



#allarewelcome, #allmeansall

SUNDAY WORSHIP

9:00am & 11:00am

Childcare is available for all worship services.

Open minds, loving hearts





Map of University Christian Church



Words from our Senior Minister

The Science of Happiness

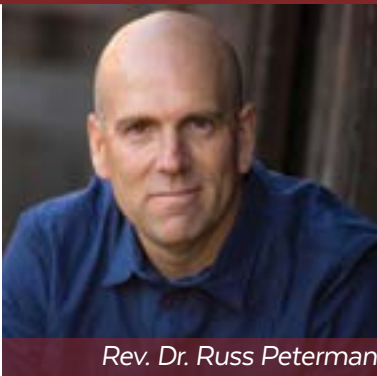
Later this month many of us will gather around tables, lavishly set with abundant food, with family and friends and share in our gratitude and thanksgiving. While that event may not be good for our waistline, it will be incredibly beneficial for our emotional health.

Psychologists have scientifically proven that the greatest contributing factor to one's overall happiness is not how much money they make, the amount of fun they enjoy, or even the number of friends they have, but rather how much gratitude they show. There is a profound connection, it turns out, between happiness and gratitude. As it turns out, expressing thanks is one of the most effective ways to increase happiness.

I recently watched a video entitled The Science of Happiness, put out by the people at Soul Pancake who looked at this research about the connection between expressing gratitude and levels of happiness and replicated the experiment. They gathered together some subjects and gave them a test to rate their current level of happiness. They then had them think about a person who was incredibly influential in their lives, who did something amazing or important for them, and write down why that person meant so much to them. At that point they thought the experiment was over. But it wasn't. They then had them call that individual and read them what they had written!

Before they let them go, they gave them one more 'happiness test,' mixing up the questions so they wouldn't know they were taking the same test twice. The results were remarkable. The experience of expressing their gratitude had a profound effect on their level of happiness. And, interestingly enough, the person who had the most significant increase was the one who had previously tested to be the least happy!

The power of this truth shouldn't be surprising to Christians. We live in a faith tradition that overflows with wisdom about the importance and potency of gratitude. Consider how often the Apostle Paul, for example, begins his letters with an expression of gratitude for the community to whom he writes.



Rev. Dr. Russ Peterman

Part of this is simply that Paul knows and follows the conventions for writing letters in his day, where offering a word of thanksgiving near the beginning of the letter was expected. And yet each letter is specific to its audience, speaking a particular word of gratitude that not only commended them but also increased Paul's joy.

And so we know that expressing gratitude brings a double joy, enriching both the listener and the speaker. We know this, but how often do we take the time to actually do it?

I want to challenge you this month to take the time and make the effort to tell someone why he or she matters to you. Pick up the phone, write out a note, send an email, put it on your Facebook page. You'll bring a measure of joy and happiness to the one you thank... and to yourself as well.

And to you, the community of faith that is University Christian Church, "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now" (Phil. 1:3-5).

With overwhelming gratitude for you and the ministry we share,

Rev. Dr. Russ Peterman, Senior Minister

How to connect and get involved at UCC

The holiday season is quickly approaching. Most of us look forward to this time of year for what it signifies and brings to our lives. The holidays bring family, friends, thankfulness and hope.

UCC provides many programs and events during the holiday season that we are grateful beyond measure to share with you in your faith-led journey. Be sure to peruse and take note of all the ways you can connect, grow and serve as you discover God's call for you here at UCC.

Connect and build life-long friendships—go to a monthly lunch or dinner, bring a dish to the Thanksgiving Feast potluck or socialize over coffee at Latte with the Ladies.

Grow in faith and discipleship—attend a Sunday School class, listen to Biblical Storytelling by Barbra Tucker or learn more about UCC and Disciples of Christ in the weekly UCC & You program.

Serve God together—attend our upcoming Room in the Inn orientation to learn how we can help our homeless guests, give money to purchase turkeys for low-income families or volunteer to bring food for our weekly College Lunch Bunch. Our time and talents are a gift to all.

