

THE CORNERSTONE *Newsletter*

JANUARY 14
-through-
FEBRUARY 17
2018

WHAT TO DO WHEN...

Insights from Ordinary People
of the Old Testament



The Cornerstone is your guide to ministry opportunities at Upper Arlington Lutheran Church. Look inside for ways to take next steps in your faith journey, grow deeper through service opportunities, and be encouraged through stories of God at work! If you'd like more information about our church, please stop by the Connect Center in the lobby.



Upper Arlington Lutheran Church
web www.ualc.org | email ualc@ualc.org | phone 614-451-3736

Welcome to Upper Arlington Lutheran Church!

We're glad you're here!

I began attending Upper Arlington Lutheran Church when I was 10 years old.

At that time the Lytham Road main sanctuary was what is now the Kids' Church space. My mom was the youth choir director and I sang in her choir. On Sundays I watched with envy as the older boys got to be acolytes in robes with cool gadgets to light and extinguish candles. I wanted to be one of them, to light the flames that began the worship service.

Now, more than 50 years later, I still want to light the flames of worship. Only this time as Lytham Road Xalt worship leader, and in the hearts of those who come to worship.

My spiritual journey at UALC progressed through Saturday morning catechism that culminated in confirmation. In high school I attended Luther League and reconfirmed my baptismal covenant at age 17 at a High School Life gathering. During that meeting a youth leader led a prayer that quoted Jesus saying, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." I wanted the intimacy of that kind of relationship with Jesus, and so I opened the door.

God, as Father, Son and Holy Spirit, has been with me ever since, leading me through times of utter loneliness as a college student and young adult, finally providing fellowship and a deep sense of purpose during a decade of high school

ministry and Tetelestai. And later, as He guided me through career changes, businesses, marriage and parenting.

And while God was guiding me, I watched Him guide UALC through changes in leadership, growth in membership, a new campus and new worship styles. I was fortunate to be a part of the talented team that introduced contemporary worship at UALC in the early '90s. I enjoyed learning more about the Holy Spirit during recent conferences. I've experienced His presence, as prayer ministers have prayed for me and others.



The flame God lit in me through UALC still burns. Sometimes it's a roaring fire; other times more of a smoldering ember. That's when He uses the UALC staff and community to inspire, teach and challenge me.

I have no doubt that God will continue to use UALC in my life. It's where He has helped me understand what it is to be, and to make disciples for Jesus. I love this church. I love what God has done in me and in others through this church.

In Christ,
Dave Fullen
Worship Leader, Lytham Road Xalt



Coming Up:

Kitchen Service

Come and hear what's cooking at UALC as staff and council discuss what to expect in the upcoming year. We want to answer any questions you may have; bring them with you or email them in advance.

Wednesday, Jan. 31, 6:30-7:30 pm, MR

Questions: feedback@ualc.org

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

Financial Peace University

Over four million people have gone through FPU and learned God's ways of handling money. They've been taught how to create a budget they can follow, and they've rewritten their stories—changing their futures forever.

Sundays, Jan. 21-March 18, 6:30-8:00 pm, MR

Register: ualc.org/adults. Cost: \$100/family

Contact: Judy Webb, jwebb@ualc.org, 614-451-3736

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 for both workshops: ualc.org/adults

Alpha - Winter 2018

Don't know anyone to disciple? Family, friends - all believers? *“The harvest is plentiful, but the workers are few. Therefore, beseech the Lord of the harvest to send out workers into His harvest”* (Matt 9:37). Who are you inviting?

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

No fee, dinner included. Nursery available.

Register: ualc.org/alpha.

Contact: alpha@ualc.org

Take a Closer Look at UALC

Come and meet others who are attending UALC but not yet members. Meet staff and others while you enjoy refreshments. This could be your first step toward membership.

Feb. 12, 6:30-8:00 pm, MR

Details and RSVP: ualc.org/adults



Family, Youth & Children:

Children's Ministry

Living in a Digital World

Did your child just get a new gadget for Christmas? Are they regularly connected to games, phones, or music? Come and enjoy a workshop designed for parents and their second grade students. Much more than a discussion about living in a tech and info saturated world, you'll walk away with a framework you can use over and over again as your student grows. Older elementary students are welcome.

Wednesday, Jan. 17, 6:30-7:45 pm or

Sunday, Jan. 21, 3:30-5:00 pm.

Details and registration: ualc.org/elementary

Contact: David White, dwhite@ualc.org

Middle School Ministry (MSM)

MSM Winter Retreat

Join us for an awesome weekend of fun, worship, excitement, and growing with God and others at Christ In Youth's *Believe* conference in Cincinnati.

