

Worship - Sunday 10 AM
Sunday School - during worship
(Sep-Jun)

Twins Talk

December 2025

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Pastor's Corner

Its Snowing!!!! And.. its beginning to look a lot.....Oh you know!

Gaby and I were exchanging emails about what we read in the mornings. Current events was the primary response and they were usually disturbing somehow. We both had "pleasant" news apps to enhance our morning reading and we exchanged them.

The article below was a recent offering from her app: "Nice News."

It is relevant for us as we grow older and are faced with the emotions that entails, especially saying goodbye to our friends!

Please read these thoughts and then . . . consider how we can make church, coffee hour, choir, meetings and our lives together more "We".

How Engaging in "We Mode" May Improve Your Well-Being

How often do you engage in "we mode"? While you may not have heard of the term, if you've ever attended a yoga class, baseball game, or concert, you've likely already participated in it. Also called physiological synchrony or "collective joy," it refers to the feeling we get from connecting with others through activities that incite positive emotions. We often experience "we mode" accidentally, but we can also cultivate it intentionally to bring more happiness into our lives.

One recent study fitted some soccer game attendees with sensors to track their heart rates during an exciting pregame ritual. The authors found high levels of "emotional synchrony" among fans, even those who were not physically engaging in the ritual themselves. Co-author Dimitris Xygalatas told ABC News that group activities like this, which involve meeting and bonding with others, are crucial to psychological well-being. "There's a fundamental need for synchrony," he said.

Here's how you can partake in it in your own life, according to health psychologist Kelly McGonigal: Try to attend in-person group activities that encourage you to move your body and make noise, perhaps via dancing, singing, or clapping. Then, while you're there, release any embarrassment you may feel. "You've got to do the wave at the sporting event," she said. "If you're at a group exercise class, and your instructor is like, 'Can I get a whoop, whoop?' You gotta whoop, whoop."

We have lost three good church friends lately, so it is very appropriate that we celebrate them and us by practicing more "We Mode!"

What can we do to add to our "We" while together Sundays or anytime? I'll be asking for your ideas in the near future. If you cant wait, email them to me!!

Life is a gift! Life is precious! And we have all the time there is!!

Let's gather our faith and spirits and "Whoop" it up! God will smile!

Steve

"No one has ever seen God; but if we love each other, God lives in us!" 1 John 4:12



**Christmas Eve
Candlelight Service
Wednesday, Dec 24
5:00 PM**



**Christmas Cookie Plates
Sunday, Dec 14**



Our Deacons will be preparing cookie plates to be shared with beloved members of our church family--those homebound or unable to be with us regularly, and anyone in need of encouragement this season.

We anticipate about 20 plates so appreciate any donations of cookies, chocolates or other candy. Please bring to church Sunday morning December 14 and we'll assemble them after worship.

If you know of someone within our church community that could use some cookie cheer, please call/text Carol Beasley at 315-794-2124 so that we are sure to include them.



**Welcome One and All to the
2025 Advent Gathering**

**Wednesday, December 3
Church Fellowship Hall
6:30 pm**

We will celebrate the Christmas Creche, lighting the way to the birth of baby Jesus. A time of fellowship with a potluck dinner will be enjoyed. Dessert and beverages provided.

Double the fun, bring a friend!

Anyone wishing to contribute to the evening, by reading or lighting candles for the candle creche, providing music, or helping set up the dining room around 10:30 am, please contact Peg Curtacci by email at pcurtacci.1947@gmail.com.



**Stewardship Sunday
December 14**

Share your blessings by joining the circle of stewardship of our church in the community and beyond. We can make a difference together!

Bring your pledge, get a pledge card in the narthex, or mail your pledge to the church treasurer (Kathleen Lemieux).



Session Scene

- The Mission Committee promised Gaby McGhee that they would continue the International Day of Peace Pole Celebration in Gaby’s honor and memory.
- National Grid performed an energy audit and determined that we are doing everything we can within our current financial limits.
- The Utica Presbytery is proceeding with plans to merge with the Presbytery of Northern New York.
- The next 5th Sunday will be Palm Sunday on March 29, 2026, hosted by the Unitarian Church.
- The next meeting will be on Dec 14 and will primarily develop the budget for 2026.



