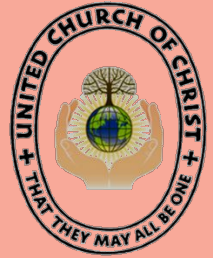


GCW

THE GOOD NEWS!



**Community Church of Walker
United Church of Christ**

P.O. Box 267
Hwy 371 & Tianna Drive
Walker, MN 56484

(218) 547-1093

commchurchucc@gmail.com

www.uccwalker.com

Our Mission

To offer a welcoming church home to all, where friendships grow, spiritual needs are met, community concerns are addressed and where

"God is Still Speaking..."

FEBRUARY 2025



In-person worship is on Sundays at 10:00am.

Contact Pastor Michael at 218-280-1401 or email mjsmall.ucc@gmail.com if you have questions or suggestions.

FROM PASTOR MICHAEL

Settling Into Winter



It took a while, but winter has arrived – long nights, some snow and colder temperatures, and weather that creates challenges – such as canceling worship the second Sunday in January due to freshly fallen snow, slick roads and bitterly cold. The challenges of winter are to stay safe, warm, connected while continuing to grow, learn, and continue to seek to follow in the ways of Christ.

Opportunities for engagement and growth are always present. Winter is a good time to slow down, hunker in, batten down the hatches, and reflect (as if in hibernation). We are provided with times for prayer, reflection, reading, meditation – especially in the darkness of night. In addition, in this time and age, many (all if you have access to the resources at the library) the internet can be a resource of infinite and inspiring resources. An example would be the resources provided the United Church of Christ and other religious and philosophical materials.

When we gather for worship and fellowship there is always times and places for conversation, engagement, and challenge – be it during worship or after worship when we gather for fellowship. This is an opportunity for raising concerns and responding.

Volunteer opportunities are also a way for engagement, such as through Cass County Faith in Action, the Walker Area Food Shelf, the Family Safety Network, the Walker Hackensack Akeley School

As we move through the winter there will be book conversations. Conversations beginning with Ash Wednesday and through Easter using resource from Sanctified Art will focus on – ***Everything [in] Between: Meeting God in the Midst of Extremes*** for worship and conversation from Ash Wednesday through Easter.

I would also suggest that all of you connect with the wider church – the United Church of Christ looking at **Going deeper in 2025: Programs, projects, plans from UCC National Ministries**

by [Donna Jackson](#), [Kayla Berkey](#), [Renee Deluca](#) | published on Jan 14, 2025



If there was a phrase capturing best what 2025 holds for the ministry teams of the National Setting of the United Church of Christ, it would be that of “going deeper.”

You may access the complete document by going to

<https://www.ucc.org/going-deeper-in-2025-programs-projects-plans-from-ucc-national-ministries/>.

There are also printed copies of this document at the church.

Walker Community Church Presents

PAUL NYE

Singer-Songwriter

Good News Coffeehouse
Concert Series

Sunday, Feb. 2
3:00 - 4:00 pm

Featuring Special
Guest Artist

**JANEY
STOLHAMMER**

“Paul’s lyrical choices cause me to think - and pay attention! He brings brutal honesty to his songs, but it is always met with hope and an answer to the problem he is calling out.”

Lindsey O’Halloran, VP of Publishing
Tribl Records, Nashville



Free Will donations to benefit the
Walker Area Food Shelf.

paulnye.com



Soup and Conversation Wednesday nights (January 29 – February 19)

6:00 p.m. Soup – 6:30 – 7:30 p.m. Conversation

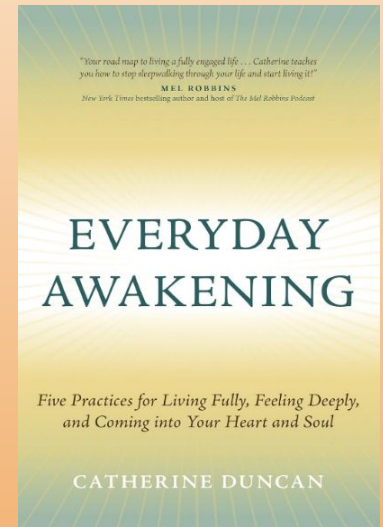
Everyday Awakening: Five Practices for Living Fully, Feeling Deeply, and Coming into Your Heart and Soul By Catherine Duncan (Author)

In a fast-paced, turbulent world, it's often hard to feel vibrantly alive. Constantly living from our minds has led to overwhelming feelings of stress, anxiety, and depression—often manifesting as chronic health conditions.