Feb. 16 & 17, \$100, (\$110 after Jan. 15)

Registration deadline Jan. 31

MSM details and registration: ualc.org/middleschool

Contact: Kelsey Payne, kpayne@ualc.org

High School Ministry (HSM)

"Can I Ask That?" Part Two

Do you have questions you'd like to ask about your faith? We'll meet to study and discuss topics

such as evolution, marriage and sexuality, and the imperfection of the Christian church. Come to all sessions or drop in when you can.

Tuesdays, Feb. 13 - March 13, 6:30-8:00 pm, MR

HSM Winter Retreat

We all deal with stress! Too much work, busy schedules, family, friendships or dating - it all adds up. How does our faith help us deal with all of it? Spend the weekend de-stressing and learning to trust in Jesus!

**Friday, Feb. 2, 7:00 pm-Sunday afternoon,
Heartland Retreat Center. Fee: \$105 includes
travel, registration deadline Jan. 31**

Interested in Missions?

High School Ministry is offering two distinct mission trips this summer 2018. Come to this meeting to find out details!

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

HSM details: ualc.org/highschool

**Contact: Catherine Scurria, cscurria@ualc.org or
Aaron Thompson, athompson@ualc.org**

Play-N-Praise (18 months to 3 years)

Explore large muscle activities, Create art, sing and praise our heavenly Father at circle time and have a parade. Children must be accompanied by an adult.

**Fridays through March 9, 10:30 am-12:00 pm, LR,
\$10 fee for entire session**

**Contact: Kelly Mikhail, 614-976-4225,
Details and registration: ualc.org/prek**

Physical Fitness

A health evaluation revealed that I didn't handle my stress well. I already had a journaling habit, a regular Bible reading, and, sometimes I even did a cardio workout. Not enough. The recommendation? Try tai chi. Right. What's tai chi?

I went from not knowing what tai chi was to practicing it daily. Every morning it follows my quiet time, along with regular yoga practice. Out of these two disciplines of non-Christian origin, I have developed a personal practice which honors Jesus as Lord. I gain greater balance, feel less stress and pray to Jesus while moving through these 24 forms. This physical training has enriched my spiritual and emotional health.

I am not the only person at UALC with such a story.

UALC members who have participated in ReFit classes at other churches in northwest Columbus are eager to bring that cardio

dance class to our Lytham Road campus. It's an opportunity to work major muscle groups while moving to uplifting music in a supportive context. Get fit so you're strong enough to serve God to your max.

If group cardio training is not for you, consider yoga. At our Mill Run campus we have two different trained instructors who teach christian yoga in response to a call from God. The deep breathing of yoga can help Jesus followers to soak in God's Spirit while stretching muscles and joints. We are meant to lay our burdens down and take in the fullness of God's presence.

Maybe one of these classes is for you.



Pam Mann

Yoga/Tai Chi instructor, Mondays, 4:15, LR

New Physical Fitness Offerings:

Wear comfortable clothing you can move in. Bring a mat to yoga classes. There is a suggested \$5 donation per class, except for tai chi which is free. All are co-ed, except for REFIT®, which is women only.

Details: ualc.org/sports.

Christian Yoga - Sundays

An energetic yet relaxing yoga practice that helps declutter physical or emotional impediments to a deeper relationship with Christ. All abilities are encouraged and respected in this community practice where we flow from pose to pose.

Sundays, 7:00-8:00 pm, MR

Julie Carter, 614-403-8313, juliecarteryoga@gmail.com

Tai Chi/Yoga - Mondays

Increase balance, flexibility and core strength while reducing stress in a biblical approach to tai chi and yoga.

Mondays, 4:15-5:15 pm, LR

Pam Mann, pmann@fastmail.fm, 614-592-9863

Christian Yoga Fitness - Mondays

Practice body stewardship through strengthening, stretching, deep breathing, and meditation on Scripture. This class is for people of all fitness levels and provides a way to enjoy yoga in the presence of God.

Mondays, 5:30-6:30 pm, MR

Stephanie Schroer, 614-581-0261, slschroer1@gmail.com



More Physical Fitness Classes:

REFIT® Cardio Fitness for Women

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. Classes designed for women of all fitness levels- no prior experience necessary.

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

Stacey Swanson, 614-260-4584,

slw315@yahoo.com

Adults 65+:

While the opportunities listed here are planned with Adults 65+ in mind, if you are interested, please join us! We do not discriminate based on age, and all are welcome. Inclement weather policy - All events and meetings will be canceled if either Upper Arlington or Hilliard Schools are closed due to weather.

Contact and register: 65plus@ualc.org, or call 614-451-3736, ext. 4652.

Progressive Euchre Card Party

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

Tuesday, Jan. 23, 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. 18, 25, 10:30-11:30 am, LR

Monthly Lunch and Program

Charley Shin, UALC attendee, founder and CEO of Charleys Philly Steaks and Bibibop Asian Grill will share his testimony. Lunch will be catered from Bibibop with a number of options available.