There is something for everyone and the opportunities at UCC are plentiful. We give thanks for the ability to offer a variety of ways to share God's love and blessings to one another, to the community and beyond.

*Have a wonderful and blessed
Thanksgiving Day
with your family and friends!
Open minds, loving hearts*



Welcome to all things UCC!

We have so many ministries and events for everyone to participate in and enjoy throughout the month. Below is a color code to help you quickly navigate whether programs are for: all (all ages and genders), men, women, college, youth, children and so on.

We look forward to seeing you all connecting, growing and serving!

- ALL
- ADULTS 18+
- MEN
- WOMEN
- YOUNG ADULTS
- COLLEGE
- YOUTH
- CHILDREN

Email for more information

NOVEMBER'S FEATURED EVENTS & PROGRAMS

The following events and programs are highlights; specific to this month.

THANKSGIVING TURKEY DONATIONS Month of November



For over two decades, UCC and the South Central Alliance of Churches (SCAC) have been providing low-income families with groceries for a complete Thanksgiving meal. This year, the need is as great as ever and UCC has been asked to provide financial support for the purchase of turkeys. Help provide a turkey to a family in need by completing the form found in the silver stands or online to make your donation before Sunday, November 18. Turkeys will be purchased and distributed to families on Tuesday, November 20. Help us reach our goal to collect enough money to purchase 290 turkeys! vanessa.taber@uccftw.com

ALL SAINTS SUNDAY, November 4

All Saints Sunday is the day we lovingly remember our loved ones who have passed away in the last year. Our Chancel Choir will present several beautiful anthems and congregation members will have the opportunity to light candles in memory of those we love and miss so dearly.

LEGACY SOCIETY NAME PLATE BLESSING Sunday, November 4 • 10:15am Legacy Wall (near front reception)

UCC Legacy Society recognizes members and friends who have put gift plans in place or established permanent funds that will further enhance and enrich our worship experiences, extend our outreach and provide meaningful opportunities for Christian

education and spiritual growth. Join us for the blessing of new inductees for UCC's Legacy Society.

WEEKDAY SCHOOL KINDERGARTEN INFORMATION NIGHT Wednesday, November 7 6:00pm-7:00pm | RM 109

Parents are invited to come meet with the director and certified Kindergarten teachers to learn about the curriculum, schedule, and learning objectives for the five day kindergarten program.

JEN HATMAKER WITH NICHOLE NORDEMAN - MOXIE MATTERS TOUR Wednesday, November 7 7:00pm | Will Rogers Auditorium

UCC is sponsoring Christian author and speaker Jen Hatmaker and special guest Nichole Nordeman, as they bring their unique blend of stories and songs to Fort Worth. Of Mess and Moxie, Jen's most recent book, deals with how to keep a healthy outlook on life in all of the chaos. She reflects on how to see the beauty and grace in a world of brokenness, grief and outrage. Tickets are available at www.itickets.com/tours/2133. jamie.plunkett@uccftw.com

HIGHER EDUCATION SUNDAY Sunday, November 11 Both Worship Services

Celebrate Higher Education with us, during worship on November 11. College students will lead worship and collect an offering to support HELM, the Higher Education and Leadership Ministry of our denomination. HELM coordinates the general church's relationship with higher

education institutions and also works with more than 140 campus ministries to help students keep their DoC identity during their formative college years.

WEEKDAY SCHOOL FAMILY NIGHT AND BOOK FAIR KICK OFF Monday, November 12 6:00pm | Walker Hall

A fun evening for families is planned for our Scholastic Book Fair opening including a pizza dinner and a fun show with the Puppet Lady.

THANKSGIVING FEAST Sunday, November 18 6:00pm | Walker Hall

A potluck-style Thanksgiving Dinner. Come together and share a special meal with your church family.

WEEKDAY SCHOOL THANKSGIVING BREAK—NO SCHOOL November 19-23

UCC CLOSED—THANKSGIVING November 22-23

In observance of Thanksgiving, UCC offices and buildings will be closed. michelle@uccftw.com.