Christmas Pageant

Sunday, Dec 21

Finding ourselves
in the
Nativity

No-Rehearsal
Audience Participation



Sunday School Service to Foothills

On Sunday, Nov 23, Liam Fitzgerald and Trent Fox from the Jr. High Sunday School Class helped Pat Cannon of Foothills Rural Ministry with unpacking surplus Thanksgiving bags and re-shelving the items for future use.

They also sorted through donations for expired items, and stocked the shelves with their remaining time. They were both excellent help, finishing the job Pat planned for them in about 10 minutes!

We hope to partner with Foothills again for future service projects!





December

- 1 David Wynne
- 3 Brett Hoffman
- 4 Laura Grenier
Karl Werbovitz
- 9 Wendy Seifried
- 11 Elizabeth Condrey-Pitlyk
- 12 Pete Rose
Joey & Christy Rowlands (twins)
- 14 Elizabeth (Moseman) Hobson
- 15 Tanya Erway
Danise Moseman
- 17 Hannah Ferris
John Wall
- 20 Thomas Taubert
- 26 Jordan Dziekan
Jon Dziekan
- 27 Merritt Howard
Marsha Thayer
- 28 Artis Finn
- 29 Trevor Harter
- 30 Marilyn Racha

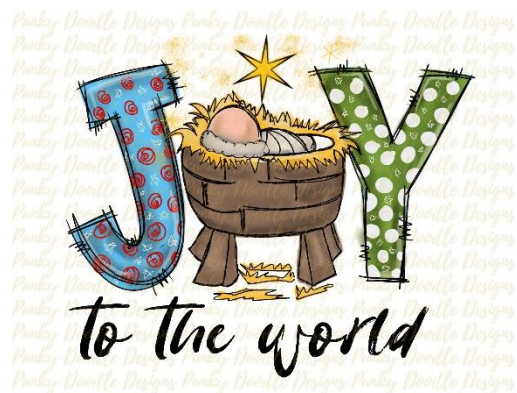
Worship Schedule

- Dec 7** - Bonnie Tryon - *Communion*
- Dec 14** - Steve Vance - *Pledge Dedication*
- Dec 21** - Steve Vance - *Pageant*
- Dec 24** - Larry Beasley - *Christmas Eve*
- Dec 28** - Steve Vance - **No Sunday School**

Events

- Choir Practice** - Thursdays at 5:15 pm
- Dec 1** - Worship Committee meeting - 11 am in Conference room
- Dec 3** - Advent Gathering - *Covered Dish at 6 pm (See article)*
- Dec 6** - Park Coffee House - *Local Favorites*
- Dec 14** - Deacons Cookie Plates - *(See article)*
- Dec 14** - Session meeting after worship - *Budget*
- Dec 17** - Worship Committee meeting - 2 pm in Conference Room with Steve *(See article above)*

Check our website at "twinchurches.org" for a complete calendar of events



December 2025

- Dec 7** – Karen VanGorder
- Dec 14** – Janet Lanning
- Dec 21** – Fellowship Comm. - *Pageant*
- Dec 28** – Vicky Allen, Janet Stengel

Janet Lanning – Phone 315-941-7409
Email jlasc@me.com



Prayers are asked for:

- The family of our dear friend, Janet Broadbent who passed away on November 26.
- Pat Pepe’s nephew who is serving overseas in the air force this holiday season.
- Travel mercies for all those in our congregation who will be traveling throughout the holidays.
- Peg Curtacci and Kathy Lemieux’s families on the death of their cousin Priscilla, who passed away on Nov 23. This particular branch of the family has suffered many losses to cancer and need the prayers and support of all around them.

Joys are shared for:

- All of the children who bring to our church family such joy, enthusiasm and a point of view that only they can possess.

Prayer Chain - Peg Curtacci phone: 315-867-7898 or email: [pcurtacci.1947@gmail](mailto:pcurtacci.1947@gmail.com)