

Plymouth United Church of Christ

Upbeats

News and Views
from the

Jazz and Justice Church

Special Edition - January 2011

Embracing Peace



***Blessed are the peacemakers,
for they will be called children of God.***
(Matthew 5:9)

Our prayer and worship theme for January is “Embracing Peace.” We begin this new year reminding ourselves that we are all children of God, embraced by God’s spirit of peace and emboldened by that spirit to do the sacred work of *shalom* – creating peace and justice in God’s world.

During this first month of the new year, you are invited into a time of daily prayer, weekly meditation, and weekly worship that help ground you in God’s peacemaking spirit. In this special issue of *Upbeats*, you will find:

- a calendar of daily prayers for peace
- information about weekly meditation sessions on mindfulness and inner

- highlights of worship services honoring the life and legacy of the Reverend Dr. Martin Luther King, Jr. and featuring local peacemakers like Nicole Lee of the Urban Peace Movement and Aeshah and Kokomon Clottey of Attitudinal Healing Connection.

We extend special thanks to Mary Lou Watson, Chair of the Justice & Witness Ministry, and to all who have helped in the planning and preparation for this month, especially Carolyn Collins, Staci Imes, and Susan Ode.

Blessings of peace,

Reverend Lois & Reverend Marjorie

January Worship Themes - Paths of Peace

January 2

The Illumined Path - The Starlight Leading the Magi to Bethlehem

January 9

The Spirit’s Path - The Baptism of Jesus

January 16

The Prophet’s Path - Remembering Dr. Martin Luther King, Jr.

January 23

The Urban Path - Nicole Lee of the Urban Peace Movement Joins Us

January 30

The Reconciler’s Path - Aeshah and Kokomon Clottey of The Attitudinal Healing Connection Join Us

Each Worship Service Will Also Include a Ritual of Peace

Embracing Peace Through Prayer

Here Are Some Suggested Prayer Topics for Use During the Week

Monday

Pray for Inner Peace

Tuesday

Pray for peace in your family, loved ones & Plymouth Church

Wednesday

Pray for peace in our local communities, especially Oakland

Thursday

Pray for peace in our nation & justice in our policies

Friday

Pray for peace in our world

Saturday

Pray for peace and nonviolence toward all creation

Embracing Peace Through Mindful Meditation

The practice of meditation teaches us to be us to be more peaceful, present and kind to ourselves, our world and all living things. A series of four Thursday evening sessions will be held during January where we will review and practice sitting meditation, walking meditation, and loving-kindness meditation. Come dressed in comfortable clothes that will keep you warm as we enter mindful meditation and expand our awareness and enlightenment.

**Sessions will be held in the Fireside Room at 7:30pm
January 6, 13, 20 & 27**

Questions? Contact Susan Ode (510/832-2806 or susan_ode2002@yahoo.com) or Paul Bolduc (415/955-7108 or pauljbold@yahoo.com)

More Opportunities to Embrace Peace

The Freedom Train

Sponsored by the Dr. Martin Luther King, Jr. Association of Santa Clara Valley

2011 Departure Stations & Times:

San Jose – 9:30am Sunnyvale – 9:45am
Palo Alto – 9:59am San Mateo 10:22am

Arrives at San Francisco at 10:55am

For Tickets: <http://www.brownpapertickets.com/event/130504>

For Information: 408-861-5323

In the Name of Love

The 9th Annual Musical Tribute Honoring Dr. Martin Luther King, Jr.

Sunday, January 16, 2011, 7:00 pm

Oakland Scottish Rite Temple

Make the Dream Real - 2011

13th Annual Martin Luther King Jr.

National Holiday Celebration

Monday, 1/17 - 10am to 12noon - Taylor Memorial Methodist Church, 1188 12th St. Oakland