We're yearning for more peace, love, meaning, and embodied aliveness. We're yearning for awakening.

Awakening is often portrayed as mysterious, complicated, and dramatic or something that requires traveling to a distant country and sitting at the feet of an enlightened guru. But it's actually something we can choose to do, by engaging five simple and profound practices:

- ***January 29 – The Second Practice: Connect with Something Greater***
- ***February 5 – The Third Practice: Grow Your Trust***
- ***February 12 – The Fourth Practice: Embody Love***
- ***February 19 – The Fifth Practice: Hold Openness***



Potential Future Book Conversations

Trauma Recovery on Your Own Terms

**YOU
DON'T
NEED TO
FORGIVE**



Amanda Ann Gregory, LCPC

You Don't Need to Forgive: Trauma Recovery on Your Own Terms by Amanda Ann Gregory LCPC (Author)

You can find peace, whether or not you forgive those who harmed you.

Feeling pressured to forgive their offenders is a common reason trauma survivors avoid mental health services and support. Those who force, pressure, or encourage trauma survivors to forgive can unknowingly cause harm and sabotage their recovery. And such harm is entirely unnecessary--especially when research shows there is no consensus among psychologists, psychiatrists, and other professionals about whether forgiveness is necessary for recovery at all.

You Don't Need to Forgive is an invaluable resource for trauma survivors and their clinicians who feel alienated and even gaslighted by the toxic positivity and moralism that often characterizes attitudes about forgiveness in psychology and self-help. Bringing together research and testimony from psychologists, psychotherapists, criminologists, philosophers, religious leaders, and trauma survivors, psychotherapist and expert in complex trauma recovery Amanda Ann Gregory explores the benefits of elective forgiveness and the dangers of required forgiveness. Elective forgiveness gives survivors the agency to progress in their recovery on their own terms. Forgiveness is helpful for some, but it is not universally necessary for recovery; each person should have the power to choose.

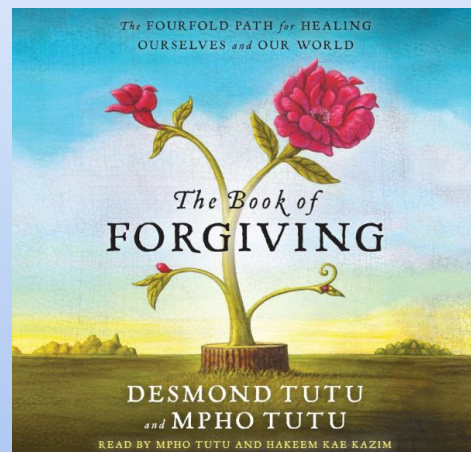
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The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World by Desmond Tutu (Author), Mpho Tutu (Author)

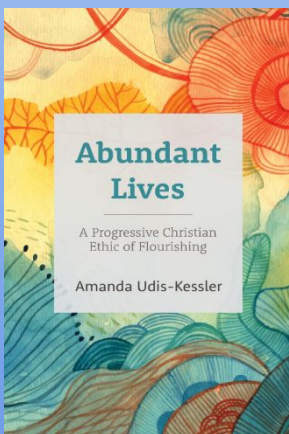
How do I forgive?

Nobel laureate Archbishop Desmond Tutu has witnessed some of the worst crimes people can inflict on others. So wherever he goes, he inevitably gets asked this question. This audiobook is his answer. Writing with his daughter, Mpho, an Anglican priest, they lay out the simple but profound truths about the significance of forgiveness, how it works, why everyone needs to know how to grant it and receive it, and why granting forgiveness is the greatest gift we can give to ourselves when we have been wronged.



They explain the four-step process of forgiveness - Telling the Story, Naming the Hurt, Granting Forgiveness, and Renewing or Releasing the Relationship - as well as offer meditations, exercises, and prayers to guide the listener along the way.

"With each act of forgiveness, whether small or great, we move toward wholeness," they write. "Forgiveness is how we bring peace to ourselves and our world."



Abundant Lives by Amanda Udis-Kessler (Author). What is the purpose of freedom, of rights, of justice, if those concepts are debated but do not tangibly contribute to human flourishing? *Abundant Lives: A Progressive Christian Ethic of Flourishing* invites sociologically informed engagement in human well-being, based on Jesus' command to love God, our neighbors, ourselves, and our enemies.

Author Amanda Udis-Kessler, PhD, provokes rich conversations so we might understand – and enact – the Kingdom of God as a realm of human and planetary flourishing. A former sociology professor, Amanda Udis-Kessler (PhD, Boston College; certificate, Iliff School of Theology) is an author of academic and liturgical writings and composer of progressive sacred music.

