

# What's Up Wickliffe!



## AGING GRACEFULLY

In his book “Falling Upward: A Spirituality for the Two Halves of Life,” Richard Rohr acknowledges that “many, if not most, people and institutions remain stymied in the preoccupations of the first half of life.” Given that the 2022 PC(USA) membership statistics show that a majority of those sitting in pews are 56 and older, churches have both the obligation — and opportunity — to address the needs of those in the second half of life.

One powerful tool that the church can use is ritual. Ritual can be any activity that acknowledges and honors the joys, losses and hopes related to transitional moments. Developing rituals for people in mid and later life can help destigmatize aging, combat the epidemic of loneliness among older adults and deepen a sense of community connection. The following are some examples of what can be ritualized to honor the complexities and richness of aging.

**Ritual for retirement** — There are many expectations and hopes related to retirement, and a meaningful ritual can acknowledge and normalize the many different — and sometimes conflicting — feelings people might be experiencing. A ritual of this type might include honoring the grief related to saying goodbye to one’s identity tied to vocation, recognizing the anxiety related to the impending lack of routine, and inviting an exploration of one’s purpose and passions.

**Ritual for downsizing** — Downsizing to a more supportive living situation is also rife with mixed feelings. Even when these types of transitions are desired, there is a great deal of grief associated with changing one’s place of residence. There could be a blessing held at the former home that would invite the sharing of stories and memories. Similarly, a blessing could be done at the individual’s new residence.

**Ritual for new love** — Adults in mid and later life may find themselves in romantic relationships that they did not anticipate. There are occasions when marriage may not be an option because of family dynamics or one’s emotional sense of responsibility to a former partner. In these instances, a blessing could be done that acknowledges the joy of new love discovered, honors the families and former partners of everyone, and invites the couple to live into the next chapter with intention, integrity and joy.

**Other rituals** — Additional rituals that can help people feel seen, loved and supported include rituals related to experiencing menopause, paying off one’s mortgage and even giving up one’s driving privileges.

The church can play an important role in acknowledging the reality that change in the second half of life can be challenging. Ritual is an important means to create meaningful connection, hope and healing during times of transition for people — at any stage of life.

*By Tracy Mehr-Muska | Presbyterians Today*

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# DECEMBER SCHEDULE

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- December 4** 2nd Sunday of Advent
- December 11** 3rd Sunday of Advent
- December 18** 4th Sunday of Advent  
♦ Renewal Trio Concert at 6:00 PM
- December 24** **Christmas Eve**  
**Worship Service at 4:00 PM**  
♦ Christmas Joy Offering
- December 25** **Christmas Day**  
No Worship Service



- December 2 Sandie Wayland
- December 2 Rich Truslow
- December 8 Barb McKinney
- December 15 Albert Bagoly
- December 15 Glenn Johnson
- December 17 Patricia Cramer
- December 20 Jamie Bryant
- December 21 Marty Mayer
- December 22 Edith Muzenic
- December 23 Neil Truslow

**Church Office Hours:**  
Monday - 9:00am - 12:00pm  
Tuesday - Closed  
Wednesday - Closed  
Thursday - 9:00am - 12:00pm  
Friday - Closed

**(Hours may vary. Please contact the office for an appointment if you need in the church)**

Church Website: [www.wickliffepc.com](http://www.wickliffepc.com)  
Secretary's Email: [wickliffepc@gmail.com](mailto:wickliffepc@gmail.com)

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Wickliffe Presbyterian Church  
45 Idlewood Rd.  
Austintown, OH 44515  
P: 330-792-6441 F: 330-792-1006

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TLCC Daycare and Preschool  
Director, Norma Johnson  
330-792-9048



- December 27 Jim & Margaret Davies





**CHURCH WOMEN UNITED**



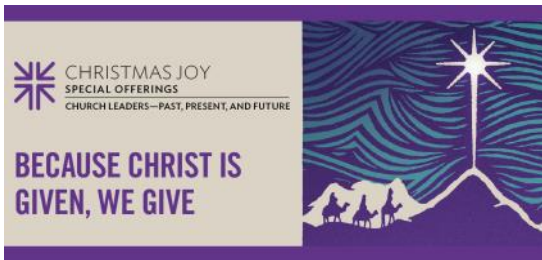
CWU's service on November 5 at Wickliffe was uplifting, hopeful, and very positive! Many, many thanks to the Wonderful Women of Wickliffe who brought delicious salads and desserts, and most importantly, welcomed our guests wholeheartedly!

