our world today.

Thursdays, Jan. 11, 18, 25, 10:30-11:30 am, LR

In Town Mission Trip

Help build beds for those who don't have one with Bed Brigade and 20 Something Group. All skill levels and abilities welcome, and a job for everyone.

Sunday, Jan. 21, 3:00-5:00 pm, MR

For all 65+ events, contact: 65plus@ualc.org,

614-451-3736, ext. 4652

Get Involved:

Supplies for the Homeless

Will you help God's Hygiene help the homeless? Help us reach out to the homeless by donating pop-top soups, socks, instant coffee, pot holders and sample size hygiene items.

Drop off at Ministry Centers at MR and LR

Contact: godshygiene@gmail.com, 614-601-8122

Blood Drive

Help with the urgent need for blood donations.

Jan. 20, 8:00 am-12:00 pm, LR

Sign up at ministry table today.

UALC Quilt Guild

Come learn, teach, share a love of quilting. All skill levels welcome.

Jan. 13, 9:00 am-12:00 pm, LR

Second Saturday of each month

Contact: Deb DeWees, 614-578-2783, ddewees@columbus.rr.com

Family, Youth & Children:

UALC Preschool and Kindergarten Open House January 11

For nearly 50 years, we have offered high quality, part-time programs for 3-,4-,5-year-olds. Everyone is invited to our open house to see what a nurturing faith-filled environment we have for families.

Open House: Thursday, Jan. 11, 6:30-7:30 pm, LR

Online registration opens Tuesday, Jan. 16 at: ualc.org/preschool

Living in a Digital World

Is your child regularly connected to games, phones, or music? Much more than just a discussion about living in a tech and info saturated world, this workshop will give you a framework to use over and over again as your students grow.

Wednesday Jan. 17, 6:30-7:45 pm; Sunday Jan. 21, 3:30-5 pm MR

Details: ualc.org/elementary

HSM Mission Trip Meeting

Interested in Missions? High School ministry is offering two distinct mission trips this summer.

Come to this meeting to find out details!

Sunday, Jan. 14, 12:30-1:30 pm, MR

Contact: Aaron Thompson, athompson@ualc.org

Join Us As We Pray For:

Our Heart

Read Job 2:1-13

Job's life teaches four vital lessons for when things fall apart in our lives:

1. Be OK with not being OK (Job 1:20).
2. Remember what's true (Job 2:9-10).
3. Don't go through it alone (Job 2:11-13).
4. Expect to experience more of God (Job 42).

In the midst of suffering, God draws near to us. Turn to Him and find that your faith can flourish when things fall apart.

Our People

In the hospital: Alex Porter (The James)

Home from the hospital or in short-term care: Joan Bordo

Homebound or in care facilities: Nancy Hess, Marilyn Mooney, Harold Ruff, Dottie Wharton

We offer Christian sympathy to: Bonnie Johnston at the death of her mother

Birth: We rejoice with JP and Callie Wulf Fulton at the birth of Thompson John; grandparents are Bill and Laura Wulf; great-grandmother Bobbie Thompson

Our World

UALC Honduras Mission Team: The UALC mission trip to Honduras has been cancelled due to local unrest. Ask God for clarity when we are to send a team.

Sermon Notes and Reflections: