

### PEOPLES PRODDER

**January Newsletter** 

### Minister's Message

Dear Members and Friends of Peoples Congregational United Church of Christ,

#### Grace and peace to you from God our Father and the Lord Jesus Christ!

As we stand at the threshold of 2025, I am humbled and energized by the opportunity to serve as your pastor. Together, we have experienced God's faithfulness, and I believe this year will bring even more incredible blessings as we work together to advance the Kin-dom of God.

My vision for this year focuses on five key priorities that will guide our efforts and strengthen our church community:

#### 1. Church Growth

It is our calling to make disciples and extend God's love. This year, we will focus on welcoming new members into our church family, strengthening relationships with current members, and fostering an environment encouraging spiritual growth for all ages. Through intentional outreach and discipleship, we will expand our impact on Christ.

#### 2. Active Ministries

Vibrant ministries are essential to a thriving church. I encourage every member to engage in ministry work that reflects their passions and spiritual gifts. This year, we will revitalize existing ministries and create new ones to address the diverse needs of our congregation and community. Every ministry will have clear goals to ensure we meet the needs of those we serve.

#### 3. More Family Fun

God has called us to be a joyful people, and joy starts at home. This year, we will plan activities designed to bring families together for fun, fellowship, and faith-building. From family game nights to church outings and special events, we will create opportunities for all generations to come together and celebrate life as a church family.

#### 4. Community Involvement

As a beacon of hope and a voice for justice, Peoples Church is committed to being a vital part of the community. This year, we will deepen our partnerships with local organizations, expand our outreach efforts, and host events that address critical issues facing our neighbors. Our love for Christ must be evident in how we serve others.

#### 5. Capital Improvements

To ensure our church facilities reflect the excellence of our worship and service, we will prioritize much-needed capital improvements this year. From maintaining our historic sanctuary to enhancing our ministry and community spaces, we will work together to create a welcoming, functional environment that supports church growth. We will approach this work with prayerful planning and financial stewardship.

As we progress, I invite you to join me in prayer, service, and commitment to this vision. Together, with God's help, we will build a church that not only meets the needs of our present-day community but will also be a beacon of hope for generations to come. I pray that as you join me in blessing God's house, God will continuously bless your home.

#### Happy New Year!

Loving you into God's next for you, I remain,

Rev. Benjamin Ledell Bragg-Reynolds

### "Peoples Church FYI"

### Prayer Meeting Dial-In Wednesday Word Devotional Conference Call

605-475-5950 Access Code: 8964544#
Second and Fourth Wednesdays at 7:00 a.m.

#### **Wednesday Noon Prayer Service**

Call 518-992-1039, Access Code: 659959# Prayer Service is every Wednesday at Noon.

#### **Thursday Virtual Bible Study**

Join Zoom Meeting: Click here to join Dial-in# +1 301 715 8592 US Meeting ID: 992 6852 3678 Password: 784420

## Peoples Congregational United Church of Christ Sunday Morning Praise and Worship Teleconference

Call–in-Number 720-740-9739 Access Code 4684874 The Line Opens at 6:55 a.m.

# Virtual Adult Church School Adult Church School Every Sunday from 8:00 a.m. - 9:15 a.m. Join Zoom Meeting

https://us02web.zoom.us/j/88390857788?pwd=RmZoY2xqeTBlRVdTK09XWFY5cG9OQT09 Meeting ID: 837 4429 8433 Passcode: 853640

Sermon By Phone
Available every Sunday at 12:00 p.m. Dial 1-202-318-5405



#### SPECIAL CHURCH ANNOUNCEMENTS

Peoples Church will be closed on Monday, January 20, 2025 in observance of the Martin L. King Holiday.

Are you interested in attending Adas Israel's Martin Luther King, Jr. Shabbat service and dinner? Please use the following link to register: https://calendar.adasisrael.org/events/category/shabbat/

Martin Luther King, Jr. Sunday January, 19, 2025 The Rev. Canon Dr., J. Lee Hill, Jr "Dr. King's Beloved Community"

"We stand today between two worlds – the dying old and the emerging new. I am aware of the fact that there are those who would argue that we live in the most ghastly period of human history."

-Rev. Dr. Martin Luther King Jr. 1956

The Peoples Board of Christian Social Action (BoCSA) invites you to join us on **Sunday, January 19, 2025 at 10:00 a.m.** to honor the legacy of Dr. Martin Luther King Jr. and examine what it means to "live into the Beloved Community." Our keynote speaker, **The Rev. Canon Dr. J. Lee Hill, Jr.**, a UCC ordained minister, is the first Canon for Racial Justice and Healing for the Episcopal Diocese of Virginia. Dr. King proclaimed and invited others to oppose the same (or status quo) until the "Beloved Community" is realized: **never accommodate discrimination, never accept bigotry, and reject conditions that favor the few over the many, leaving many in poverty amidst great <b>prosperity**. Even with the distress of the time in which he lived, Dr. King held the belief that in the midst of the discomfort, still rests the opportunity for 'a new world' ... 'and an old world passing away.' May it be so today.



Welcome to Peoples Church! All individuals who participate in our Worship and Liturgical Services and/or Events may have their images appear on our Social Media Platforms, Live Streaming, or communication documents. By attending these Services and Events, you tacitly agree to having your image displayed.

#### Sermon Talk-Back

Rev. Bragg-Reynolds will lead Sermon Talk-Back on the following Sundays after worship in the Corbin Lounge.

Sunday, January 12, 2025 Sunday, January 26, 2025

Sermon talk-back allows you to ask questions, delve deeper into the sermon, and follow up on trauma-informed Bible study.

#### **Continuing the Celebration of Peoples Church**

A *Juneteenth Program* will be presented, sponsored by the music and cultural arts ministries, under the direction of Dr. Robert L. Jefferson, Director of Worship and Peoples Congregational Choir.

This is an open call and invitation to all members, neighbors and friends to participate! This is an historical production featuring song, dance and spoken word, written by our own Virginia Artist. There are many opportunities to participate, including both **on stage and behind the scenes**. We need **you** to make this a great event.

Speakers, singers, dancers, stage manager, prop master, costume manager, marketing/PR team, recruitment, logistics, ushers and greeters, production assistance. This is an awesome opportunity for fellowship and a tangible contribution to the spiritual life of Peoples Church. Also, we intend to have fun! We will begin to meet for planning and rehearsals in January. For more information, please email <a href="mailto:PeoplesUCCMusicMinistry@gmail.com">PeoplesUCCMusicMinistry@gmail.com</a> The program will be on Saturday, June 21, 2025.

Over the years, Peoples Congregational UCC has been blessed by persons who have included Peoples Church in their wills. Naming the Church as a beneficiary in your estate is a significant way to invest in the future of Peoples Church. Many donors consider a bequest as a way to round out a lifetime of giving to Peoples.

As you consider your estate planning, we invite you to remember our church as a way to create a lasting legacy of faith and support for future generations. By including the church in your plans, you ensure that our mission to serve, inspire, and uplift our community continues for years to come. Your gift, no matter the size, can help sustain our ministries, maintain our facilities, and fund new opportunities to make a difference. This act of generosity is a meaningful way to reflect your faith and values, leaving a testament to the commitment you've shown throughout your life. Please consider speaking with a financial advisor or reaching out to me to explore how an endowment can be part of your legacy.

The Aridell Butler fund is an example of a bequest to the Church. Aridell Butler served as the Peoples children's choir director for a time under Rev. Elmes. She was instrumental in establishing the Women's choir and the Fellowship choir. Thanks to the estate of Aridell Butler, Peoples Congregational was the beneficiary of a very generous gift in support of the Church's Music Ministry and Scholarship Funds while Rev. Michael Murphy served as Senior Minister.

Thank you,

Cheryl Dunham

Board of Trustees Legacy Committee
Cheryldunhamcc@gmail.com

#### **Peace Walk Training**

As you may know, Peoples Church has been participating in the programs and activities with the other churches under the auspices of the Ward 4 Faith Leaders. Among these activities are Peace Walks which are intended to seek God's grace on troubled venues and to raise awareness of the violent crime in our community. There is now a definitive methodology to peace walks that has been developed by Peace Walk DC to augment the efficacy of these walks. Ward 4 Faith Leaders has arranged for training in this methodology on Saturday January 25, 2025, from 10:30AM-2:30PM at Christ Lutheran Church located at 5101 16th Street NW Washington DC 20011. Those wishing to attend should RSVP at info@ward4faithleaders.com.

### **VISION AND EYE HEALTH**

Vision health is very important for personal health and quality of life. The incidence of eye disease increases with age. For this reason, a dilated eye exam is recommended yearly after the age of 60 for the general population. Because of the higher incidents of glaucoma in the black/African American population, a yearly eye exam is recommended after age 40.

#### **COMMON EYE PROBLEMS**

#### Cataract

Cataract is a clouding of the eye lens. It can occur at any age but incidents increase with aging and individuals on certain medication. Cataracts are easily treated by removal of the clouded lens and replacement with an artificial lens. Surgery is usually performed in an outpatient surgical center.

#### **Diabetic Retinopathy**

Diabetic Retinopathy is the leading cause of blindness in American adults. With retinopathy there is progressive damage to the blood vessels of the retina, the light sensitive tissue at the back of the eye that is necessary for good vision. It usually affects both eyes. DR progresses through stages, and early intervention reduces the risk of vision loss. Risk factors for DR are: 1. Longer duration of disease. 3 out of 4 people with diabetes more than 15 years will develop DR 2. Type I diabetes. 3. Poorly controlled diabetes. 4. Hypertension 5. Black/ African Americans have a higher incidence of DR.

#### **Hypertensive Retinopathy**

Hypertensive Retinopathy is a result of damage to the inner layer of the blood vessel due to uncontrolled hypertension. This results in damage to the optic nerve and vision loss. Hypertensive retinopathy only occurs when hypertension is poorly controlled.

#### Glaucoma

Glaucoma is the most common cause of blindness among black/African Americans in the US. It is caused by increased intraocular pressure in the eye which leads to destruction of the optic nerve resulting in vision loss. Treatment to lower the pressure is effective in slowing down the process. In early stages oral medication is used to reduced in the intraocular pressure. Laser or Surgical procedures are also used. Early stages of glaucoma are asymptomatic and is only diagnosed by a complete eye exam.

#### **Aged Related Macular Degeneration**

Aged related Macular Degeneration is caused by changes in the deep layers of the retina and the surrounding blood vessel resulting in central vision loss. The risk factors for AMD are advancing age and smoking. There is no cure for AMD. Treatment modalities including intravenous injections and intraocular injection help to slow down progression of degeneration. Vitamin supplements are also prescribed.

Early treatment is critically important to prevent vison loss. Therefore, yearly eye examinations are extremely important.

Submitted by Wellness Ministry

### Happy Birthday To

| Shari Anthony   | 1/01 | June Jeffries    | 1/11 | Camille Mosley   | 1/23  |
|-----------------|------|------------------|------|------------------|-------|
| Kyle Baker      | 1/04 | Jessie Robinson  | 1/12 | Thomas Cooper    | 1/24  |
| Anthony Dunwell | 1/04 | Gerald Younger   | 1/14 | Ronald Allen     | 1/27  |
| Kyle Baker      | 1/04 | Bettye Topps     | 1/14 | Audrey Hendricks | 1/28  |
| Carol Sylver    | 1/05 | Yvonne Hinkson   | 1/14 | 1100000 1100000  | 1, 20 |
| YaVonne DuBose  | 1/06 | Lois Sylver      | 1/20 |                  |       |
| Shari Anthony   | 1/08 | 2010 0 9 7 7 6 7 | 1,20 |                  |       |

#### Bible Trivia



1) How many books are in the Old Testament?