POINSETTIA ORDERS

November 25–December 16 Purchase poinsettias in memory, honor, in celebration or in appreciation of a person or events. Order online or get a order form at the Reception Desk or in the Arches.

HANGING OF THE GREENS Sunday, November 25 • 5:30pm Sanctuary

During this special service, we decorate our Sanctuary for the Advent and Christmas Seasons.



People of all ages will lead us through an evening of readings and familiar carols, featuring music by our youth handbell choirs and our children's choir. Preschool childcare is available.

BOAR'S HEAD & YULE LOG FESTIVAL TICKET SALES Monday, November 26

Tickets for the 43rd Annual Boar's Head & Yule Log Festival and Boar's Head Feast will be on sale beginning Monday, November 26. Tickets for the festival are \$15. As always, free seats are available. Feast ticket pricing is determined by proximity to the actors; the show and food is identical per each price point—\$50, \$40, \$25 and \$12 for grades 5 and under. Advance tickets are required for the feast. Purchase tickets by visiting universitychristian.org or call 817-926-6631, ext. 139.

CONNECT

Meaningful fellowship, learning and spiritual development opportunities are available for all seasons of life at UCC. We offer an array of ways for you to grow and connect: Bible studies, book clubs, retreats, workshops and small groups.

FAITHFULLY FIT FOREVER Mondays • 4:00pm | RM 205 Wednesdays & Fridays 11:00am | RM 205

All ages join us for a light aerobic



exercise program and a faithful reminder of God's loving presence in our lives. All ages welcome. mgroom@uccftw.com

YOGA WITH JULIE VITEK Mondays • 12:30pm | RM 205 Thursdays • 10:30am | RM 205

Julie Vitek teaches yoga every Monday and Thursday! All are welcome. \$5 per class Bring a mat if possible. mgroom@uccftw.com

BIBLICAL STORYTELLING Sunday, November 4 10:00am | RM 313

UCC's own Barbara Tucker is a certified Storyteller with the Network of Biblical Storytellers. The first Sunday of each month she will be presenting Bible stories for people of all ages as a way to help us engage with scripture in a different way. All are welcome! shannon.moore@uccftw.com

FIRST SUNDAY FELLOWSHIP LUNCHEON Sunday, November 4 • 12:00pm Walker Hall

Adults, \$10. College students and children 5 and under, free Grades 1-12, \$5. pam@uccftw.com

COLLEGE FIRST SUNDAY LUNCH

Sunday, November 4 • 12:15pm A free lunch for college students the first Sunday of each month. Gather in the Gallery after 11:00am Worship. jessica@uccftw.com



ALZHEIMER'S CAREGIVER SUPPORT GROUP

Thursday, November 8 3:30pm | RM 201

A support group for caregivers of those suffering from Alzheimer's disease and other dementias. This group meets the second Thursday of the month. pam@uccftw.com.

LATTE WITH THE LADIES

November 10 • 9:00am-11:00am | Pearl Snap Kolaches on White Settlement Road

Join women of all ages for fellowship over morning coffee. We meet at local coffee bistros each month on the second Saturday. mgroom@uccftw.com

MEN'S THIRD THURSDAY LUNCH

Thursday, November 15 Noon | Café Bella

Join men of all ages for lunch and fellowship on the third Thursday of every month at Café Bella. robin.doyle@uccftw.com

THURSDAY FELLOWSHIP DINNER

Thursday, November 15 • 6:00pm-8:00pm | Walker Hall

Gather with us around the table monthly on the Third Thursday of the month to fill your soul and tummies with good conversation, connected community and delicious food. College students and children 5 and under eat free, grades 1-12 \$6 and adults \$12. Walk-ups are welcome, but please help us plan by making reservations online or contacting us. pam@uccftw.com.



GROW

UCC offers Bible studies, classes, special speakers, small groups and more as opportunities for you to continue your spiritual journey. Learn more about discipleship and grow your relationship with God.