Our World Community Day and Human Rights Day service was our first in two years! We did it, Ladies! The theme is "A Call to Pray" and "A Call to Act" for the rest of 2022! Rev. Gwen Johnson emphasized the importance that WOMEN have in our world since Biblical times. Passing out green, yellow, pink, and blue cards which had the problem areas of the world needing so many prayers, Rev. Gwen gave all of us an opportunity to be part of solutions by simply focusing and praying once a day on the card selected.

The members of Church Women United look forward to welcoming the Women of Wickliffe to our Spring Friendship Service. Details will follow soon. (Doesn't Spring sound wonderful!). And because of you lovely women, CWU has 40! new members!

Thank you all so very much!

In His Name, Donna Cooper



**The Perfect Gift.** Jesus was born as a human being who shared all our vulnerabilities, struggles, and triumphs.

Through the Christmas Joy Offering, we reflect God's Perfect Gift to us, with generous support of church leaders among us who have pointed us to our Loving God. We honor and celebrate leaders like retired pastors, church workers, and their families who have faithfully lead us, but now find themselves in critical financial need. We also honor students in schools and

colleges who become emerging church leaders.

When we give to the Christmas Joy Offering, we share our love. 50% of our gifts assist current and retired church and families at critical financial times. 50% of our gifts make it possible for students to learn and grow in faith at Presbyterian related schools and colleges equipping communities of color.

"If we all do a little, it adds up to a lot!"

Thank you, Donna Cooper

**Needle's Eye Soup Ministry**

Look for your initial and please give cans of soup, beans, or peanut butter! Happily, last month several cans of food were donated! Please keep up the good work. These donations are given to the elderly in our area who find their food supply very low at the end of the month.



Thank you for your generosity!  
Donna Cooper



**This month's initials are: J—K—L**



**2022 Per Capita is again \$32.00. Per Capita information flyers are available at the church.**

**"POP TABS—Reminder"**

This is a reminder that you take time to collect **Pop Tabs** for our **RONALD McDONALD HOUSE Outreach**. You will find the tall plastic container in the Narthex. Let's please see how fast we can fill the jug this time. Blessings to all for your support of this worthy cause!



~ Nancy O'Hara, Clerk of Session

**REQUEST FROM JEFF—Reminder**

Jeff Bryant is collecting **aluminum cans** for a project with the VFW called "**Cans for Vets**".



Please bring your cans to the church (garbage can is placed near the door) or set them by the garage for this very worthy cause. Jeff will be collecting the cans for the remainder of the year. Thank you in advance for your Christian generosity!

**Coping with Holiday Blues**



- Keep expectations for the holiday season manageable.
- Make a list and prioritize the most important activities. Be realistic about what you can and cannot do.
- Remember that the holiday season does not

automatically banish reasons for feeling sad or lonely. There is room for these feelings to be present.

- Let go of the past. Don't be disappointed if your holidays are not like they used to be. Life brings changes.
- Do something for someone else.
- Enjoy holiday activities that are free, such as driving around to look at Christmas decorations.
- Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
- Spend time with people who are supportive and care about you.
- Find time for yourself. Don't spend all your time providing activities for your family and friends.

Source: *The National Mental Health Association*



Merry Christmas



**Merciful God,**

We pray for the people of Ukraine and their family members around the world. We ask that all those involved respond with wisdom and courage and that a peaceful resolution may be achieved. Lord, during these challenging times please lead us from despair to hope, from fear to trust and lead us from hatred to love. We ask this in the name of Jesus, the Prince of Peace. **Amen.**

# Christmas Concert

Featuring



**The Renewal Trio**

**Wickliffe Presbyterian Church**

**45 Idlewood Rd**

**Austintown, OH 44515**

**Sunday December 18<sup>th</sup> 6:00 pm**

**For more information call or email**

**330-519-7720 or 330-792-6441**

**Email – [donnie9933@att.net](mailto:donnie9933@att.net)**

*This is a free concert (free will offering will be taken)*

# December 2022

Faith Journey Sunday  
School Class - 9:00 AM

Adult II Sunday School  
Class - 11:15 AM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  5:45 PM Tops	2	3
4  10:00 AM Worship Service  8:00 PM AA Mtg.	5	6  Stated Mtg. Eastminster Presbytery at 10:00 AM via Zoom	7  11:30 AM Goodtimers	8  5:45 PM Tops	9	10
11  10:00 AM Worship Service  8:00 PM AA Mtg.	12	13	14	15  5:45 PM Tops	16	17
18  10:00 AM Worship Service 6:00 PM Renewal Trio 8:00 PM AA Mtg.	19  Newsletter Deadline	20	21  12:00 PM Esther Circle	22  5:45 PM Tops	23	24  Christmas Eve Service 4 PM 
25  No Worship Services  8:00 PM AA Mtg.	26	27  12:00 PM Discovery Group	28	29  5:45 PM Tops	30	31  New Years Eve 