A) 4 B) 20 Ď) 39 C) 7

2) On what day did God create man? A) First B) Second C) Third D) sixth

3) How many sons did Jacob have?

A) 5 B) 10 C) 11 D) 12

4) This man wrote the first five books of the Old Testament.

A) Moses B) Paul C) Noah D) Daniel

Ans. 1) D 2) D 3) D 4) A

### Lessons and Carol









### Christmas Eve Jazz Vespers



















### Youth Sunday















### Sunday Worship December 3, 2024





### Peoples Congregational United Church of Christ

4704 Thirteenth Street, NW Washington, DC 20011 Phone: 202.829.5511 Follow us on Twitter @PeoplesCongUCC

We are on the Web! www.peopleschurchucc.org



Love God & Love Neighbor

### **Prodder Guidelines**



The Peoples Prodder is our Monthly Newsletter, which informs our community about recent announcements, updates, and information pertaining to the life of our congregation.

All announcements and flyers for the upcoming edition of the Prodder must be submitted by 12:00 Noon on the  $20^{\rm th}$  of the prior month.

Announcements and flyers can be emailed to yhunter@peopleschurchucc.org.

Please do not mail information; electronic submissions are required. Announcements should be a maximum of 90 words and informational about Peoples Church events or members and their families. All announcements may be edited, and submissions are subject to final approval by the Ministers.

### **Contact Information**

#### **Interim Minister**

Rev. Benjamin Ledell Bragg-Reynolds <a href="mailto:interimminister@peopleschurchucc.org">interimminister@peopleschurchucc.org</a>

#### Church Moderator

Diana Haines Walton moderatorhaines@peopleschurchucc.org

#### Administrative Staff

Operations Specialist Yvette Hunter yhunter@peopleschurchucc.org

#### Maintenance Staff

Towanda Chew Sterling "Stan" Evans





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| January          | February                | March                  | April                    |  |
|------------------|-------------------------|------------------------|--------------------------|--|
| 1-16 Bible Study | 2-8 Governing Body Mtg. | 3-2 WJAI/National      | 4-13 Palm Sunday         |  |
| 6:00 pm          | 9:30-11:00 am           | Sorority Youth Concert | 10:00 am                 |  |
|                  |                         | 3:00 pm                |                          |  |
| 1-19 MLK Sunday  | 2-9 Boy Scout Sunday    | 3-4 Shrove Tuesday     | 4-17 Maundy Thursday     |  |
| 10:00 am         | 10:00 am                | 3:00-6:00 pm           | 6:00 pm                  |  |
|                  |                         | 3-5 Ash Wednesday      | 4-18 Good Friday Service |  |
|                  |                         | 12:00 Noon             | 12:00 Noon               |  |
|                  |                         | 3-9 Girl Scout Sunday  | 4-19 Easter Jazz Vespers |  |
|                  |                         | 10:00 am               | 5:00 pm                  |  |
|                  |                         |                        | 4-20 Easter Sunday       |  |
|                  |                         |                        | 6:30 am and 10:00 am     |  |

| CHANGE OF CONTACT INFORMATION   |          |       |        |             |                        |                        |  |
|---|----------|-------|--------|-------------|------------------------|------------------------|--|
| Have you moved? Do you have a neit in the offering plate so that we may |          |       |        | nged? If so | o, please fill out the | e form below and place |  |
| Name(s)   |          |       |        |             |                        | <u> </u>               |  |
| Old Address   |          | _City |        | _State      | Zip                    | _                      |  |
| New Address   |          | _City |        | _State      | Zip                    | _                      |  |
| Phone Numbers: Home   | Business |       | Mobile |             |                        | _                      |  |

### REALM REGISTRATION



Scan the QR Code: Peoples Realm Sign-Up, Sign-in or Make a Donation