



January 2025

# THE MESSENGER



## Sunday Service

We welcome you to Worship in the Sanctuary with us on Sundays  
at 9:30 a.m.

and/or

worship virtually with us on our YouTube channel at  
<https://westminsterlincoln.org/youtube-videos>

## Community Conversations 2025

Adult Ed | 10:45 AM | Lounge

Jan. 5: "Sleep in Heavenly Peace" will provide a speaker on their work for children which includes making bunk beds and quilts.

January 12: TeamMates Mentoring of Lincoln will speak on their program.

January 19: Laurie McCubbin, Director, will speak about Westminster Preschool.

January 26: Malone Community Center speaker

## WHAT ARE STAR WORDS?

The use of star words, also called “star gifts,” is a prayer practice connected to Epiphany and the new year that has been growing in popularity in Protestant churches for nearly a decade now. The idea is that a list of intention words, or guiding words, are written or printed on paper stars. These paper stars are then arranged, most commonly face down, on the Communion Table or in a large basket. At some point during your Epiphany service, individuals are invited to draw a word from the basket or off the Table, and to use that word as a guiding word throughout the year. Typically, participants are encouraged to trust the word they have drawn, and not to replace the word. However, there is not a strong need to be the “star police” if an individual wants to trade. Individuals are often encouraged to place their star word somewhere they will see it regularly throughout the year to allow consistent reflection on how God has moved through, around, or in connection to that word.

## There Are Several Theological Statements Being Made in this Tradition:

1. The Magi followed a star, which ultimately led them to Jesus. Therefore, we too use all the resources we have available to us—including creative prayer practices and intention words for the new year—to move closer to Jesus.
2. We trust that God uses multiple ways to guide us and speak to us. Star words offer a tool to actively seek and reflect on God’s presence among us, both in the moment and in hindsight.
3. We recognize that it is often easy to miss God throughout our daily lives. Having an intention word to consider both in present days, as well as to reflect on at the end of the year, allows for us to see God in ways we may not have seen God before. This is the greatest gift.
4. We know that the most common prayer practice for many involves speaking to God as opposed to silence or contemplation. We believe that star words invite a new prayer rhythm of reflection and review that can be a powerful new way to connect with God.
5. By not looking at or sorting through the star words at their selection, we practice the spiritual task of receiving. It is not we who are in control in this moment. Instead, we trust that God is present, and we let go of our desire to cultivate or control.

<https://sanctifiedart.org/blog/how-does-a-weary-world-rejoice-liturgy-for-epiphany-sunday>

**Hearts & Hands | Church Library | Wednesdays at 1:30 – 3:00 PM**

Hearts & Hands is a fun-loving group that meets every Wednesday in the church library. All needle work folks are welcome to come visit and see what you're missing! Laughter is free. All yarn donations are welcome! Questions? Call Francie Scheele, 402-310-4212.

**Lunch Bunch | Mi Tierra | Tuesday, January 7, 11:30 AM**

Lunch Bunch will meet Tuesday, January 7, 11:30 A.M., at Mi Tierra (South location), 5500 Old Cheney Rd. Please RSVP to [jimkinkennon@gmail.com](mailto:jimkinkennon@gmail.com) or text 402-290-5888.

We look forward to seeing  
you, Jim and Rita Kinkennon

**Ladies' Night Out | Wednesday, January 29 | 5 – 7 PM at Leighton's Pub**

We will be getting together on Wednesday, January 29, 2025, 5-7 p.m. at Leighton's Pub 4630 Leighton Ave, Suite 15; [leightonspub.com](http://leightonspub.com). Please RSVP by Monday, 1/27 to Robyn Uebele [robynu2@hotmail.com](mailto:robynu2@hotmail.com), text or call 937-935-6858

**Prairie Readers | Wednesday, January 15 | Lounge at 1 PM**

Prairie Readers will begin the 2025 reading season on January 15 at 1 PM in the lounge. Diana Wild will lead the discussion of *The Guncle* by Steven Rowley.

**Faith and Cancer Support Group | Tuesday, January 21 | Library at 7 PM**

Finding comfort and peace after the diagnosis of cancer is often very difficult, to say the least. However, sharing that uneasy feeling with others who have been on that journey can be a surprising and helpful new dimension. Here at Westminster Presbyterian Church our support group is based on three specific features: sharing laughter, sharing burdens, and sharing blessings. All are welcome. Contact Bruce Sheffield at 402- 783-0394.

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PRESBYTERIAN  
WOMEN

# It's NEVER too late to widen the circle!

**Presbyterian Women at Westminster** invite any woman who is not currently in a Circle of Bible study to consider joining one anytime in 2025. You will always be welcome. Our study of the Bible and our current situations of eco-justice is stimulating and timely.

All Circles meet at the church Circle 3 on the first Wednesday at 10:00 am  
Circle 4 on the first Monday at 6:30 pm Circle 5 on the second Tuesday at  
10:00 am

Bible Study NOT your thing? Women in their 40's (give or take a decade) are encouraged to create their own Circle. Presbyterian Women have many resources on women's issues, racial equity, justice, and ecology. Another meeting! Try one hour after work, Saturday mornings with coffee, flexible times.

For information: Linda Burchard [lindajburchard@gmail.com](mailto:lindajburchard@gmail.com)  
or 402-477-5572





# Westminster Preschool



January 2025



## PRESCHOOL NEWS

We got through the busy Christmas season and we're excited for a slower January! We've spent the last month learning about the birth of Jesus and winter. Now we're shifting our focus to snow, ice and ramps. Our new STEAM center launches this month. The funds for the materials were covered from our successful Eileen's cookies fundraiser.