UCC & YOU

Sundays • 10:00am | RM 201

Whether you are new to UCC, returning after some time away, or if you have been here forever, you are welcome to UCC & You. Learn about UCC & the Disciples of Christ, find ways to get connected to ministries you are passionate about, discover your Spiritual Gifts, and lots more! There are 4 sessions that repeat each month, so you can come any time.

shannon.moore@uccftw.com

WEDNESDAY BIBLE STUDY Wednesdays • 10:00 am RM 203

A weekly Bible study led by Rev. Shannon Moore. We are currently studying the teachings of Jesus found in the gospel of Matthew. All are welcome to join at any time.

shannon.moore@uccftw.com



Programs & Events

FIRST THURSDAY FELLOWSHIP
Thursday, November 1
11:00am | RM 150

A monthly lunch-and-learn series with a variety of guest speakers. This month's speaker is Columnist Don Newbury. He will present a program titled "From Adam's Rib to Web Pages and Fibs." Following the presentation everyone is invited to stay for a potluck lunch.

RSVP by Tuesday, October 30 to
✉ rachel.ngurukie@uccftw.com

CHI RHO FALL RETREAT
November 2-4
Disciples Crossing

A weekend retreat for students grade 6-8.

✉ jamie.plunkett@uccftw.com

CYF FALL RETREAT
November 9-11
Disciples Crossing

A weekend retreat focusing on Sabbath and listening to God for students grade 9-12.

✉ jamie.plunkett@uccftw.com

WILD WOMEN BOOK CLUB
Monday, November 19
6:00pm | Cat City Grill
Tuesday, November 20
11:30am | RM 150

The WiLD Women Book Club is both Growing Young and growing in our awareness of people and situations different from our own. This year we are reading Young Reader Books and inviting youth to join us as we open our eyes to new understanding and listen to a younger voice.

November Book: *Out of my Mind* by Sharon M. Draper.

We meet the third week of each month, September through May (excluding December), to discuss a book, enjoy time together around the table and support the work of Heifer's WiLD program, Women in Livestock Development.

DISCIPLES CLASS— INFORMATIONAL MEETING
Sunday, November 25
12:00pm | RM 207

An informational session for Disciples Class prospects (students in grade 6) and their parents, to discuss registration, class timelines, and a Q&A session. If your youth is ready to discern Baptism or Confirmation, this is an important meeting to attend.

✉ jamie.plunkett@uccftw.com

SERVE

Part of discipleship is responding to the needs of others. From around the world to our local community, we are being called to serve. We offer many outreach programs to fulfill this calling.

BOX TOPS FOR EDUCATION
Month of November

Box Tops for Education is an easy way to support our children! UCC's Weekday School is able to accept Box Top labels that can be cut from certain food packaging and submit them for money for our school.

Last year enough Box Tops were collected to purchase new picnic tables for our children to enjoy at the bikes playground. Box Tops can be donated next to any preschool classroom or to the donation boxes next to the Weekday School offices.

TCU FOOTBALL YOUTH PARKING FUNDRAISER*
November 3 • TBD
November 24 • TBD

Football Season is here again, and youth and their parents have the opportunity to raise money by parking cars in the church lots for TCU football games. Funds raised benefit youth and youth handbell programs. Volunteers earn \$50.00/hour credit, used toward the cost of camps, retreats and service-learning trips.

✉ jamie.plunkett@uccftw.com

**Youth, grades 6-12, and their parents are welcome to volunteer.*



ROOM IN THE INN ORIENTATION
Sunday, November 4 • 12:30pm-2:00pm | RM 203

Jesus challenged us to feed the hungry, give drink to the thirsty, and welcome the stranger. Join us for our Room In the Inn Orientation and learn how you can do just that on Wednesday evenings and Thursday mornings in December, January, and February. Visit our website for more information.

✉ carolmstewart@sbcglobal.net

ACOLYTES *Grades 4-6*
Sundays in November

Calling all fourth through sixth graders! Have you thought about being an acolyte? Acolytes bring the Light of Christ into the sanctuary to help prepare us for worship.

