Announcements

November 1, 2026

THIS WEEK AT UPC:

[**11/1**] **Coffee hour,** ***11:15am*** *in the Sanctuary.*

NEW! Sunday School for Children and Youth, ***11:15am–12pm*** *in Room 200.*

United Ringers handbell choir rehearsal, ***Sundays, 11:30am–12:30pm*** *in the Sanctuary.* Our handbell choir plays 2–4 octaves of Malmark handbells & handchimes. If you're interested in learning how to play handbells, please inquire. No previous experience needed. If you can count to 4, you can learn to play!

> ***To join UPC's "Zoom Room" online:*** **upcbgm.org/zoom**
>
> ***To dial as a phone call:***
> **(+1) 646-558-8656**
> Meeting ID: **865 274 8433**

[**11/2**] **Bible Study,** ***Mondays, 1–2pm*** *on Zoom.* We're studying the Psalms — 150 poems or songs divided into 5 books —which have served believers in every generation as a biblical source of prayer and praise and as models for their own response to God. Written throughout the years of the formation of ancient Israel, only a few of them are well-known to believers in the present day. The psalms encompass and place before the One God the whole range of human experience, and we'll look at the psalms together to see how praying the psalms can inform our faith.

[**11/3**] **Community Meal,** ***Tuesdays, 5–6pm.*** Every week we offer a sit-down meal that is free for anybody. Volunteers are needed; if you'd like to help with this mission, contact Community Kitchen Coordinator Sherry Conklin: **meal@upcbgm.org** or **607-722-4219**.

[**11/4**] **Sewing Group,** ***Wednesdays, 10am–1pm*** *in the Upper Lounge*. The Sewing Group meets at the church each week to craft quilts, mittens, hats, scarves, pillows, and more. At noon, those who can't come in person are invited to "Zoom in" for their lunchtime social hour. All are invited; bring a lunch and enjoy the company.

Community Food & Hygiene Pantry, ***Wednesdays, 12–5pm.*** Volunteers help staff the pantry on Wednesdays, and help is also needed when we get deliveries on Thursday & Friday mornings. Contact Sherry to help: **meal@upcbgm.org** or **607-722-4219**.

UPC Choir rehearsal, ***Wednesdays, 6:30–7:30pm*** *in the Music Room.*

[**11/5**] **Deacons meeting,** ***6pm*** *in the Upper Lounge.*

[**11/6**] **Zoom Happy hour,** ***Fridays, 5–6:30pm.*** Bring your own beverage and join the fun as we catch up on the events of the week and share how we're doing.

LOOKING AHEAD:

[**11/8**] **Worship,** ***10am.*** Genesis 22, the binding of Isaac.
(Note: No Sunday School next week.)

[**11/9**] **Session meeting,** ***6pm*** *in the Music Room or on Zoom.*

The Threshold: A Conference on Death, Meaning, and Renewal
Saturday, Nov. 7 at the UU Congregation
183 Riverside Dr., Binghamton

This conference invites scholars, artists, healers, and everyday seekers to reimagine death not as an end, but as a threshold.

Author, educator, and registered nurse Theresa Evans asks the question, How do we show up for someone who is preparing to exit their physical body — in this case via Medical Assistance in Dying? What qualities can we bring that will facilitate and even enhance the transition while taking into account the impending loss for the one who is dying, for the family, and for ourselves if this is someone we love?

During this conference, Theresa will share her story of supporting her mother through Medical Assistance in Dying (MAiD). She will speak to why her mother chose MAiD, what the process was to be accepted into the MAiD program, the differences between MAiD in Canada (where her mother lived) and the United States, and the anticipatory grief that accompanies this choice. While there are no "right" answers to the questions she has asked as life is dynamic and individual experiences are dynamic — there are steps that can be taken to turn this time of great loss into a time of celebration. We all show up wearing the clothes of our life experiences; with intention, these experiences can enhance this time of great loss. This presentation invites a lively conversation around the topic of death.

Conference tickets are available from Eventbrite at **https://bit.ly/3TGf5M6**.

Practical Resources for Churches (prcli.org) offers resources on a variety of topics including caring ministries, spiritual practices, small church life, social justice, and environmental stewardship. Check out all they have to offer and take advantage of the abundance of programs and information. Upcoming webinars include:

- **Simple, Inexpensive Ideas for Community Outreach: Less Can Be More — *Tuesday, November 10, 2–3pm:*** Limited resources don't have to hold your church back from meaningful engagement with the neighborhood! Ministry consultants Joy Skjegstad and Heidi Unruh share a range of inexpensive ideas for local outreach that focus on creativity, celebration and connection. Energize the congregation by involving people based on what they like to do best and care about the most. Joy and Heidi will guide participants in next steps toward "less-is-more" community outreach that can happen all throughout the coming year. **upcbgm.org/prc111026**
- **Understanding Christian Forgiveness: a two-part series — *Thursdays, Nov. 19 & Dec. 3, 2–3pm:*** These webinars, led by clinical psychologist and PC(USA) Ruling Elder Everett L. Worthington, Jr., seek to deepen our understanding of forgiveness and equip us to promote forgiveness in our local congregations. **Part 1: Church and Science** will examine biblical and practical theology for how to forgive and how to promote forgiveness. Biblical theology tells us to forgive unilaterally and every time, but does not offer much about how to do it. Practical theology tells us how to help people forgive. Forgiveness science, a part of God's general revelation, reveals a general stress-and-coping theory of forgiveness that leads to emphasizing the benefits of forgiving (to offender and forgiver), an injustice gap, and two different types of forgiveness — decisional and emotional forgiveness — which we will look at through the lenses of both science and Christian practice. **upcbgm.org/prc111926** **Part 2: How to REACH Forgiveness** will deal with psychoeducation, counseling, Christian education, and congregational deep dives into forgiveness. The approach will focus on REACH Forgiveness, an empirically validated method of helping people forgive (tested in nearly three dozen randomized controlled trials involving over 4,500 participants in 5 countries). Worthington will detail the 5 steps of REACH Forgiveness as well as evidence for its effectiveness noting its connections to practical theology and other clinical psychological approaches. Finally, we'll examine multiple studies in Christian colleges, a secular university, and churches in the USA and Australia, concluding with practical advice on how to better engage and cultivate forgiveness in your congregation. **upcbgm.org/prc120326**

Other resources from PRC include:

- ***What's Next:*** Timely resources & upcoming webinars. **conta.cc/3W44wDr** (10/27/26)
- ***Cultivate: Growing in Faith:*** Christian ed and faith formation resources, ideas, and anecdotes for all ages of adults and children. October's letter: **bit.ly/4jAt1Si**

Different faiths. Shared values. Unified in gratitude.

Sunday, Nov. 15, 3pm *at Temple Concord, 9 Riverside Dr., Binghamton*

Save the date and join us for a meaningful gathering during this season of gratitude!

This will be an Interfaith Service where we can share gratitude in the style of many faith traditions.

Interfaith BROOME COUNTY

More news from around the presbytery and across the denomination can be found at **susvalpresby.org/thursday-thoughts**