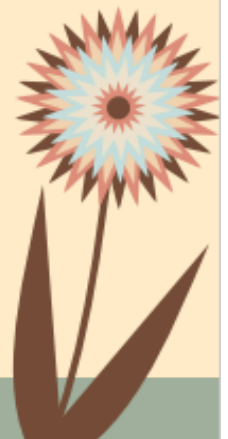
## UPCOMING DATES

**Dec. 28th- Jan. 5th**

PRESCHOOL CLOSED  
Merry Christmas and  
Happy New Year!

**January 23rd**

Children's Museum  
Family Event



## Environmental Justice

### January- Air Quality

#### 1. Keep It Clean!

Three minutes—that’s how long we can go without breathable air before suffering brain and other organ damage. It’s important to keep our air clean! In the United States transportation accounts for over a quarter of our greenhouse gas emissions. But we find ourselves rather dependent on “planes, trains, and automobiles.” We wouldn’t think of throwing a gum wrapper on the ground but may offhandedly be “littering” the very air we breathe.

Trees help to reduce the polluting effect of our behavior. How about purchasing tree planting offsets for your recent holiday travel? Or the trips you take in 2025? Or the day-to-day use of your car? See “Offset How-To’s” (here and on the Westminster website) and give it a try.

#### 2. Offset How-To’s

Were you among the 55 million people flying for the Christmas holidays? Are you planning a vacation this year? Here’s to a wonderful trip! But give this a thought, too.

One person flying round trip from Nebraska to Denver or Chicago generates about .45 metric tons of carbon dioxide. A round trip to either coast generates about .80 metric tons..

You might want to give our warming planet a break by purchasing carbon offsets. A fair price of about \$40-50 per metric ton will help clean up that CO<sub>2</sub>, for instance by planting trees.

Here’s how:

#### 1. Calculate the carbon footprint of your trip.

It’s easy at [https://co2.myclimate.org/en/flight\\_calculators/new](https://co2.myclimate.org/en/flight_calculators/new)

#### 2. Choose a carbon offset program.

Many online are guilty of greenwashing, but we know these to be legitimate:

One Tree Planted <https://onetreepanted.org/products/plant-trees>

The Presbyterian Tree Fund

<https://www.presbyterianmission.org/eco-journey/presbyterian-carbon-tree-fund/>.

#### 3. Make your donation and enjoy your trip!

**J&P Calendar for January 2025**

National Slavery and Human Trafficking Prevention Month - [polarisproject.org](http://polarisproject.org)

**06** Epiphany of the Lord;

[presbyterianmission.org/ministries/worship/christianyear](http://presbyterianmission.org/ministries/worship/christianyear)

**11** National Human Trafficking Awareness Day;

[presbyterianwomen.org/justice](http://presbyterianwomen.org/justice) , [traffickingresourcecenter.org](http://traffickingresourcecenter.org) or  
[presbyterianmission.org/human-trafficking](http://presbyterianmission.org/human-trafficking)

**12** Matthew 25: Dismantle Structural Racism Sunday;

[presbyterianmission.org/ministries/matthew-25/racism](http://presbyterianmission.org/ministries/matthew-25/racism)

**16** National Religious Freedom Day;

[religiousfreedomday.com](http://religiousfreedomday.com)

**18-25** Week of Prayer for Christian Unity;

[oikoumene.org/week-of-prayer](http://oikoumene.org/week-of-prayer)

**20** Martin Luther King Jr. Day;

[thekingcenter.org](http://thekingcenter.org)

**W3 Welcome to Westminster on Wednesdays**

Wednesday nights are a wonderful opportunity for kids to get together with their friends and have fun learning about God. Kids from kindergarten through high school meet from 5:30 PM-8:00 PM.

5:30 PM-6:00 PM Open gym

time 6:00 PM-6:30 PM

Dinner in Cole Hall

6:30 PM-8:00 PM Activities in Faith Village and Youth Group.

If you have children younger than elementary age, please let me know--[trish@westminsterlincoln.org](mailto:trish@westminsterlincoln.org) or 402-570- 0163--if you are interested in having them join us on Wednesdays -- we will have special activities available just for them.

We will not meet on Wednesdays from December 25-January 1.

**Youth Group: Lock-In | January 3-4**

Youth Group will not meet December 25-January 1.

We will have our annual winter lock-in January 3-4. Plan to play games, eat snacks, and hang out with friends all night at church. We start at 8:00 PM on January 3 and finish at 8:00 AM on Saturday, January 4.

All youth who plan on attending must register here <https://shorturl.at/QuTmp>.



Westminster  
Presbyterian Church  
2110 Sheridan Blvd  
Lincoln, NE 68502

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### You're Invited!

**Come celebrate my latest achievement of acquiring a  
SHINY BLUE PooPatrol truck!**



**Date:** Sunday, January 19<sup>th</sup> **Time:** 1:00 PM - 5:00 PM

**Location:** Urban Hound Dog Park and Bar, 4848 Van Dorn St., Lincoln

For 3 long years, you've heard about my DREAM of a shiny blue truck. All of you have been a part of this DREAM! I couldn't have done this without my amazing customers, friends, church family and all my canine companions. I want to celebrate YOU and thank YOU for supporting me.

Join me for an afternoon of fun, cash bar, and dog-friendly activities. We'll be serving delicious appetizers.



#### **Important: 3 Vaccines Required for Dog Entry:**

- Bordetella
- Rabies
- Distemper

**Neutered or Spayed:** All dogs 12 months and up must be neutered or spayed.  
**Dogs Must Be Social:** We ask that all dogs entering the facility are socialized for group play. We do not have breed restrictions.

**Cost:** Day Pass for 1 dog is \$10. **Dog-less humans can enter for free at Urban Hound!**

Bring your furry friends and let's make it a memorable day!

Josh Whitfield and Albert