✉ shannon.moore@uccftw.com

CHILDREN'S CHOIR
Sundays • 12:00pm | RM 211

Regular rehearsals including lunch for the Children's Choir.

✉ maryelizabethfarmer@yahoo.com

YOUTH HANDBELL CHOIRS
Sundays • 5:00pm | RM 205, RM 229 & Sanctuary

Regular rehearsals of the Youth Handbell Choirs.

✉ todd.prickett@uccftw.com

PRAYER SHAWL MINISTRY
Sundays • 5:00pm | RM 206

Prayer shawl ministry welcomes all to gather to knit and crochet shawls—given in gratitude, to those undertaking a new journey in life, and to those facing surgery or loss.

✉ cyndy@uccftw.com

COLLEGE LUNCH BUNCH VOLUNTEERS
Wednesdays • 12:00pm
College Lounge (RM 223)

We are looking for volunteers to help provide food for our weekly college lunch. Please sign up online under open registrations. If you are interested in serving as a monthly host (set out drinks, plates, welcome students, etc.)

✉ jessica@uccftw.com

NEEDLERS
Thursdays in November
9:00am | RM 312

The Needlers gather to crochet, knit and do needlework.

✉ cyndy@uccftw.com

AD DEUM HANDBELL CHOIR
Thursdays • 6:00pm | RM 229

Regular rehearsals for the adult bell choir.

✉ eric.m.mullins@gmail.com

UCC CHANCEL CHOIR
Thursdays • 7:00pm | RM 147

Regular rehearsals of the Chancel Choir in Shirey Hall. Childcare available.

✉ todd.prickett@uccftw.com

NOTE WRITERS
November 8 • 10:00am | Arches

The Note Writers gather the second Thursday of each month to send notes of encouragement, congratulations or condolences.

✉ mgroom@uccftw.com

PRAYER BEADS
November 11 • 10:00am | RM 204

Prayer bead ministry meets the first Saturday of the month (except November and December). No experience needed—beginning beader skill taught and equipment provided. Prayer beads are made for UCC and THR Harris Hospital for people in crisis situations.

✉ pam@uccftw.com

GOVERNANCE, COMMITTEE & LEADERSHIP

PERSONNEL COMMITTEE
Tuesday, November 6
5:30pm | RM 202

The committee regulates policies relating to our employees regarding staff hiring, salaries, employee contracts, benefits, leave and other administrative matters.

✉ renee.hoke@uccftw.com

CHILDREN'S TEAM MEETING
Sunday, November 11
9:00am | Third Floor Kitchen

Team members meet to plan and discuss children's programming.

✉ kera@uccftw.com

BUILDING AND GROUNDS COMMITTEE
Sunday, November 11
12:15pm | RM 226

The committee addresses maintenance and improvement of UCC buildings and surrounding grounds.

✉ renee.hoke@uccftw.com

MUSIC COMMITTEE
Tuesday, November 13
5:30pm | RM 150

FINANCE COMMITTEE
Tuesday, November 13
5:30pm | RM 202

This monthly meeting is to review financial reports and discern all matters of financial impact to UCC. Open to all.

✉ michelle@uccftw.com

WORSHIP LIFE COMMITTEE
Wednesday, November 14
5:30pm | RM 150

Monthly meeting to focus on ways to grow, support, and enhance how we worship as a congregation and community.

BOARD OF STEWARDS
Tuesday, November 20
6:30pm | RM 150

The Board of Stewards has the general responsibility to govern and manage the business and affairs of the Congregation.

MISSION PILGRIMAGE COMMITTEE
Wednesday, November 24
6:00pm | Los Vaqueros

This committee meets the fourth Wednesday each month to discuss current and upcoming Mission Pilgrimage opportunities.

UCC MINISTRIES

ADULT MINISTRY

We offer many ways for you to grow in your faith and connect with God and others through fellowship, spiritual development, Bible studies, book groups, retreats, workshops and small groups.

