

Waymarks

Plymouth Church | Helena Montana

December 2019

Help Decorate the Sanctuary – Saturday, December 7th – 10:00 a.m.

The Advent/Christmas decorating was delayed this year. Come join us this Saturday at 10am when we will put up the holiday decorations. Many hands make light work, and it is a fun occasion to share with your church family.

Christmas Brunch – Sunday, December 15th following Worship

It is time once again for our annual Christmas Brunch. Join us in the Fellowship Hall on Sunday, December 15th for a wonderful time of food, festivities, and fellowship. There is a sign-up sheet on the table in the narthex where you can indicate what delectable treats you will be bringing.

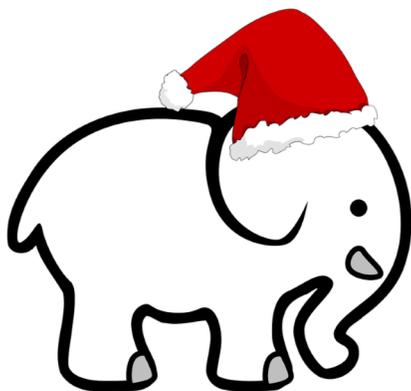
Women's Christmas Luncheon – Tuesday, December 10th – 11:30 a.m.

The women of the church will be gathering for their annual Christmas Luncheon on Tuesday, December 10th at the Delta Marriott Hotel (2301 Colonial Drive). Please sign up on the table in the narthex or call the church to make your reservation.



Christmas at the Willis Cruse House

Plymouth will again adopt the veterans currently living at the Willis Cruse House. A tree with gift tags will be prominently displayed in the Fireside Room, Sunday, December 15, expecting wrapped gifts will be returned the following Sunday. Dave Donaldson will provide meat for a Christmas Eve dinner; others are invited to contribute assorted canned or packaged foods and to bring them to church by December 22. We are not cooking this year, but instead providing edible supplies for the veterans to enjoy during Christmas week. A list will be displayed on the table in the Narthex. If you have questions, call Dave Donaldson (299-0447) or Jennifer Thompson (442-2642).



The Retired Sinners White Elephant Party – Tuesday, December 17th – 8:30 a.m.

This party is one of the fun and festive traditions here at Plymouth. Even if you are not a regular participant in their monthly meetings you are invited to join them for this gathering. Bring a wrapped white elephant gift and be prepared to laugh and celebrate and have a good time.

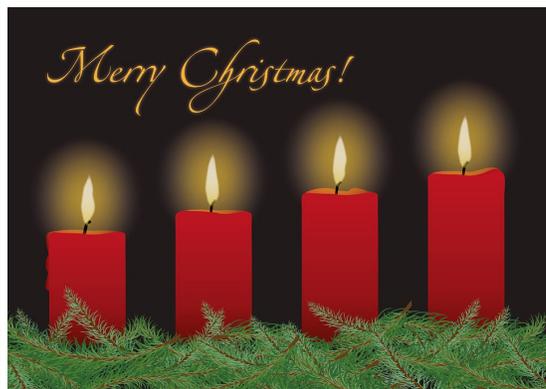
Notes from the Journey . . .

Advent/Christmas might be my favorite season of the year. There is so much to appreciate, including parties, festive music, cards and gifts, holiday traditions and activities, and the growing sense of anticipation and excitement that fills the air. The themes of hope and peace and joy and love which we explore in worship are so rich and evocative, inviting us to expand the horizons of our faith as we prepare once again to celebrate the gift of God coming to be among us. And yet, there is also the risk of becoming overwhelmed. There is so much going on that if we are not careful it all just becomes a blur of activity which depletes us rather than enlivens us. So, I invite you to be intentional about how you participate in the offerings of this season. There is no law requiring you to do everything. Be selective. Ask yourself if this particular activity will enrich your life. Will it bring you joy? And remember to make opportunities to slow down and pay attention to the stillness and the quiet which is also available during this time of year. Take care of yourself. May the blessings of the season nourish your soul and enhance your living. May you discover the presence of God shining through every moment as you make your way towards Christmas.



— **Pastor Roger**

(keeping my feet firmly planted in the flow)



Christmas Eve Candlelight Worship – Tuesday, December 24th – 7:00 p.m.

You are invited to join us for this simple and meaningful Christmas Eve worship experience as we celebrate the birth of the Christ child. It will feature candles and carols, scriptures and stories, communion and community. Invite your family and friends to join you. Child care will be available.

Help During Sunday Morning Worship

Disciple Groups, those who provide help during the Sunday morning worship service, will be reorganized beginning in January 2020. If you have not been contacted and wish to usher, greet, provide refreshments, or count offering collections at any time throughout the year, please let Margy Kohl know about your interest and availability (443-1668). Disciple Group leaders are meeting on December 13th to finalize the list of volunteers. Looking forward to hearing from you!

In Our Prayers Today

At Home: Sharon Henderson (CO); Ed and Margaret Miller; Betty Barraugh; Pete McKinley

Son Heaven: Ann Moody

West Mont Residential Housing: Terri Barraugh

To add someone to the prayer list, please call the church office at 442-9883 or email pccofficemgr@gmail.com

Fight Fear of Falling : Tips for Avoiding Fall-related Medical Events

Brought to you by the Plymouth Parish Nurse and the Care Committee, from Church Health Reader Fall 2019.

Falling is the leading cause of injury among older adults, and more than one-third of people over the age of 65 fall each year. This can result in hip fracture, broken bones, and head injury. Even falls that don't result in injury can shake confidence. Preventing falls is critical for maintaining independence and quality of life. Luckily, simple steps can reduce the risk of falling.

Talk to your doctor: discuss current health conditions, medications, and any history of stumbling or falling. Your doctor can check for side effects or drug interactions that may increase your risk, as well as assess and treat medical problems such as dizziness, vitamin deficiencies, and blood pressure that may affect your ability to move safely.

Watch for more tips in future issues.

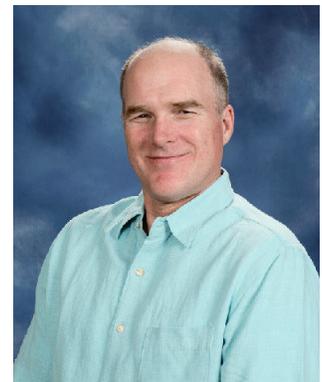


Helena Chamber Singers Concerts at Plymouth on December 8 and 9

The Helena Chamber Singers will again perform at Plymouth. Concerts will take place in the Sanctuary on Sunday, December 8, and Monday, December 9, both at 7:30 p.m. Sunday's concert will be preceded by a silent auction in the Fireside Room, and treats will be served during the intermission.

Talking About Let's Talk About It

It is with great expectation and a measure of pride that we announce that Rev. Randy Mayer will be the featured speaker during next spring's "Let's Talk About It" event. It's a bit early to describe the weekend's activities (yes, a weekend of activities!). But it's not too early to pencil in the dates and to be looking forward to another year of outstanding LTAI conversation to which we've grown accustomed. In case you are new to the Plymouth community, Randy is the son of Dick and Florence Mayer, and is the Senior Pastor at Good Shepherd Church- UCC in Sahuarita, AZ. On numerous occasions he has been invited to speak throughout the country and abroad about his energetic and thoughtful ministry among border refugees. Save the dates: April 30 through May 3, 2020.



Caroling Party Saturday, December 14 12:30 p.m.

Come join us for some caroling on Saturday, December 14th. We will meet at the church and go forth from there. Everyone's voice is welcome!

Plymouth Church, U.C.C.

400 S. Oakes St.

Helena, MT 59601

Plymouth's Mission is to nurture our congregation and the wider community with acts of love and a vision of God's image in all things.



Plymouth Church

400 S. Oakes St.

Helena, MT 59601

Office Hours

- Pastor Roger Lynn: 9 a.m.-noon (M-Thur)
- Office Manager Allison Rowland: 11:30 a.m.—2:30 p.m. (M-Thur)
- Bookkeeper Dawn Ingersoll: 9:30 a.m.-12:00 p.m. (M)

Contact Us

Church Office: 406.442.9883

Web: www.plymouthmontanaucc.org

Email: pccofficemgr@gmail.com

Also: www.facebook.com/plymouthcongregational

Sundays

10:00 a.m. Worship Service

Tuesdays

2:00 p.m. Bible Study
7:00 p.m. Choir Rehearsal

Wednesdays

7:00 p.m. Faithful Conversations

Monday, December 9

6:00 p.m. Council Meeting

Tuesday, December 10

11:30 a.m. Women's Luncheon

Tuesday, December 17

8:30 a.m. Retired Sinners