Thursday, Feb. 1, 12:00-1:15 pm, LR

In-Town Mission Trips

Bed Brigade - Help build beds for those who don't have one with Bed Brigade and 20-Somethings Group. All skill levels and abilities welcome.

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

Columbus Dream Center - Prepare and serve food to those in need of a hot meal.

Wednesday, Feb. 7, 11:00 am-2:30 pm, meet at LR to carpool, RSVP by Feb. 1.

Get Involved:

Food Pantry Volunteers Needed

Help Serve at the Lutheran Social Services Food Pantry at 1460 S. Champion Ave. in February.

Tuesdays, Feb. 6 & March 6; 10:00 am-2:30 pm,

Saturdays, Feb. 10 & March 10; 12:00-3:00 pm

Contact: Tom Andres, tom.andres@att.net;

614-457-9070.

Reaching Out to the Homeless

God's Hygiene Help Center is starting a new project to reach out to those living in homeless camps. Donations are appreciated: blankets, socks, pop-top soup, instant coffee, pot holders and sample size hygiene items.

Drop off items at the MR, LR Exchange Centers

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

New Support Group for Parents

A support group is forming for parents of children who are navigating mental illness. This confidential group, is being formed to support one another through discussion and prayer

Contact: Judy Webb, jwebb@ualc.org, 614-451-3736

New Support Group for Caregivers

Are you a caregiver? Would it help to have others to talk to and to pray with once or twice a month? We know that care-giving is lonely stuff and we all

need the support and encouragement from others who have been there. Let's not keep doing life alone.

Contact: Judy Webb, jwebb@ualc.org, 614-451-3736

Quilting Ministry for Missions

Join the Beacons quilting ministry on the second Thursday of each month. All skill levels welcome.

Feb. 8, 11:30 am, LR

Contact: Sue Logan, through the church office, 614-451-3736

Calling All Artists

The UALC Visual Arts Ministry (VAM) has been around a long time. We manage the artwork displayed in both campuses, including the upper floor gallery space at Mill Run. But we were challenged by the Launch Out focus to broaden our outreach.

We knew about the 168 Film Project, a 16-year-old global ministry that invests in filmmakers by challenging them to produce short films in a week based on Scripture. For some participants that has been life-changing as they come face to face with the Word of God, sometimes for the first time.

So, we thought: we have this gallery space, we have a week, and we have the Word of God; why not present the same 7-day challenge to fine artists from our region, regardless of church background (or lack thereof)?



We piloted the 7 Day Bible Art Challenge last year, and it was a big success. We had over 30 entries by people from a wide variety of backgrounds, about half UALC members, and all have stories about how God inspired their artwork. Now it's an annual event, and we're sweetening the pot with cash prizes in youth as well as adult categories.

*-Steve Puffenberger
Visual Arts Ministry Team Member*

If you're an artist, sign up. Or if you know an artist, use this opportunity to launch out with us into deep water with an invitation. And if you or your business would be interested in sponsoring a special prize, let us know. All the details are at ualc.org/7dayart and flyers are in the Connect Center.

Registration Closes: Feb. 14

Bible Verse Assignment: Feb. 21, 7:00 pm, MR

Turn-In Deadline: Feb. 28, 7:30 pm, MR

**Gala Opening of Exhibit & Prizes Awarded:
Sun., Mar. 11, 2:00 pm, MR**

WHAT TO DO WHEN... SERMON SERIES

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. When we study the characters of the Old Testament, we get to see how they responded to both adversity and opportunity. And even more importantly, we see the way God provides and guides them no matter what.

In this series, we'll look for practical insights from Scripture 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.

WHAT TO DO WHEN...

TOPICS AND SCRIPTURE:

...YOUR WORLD FALLS APART

Insights from the life of Job. (Job 2:1-13)
Aaron Thompson, Lay Minister Joe Valentino, Jeff Schuster and Pastor Paul Ulring preaching

...YOU HAVE TOO MUCH TO DO

Insights from the life of Jethro. (Exodus 18:18-23)
Pastor Brodie Taphorn preaching

...YOU KNOW YOU MESSED UP

Insights from the life of Adam and Eve.
(Gen. 1:27, 2:15-17, 3:1-7)
Pastor Buff Delcamp preaching

...YOU HAVE TO SPEAK UP

Insights from the life of Nathan. (2 Samuel 12:1-13)
Pastor Jeff Morlock preaching

...EVERYONE IS COUNTING ON YOU

Insights from the life of Esther. (Esther 4:10-17; 5:1-3)
Pastor Dave Mann preaching

...YOU'VE GOT IT ALL TOGETHER

Insights from the life of David. (2 Samuel 11:1-15, 26-27)
Aaron Thompson, Lay Minister Joe Valentino, Brett Harper and Pastor Paul Ulring preaching

Find the worship and preaching schedule at ualc.org/stylesandtimes.