A Thank You

Sheila and I wish to thank the members and friends of CCOWUCC for their generosity, kindness and extravagant hospitality over the Christmas season and during our break as we spent time with family in Isla Mujeres.





Women's Fellowship Meeting

Community Church of Walker UCC

February 11th, 1:00 PM



Looking Ahead

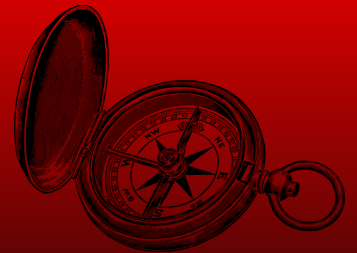
Ash Wednesday

Wednesday, March 5th



Council Meeting

March 9th
Following Worship



Look forward to Gazebo Concerts in
2025 Beginning Again this June!



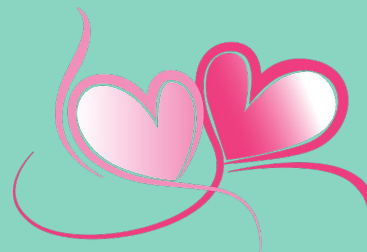
FEBRUARY DATES TO CELEBRATE

Birthdays

- 5 Ruth Niedermann
- 25 Dawn Canada
- 26 Bev Meyer
- 27 Erika Rand

Anniversaries

- 3 Bob and Ann Winegar



WORSHIP MINISTRY — FEBRUARY

	GREETERS	LITURGISTS	SPECIAL MUSIC
February 2	Joanne Detwiler	Chris Kolp	Chancel Choir
February 9	Chris Kolp	Joanna Aamodt	TBA
February 16	Gay Jacobson	Bev Jorland	TBA
February 23	TBA	Deb Farrell	TBA

AUDIO

Esther Covert

VIDEO

Aurora Diehl

MUSIC

Sabbastian Wilson-Webb



CHOIR DIRECTOR

Joanna Aamodt

ALTER & COMMUNION PREPARATION

Earl Niedermann



THE GOOD NEWS!

is a monthly newsletter publication of the
Community Church of Walker United Church of Christ
 Located at the corner of Hwy 371 & Tianna Drive
 Walker, MN 56484

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Pastor Michael Small

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Phone: (218) 280-1401 **Email:** mjsmall.ucc@gmail.com

Secretary: Sabbastian Wilson-Webb

Office Hours: 10:00am-2:00pm on Thursdays

Email: commchurchucc@gmail.com

Phone: 218-547-1093 (leave a message)

Church Moderator: Bonnie Bailey

Vice-Moderator: Bev Jorland

Clerk: Gay Jacobson

Treasurer: Deb Farrell

Financial Secretary: Joanne Detwiler

Historian: Chris Kolp

Board of Trustees Chair: Ryan Pels

Board of Benevolence Chair: Doris Johnson

Board of Christian Education Chair: Joanne Detwiler

Board of Memorials Chair: Wendy Paul

Board of Music Chair: Linda Barber

Board of Spiritual Life Chair: Jo Pels

Women's Fellowship Chair: Sue Grage

Minister/Church Relations Board Members:

Deb Farrell, Bev Jorland, Doris Johnson

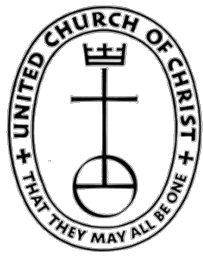
Choir Director: Joanna Aamodt

Custodian: Ryan and Joanne Pels

**Articles for the March 2025 edition of The Good News! newsletter
 need to be emailed by 11:00 AM Friday, February 21st, 2025**

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:00am Worship Service w/ Communion Fellowship Time after the service	3	4	5 <u>Book Conversation</u> 6:00pm Soup 6:30pm Conversation	6	7	8
9 10:00am Worship Service Fellowship Time after the service	10 6:30-8:30pm St. Mark's Worship Service	11 1:00pm Women's Fellowship	12 <u>Book Conversation</u> 6:00pm Soup 6:30pm Conversation	13	14	15
16 10:00am Worship Service Fellowship Time after the service	17	18	19 <u>Book Conversation</u> 6:00pm Soup 6:30pm Conversation	20	21 11:00am Newsletter Submission Deadline	22
23 10:00am Worship Service Fellowship Time after the service	24 6:30-8:30pm St. Mark's Worship Service	25	26 <u>Book Conversation</u> 6:00pm Soup 6:30pm Conversation	27	28	



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Return Service Requested



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