Minister: Rev. Shannon Moore
Leader: Sue Gover

CARPENTERS MINISTRY

A ministry that's equal parts carpentry and fellowship and everyone is welcome! Check us out on Fridays—we meet at 11:00am, the house at 2700 Rogers, followed by lunch at 11:30am.

Minister: Rev. Renee Hoke
Leader: Charles Kendall

CHILDREN'S MINISTRY

We provide a safe, welcoming and engaging place for our children to discover and experience God.

Minister: Rev. Kera Watts
Leader: Ali Briseno

CHURCH AND THE ARTS MINISTRY

Church and the Arts enhances the understanding, shaping, and expression of our faith through the arts. We sponsor various cultural activities throughout the year.

Staff: Janet Pummill
Leader: Lisa Wan

COLLEGE MINISTRY

Our hope is to cultivate life-giving community for students through worship, fellowship, and service.

Minister: Rev. Jessica Vacketta
Leader: Mark Tentinger

CONGREGATIONAL CARE MINISTRY

We're a large church with a BIG heart. Care is provided in personal and compassionate ways through visits to hospitals and to the homebound, prayer groups and countless interactions that help us sense God's loving presence and provision. Contact: 817-926-6631, pastoralcare@uccftw.com or use

the Pastoral Care Request link on our website.

Minister: Rev. Cyndy Twedell
Leader: Sandra Soria

MEN'S MINISTRY

The men of UCC are busy serving the needs of others and sharing in opportunities for fellowship and fun together. All are welcome!

Minister: Rev. Cyndy Twedell
Leader: John Andrus

MUSIC MINISTRY

Music enriches our worship experience and helps us understand our relationships with God and each other. All of our music ensembles are open to anyone who would like to participate.

Minister: Rev. Dr. Todd Prickett
Leader: Bill Shelton

OUTREACH MINISTRY

Called to demonstrate the love of God, we work within and beyond our community to build caring partnerships and foster mutual

ministries as we open our hearts in service to others.

Minister: Rev. Jessica Vacketta
Leader: Kim McAdams Baker

WOMEN'S MINISTRY

Women share together in fun, fellowship, spiritual growth and opportunities to advocate for women in our community and around the world. All are welcome!

Minister: Rev. Cyndy Twedell
Leader: Debbie Powell

WORSHIP LIFE MINISTRY

We focus on ways to grow, support, and enhance how we worship as a congregation and community.

Minister: Rev. Shannon Moore
Leader: Art Busbey

YOUTH MINISTRY

For our youth, we focus on fun, fellowship, games, worship, opportunities to serve, spiritual growth and so much more.

Minister: Rev. Jamie Plunkett
Leader: Julie O'Neil

2720 South University Drive
Fort Worth, Texas 76109-1150
817-926-6631



REGISTRATIONS & OTHER MISC INFO

In this section you will find opportunities to sign up for future programming, events and mission trips. Most registrations are online unless otherwise noted. Register at www.universitychristian.org/web-calendar/open-registration.

PARENTS NIGHT OUT

Registration is open from now until
November 30th

PNO is December 7

Register at www.facebook.com/uccftwkids

This is an opportunity for a date night or even just a few hours to take some time just for you. Only \$5 per child, \$10 max per household. Fun activities and programs provided for infants through 5th graders.

✉ robin.doyle@uccftw.com



SAVE THE DATE!

GIFTS OF HOPE—ALTERNATIVE GIVING MARKET

Sunday, December 2
9:00am-12:30pm | Gallery

Mark your calendars, grab your Christmas list, and join us for UCC's alternative giving market, Gifts of Hope.

CHRISTMAS ANGELS WRAP NIGHT

Sunday, December 9
5:00pm | Walker Hall

All ages are welcome to join us as we assemble gift bags for children in our community. Preschool childcare available.

LONGEST NIGHT WORSHIP SERVICE

Friday, December 21
6:30pm | Walker Hall

Not everyone is feeling cheerful during the holidays. On this longest night of the year we will share together in God's light and love.

UNIVERSITYCHRISTIAN.ORG

Patty Poling, Editor & Designer • Michelle Groom, Circulation

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A Disciples of Christ Congregation

