

# THE CUP



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CUP EVANGELICAL PRESBYTERIAN CHURCH

*'Join us for a drink of Living Water'*

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## From the Pastor's Desk...

## January 2024

Dear Cup family and friends,

Dennis Olkholm writes, "listening requires a degree of silence - both within and without." We live in a noisy world. Smartphones beep. TVs blare. But the silence that Olkholm is discussing isn't simply the noise of the world around us, it's also the noise within us. That disagreement we had last night weighs on our minds today. The presentation we are preparing for tomorrow we simply cannot get off of our minds today. Psalm 46:10 says, "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" Noise pulls us from prayer. Stillness can feel elusive. Even when in quiet places, our minds race. As elusive as quiet is, inner stillness is even more elusive.

James 3:8-10 tells us, "no human being can tame the tongue. It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so." Cornelius was a Novice (think of this as a person discerning to become a monk) in a Greek Orthodox monastery. I asked him about how he was able to develop friendships with the other monks at a place that values silence. He reminded me that they do not discourage all talking, but rather, excessive talking. Thus, they are still able to communicate and even form relationships with one another. The quiet of the monastery is an opportunity to be filled with the Holy Spirit and to avoid those stupid things we say that we later wish we could take back. In silence and inner stillness, we open ourselves to the work of God.

Noise lets us avoid the deeper murmurings of our hearts. In stillness, we not only hear the "still, small voice" of God, but also our own deep thoughts. Stillness helps us get a gauge on how our soul is doing. Stillness fosters prayer and intimacy with God. There's another aspect of silence that is important in relationships. As we listen to people, we can quickly jump to preparing our response, rather than truly listening. In these moments, let yourself be silent, vocally and internally, in order to truly receive what the person is saying. This is a season of anticipating the year ahead. It's a time of New Year's resolutions and goals for 2024. What if you add in a goal of being present, listening well, and experiencing a healthy stillness before God?

Blessings,

Pastor Marc

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The Family Ministries Committee held their 2nd Annual Christmas Party and Carol Sing at the church in December. Church members were joined by several SHINE Families and friends. A good time was had by all with caroling in the sanctuary to Classic Hymns and Christmas Favorites, followed by a potluck dinner in Fellowship Hall and festive Christmas Games!



**update  
your  
records**

If you have had a living change this year (phone number, address, email, new family members) please email the office with your updated information.

[office@cupepc.org](mailto:office@cupepc.org)

Jenn will be working on the 2024 directory!

Please keep the Pastoral Search Committee in prayer as they begin their work searching for a Pastor for CUP Church. The members include: Shirley Bardes Hasson, Jud Herter, Brian O'Roark, Stacey Rider, Alyssa Sutton, and Bekah McCandless (Youth Representative). The Committee was commissioned during worship on December 3, 2023.



**SPAGHETTI FUNDRAISER  
SUNDAY JANUARY 7TH  
FOLLOWING WORSHIP  
BENEFITS YOUTH EPIC RETREAT  
TO GO DINNERS AVAILABLE**



## January/February Calendar

Jan 1	New Year's Day
Jan 2	5:30p Worship Committee
	6:30p DEACONS
	8:30p TRUSTEES
Jan 6	6:00p Crosscurrent Fundraiser Setup
Jan 7	Spaghetti Luncheon after Worship
Jan 10	1:00p Game Day Lunch @ GVI
Jan 14	9:15a Sunday School Resumes
	Congregational Meeting
Jan 16	7:00p SESSION
Jan 18	7:00p PSC Training
Jan 20	8:30a Officer Training
Jan 21	Installation of Officers
	Congregational Pictures
Jan 26-28	EPIC Winter Retreat
Feb 2	5:30p Kids Night Out
Feb 4	Congregational Meeting
Feb 6	5:30p Worship Committee
	6:30p DEACONS
	8:30p TRUSTEES
Feb 14	1:00p Game Day Lunch @ GVI
	7:00p Ash Wednesday Service
Feb 16	5:30p Kid's Night Out
Feb 18	SHINE SUNDAY
Feb 20	7:00p SESSION
Feb 22	6:00p Family Ministries Game Night
Feb 23-24	Trustees Soup Cooking
Feb 25	Trustees Soup Sale

## Weekly Meetings & Small Groups

Monday Afternoon 1:00pm  
**Adult Bible Study (library) resumes TBD**

Wednesday Evening 4:00pm  
**SHINE Afterschool Program**  
**Family Dinner at 6:00pm**

Saturday Morning 7:30a  
**Men's Group at Eat N Park**

Sunday Evening 6:00pm  
**Crosscurrent (7th-12th Grade)**

## Congregational Meeting

Sunday, January 14th  
 Sunday, February 4th  
 Following Worship



## VALENTINE BOXES

We are asking for donations of individually wrapped candies and snacks to send to our college students. A box will be available in the entryway to place items. Thank you!

**In the event of winter weather, please check WPXI for any closing information.**

**SHINE AFTERSCHOOL PROGRAM**  
 Wednesdays at 4:00pm

**FOLLOWED BY FAMILY DINNER**  
 at 6:00pm

**Resumes 1/24—Volunteers NEEDED!**



## PICTURES!!! PICTURES!!! PICTURES!!!

CUP Church is updating their picture wall . A photographer will be at the church on Sunday, January 21st during the Sunday School Hour and After Worship and also on Wednesday, January 24th from 4p-7p to take pictures of our church families. We are asking all families to try and attend one of these sessions. Please see the sign up sheet in the entryway to sign up for a time slot. If you have any questions, please contact the church office.



Happy New Year,

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

2 Corinthians 5:17

2024 is beginning and what adventures are before us only God knows, but we are so excited to let him lead us through this year with great joy in our hearts!!

**Crosscurrent Youth Group** Ended 2023 with fun as we celebrated our Christmas party and Mock NYE Party together! We rang in 2024 with a Hope of Christ in our hearts! We can't wait to see what is in store for us! Currently 7 youth are planning to attend Winter Retreat at the end of the month. We thank you for all the current and continuous support of our fundraisers we have had to help us get there! We can't wait to share what we experience at EPiC 2024.

**SHINE** Kick off date is January 24th! Online registration is OPEN!! Tell all you know about this amazing program! Interested in helping??? We'd love to have you join us!!!!

**Family Ministry** Our 2nd Annual Christmas party was so much fun! If you missed out we hope you will plan to join us next time! Our next event will be announced soon!

**Kids Night Out** We are kicking off a new adventure with our Kids Night Out (KNO) for PK-6th grade. This will take place on the 1st and 3rd Friday of the month from 5:30-7. A small meal will be provided along with fun gospel learning and more! Our first KNO will be February 2nd. Interested in helping see Ms. Joel. Have kids you know who are looking for a fun way to learn more about Jesus tell them about us!!!!

As always I ask you to please keep all the children and youth in our community and beyond in prayer.

Your sister in Christ,

*Joel Cuniff*

Director of Children and Youth Ministries

