



Walton First Congregational Church  
United Church of Christ

## Updates June 1, 2026

### Celebrations

#### June

##### Birthdays

3<sup>rd</sup>: Diane Meredith  
8<sup>th</sup>: Judy Kipp  
11<sup>th</sup>: Chrissy Evans  
15<sup>th</sup>: Judy Ogden  
18<sup>th</sup>: Kanaan Epps  
22<sup>nd</sup>: Chaz Epps  
29<sup>th</sup>: Dorothy Welch

##### Anniversaries

15<sup>th</sup>: Brian & Deb Caruso

### Remembrances

#### June

##### Day of Resurrection

9<sup>th</sup>: Leonard Parkinson

### On the Calendar

**Thursday, June 4:** Ministry Committee Meeting 3:30 pm

**Saturday, June 6:** Porchfest

**Sunday, June 7:** Sanctuary Worship 10:15 am; **No** Sunday School; Prudential Board Meeting

**Sunday, June 14:** Sanctuary Worship 10:15 am; Church Kids' Club Meeting; Baccalaureate Service 6:00 pm

**Saturday, June 20:** Celebration of Life for Barbara Daniels 3:00 pm

**Sunday, June 21:** **No Worship.** Celebrate Father's Day with someone special!

**Wednesday, June 24:** Summer Carnival after Townsend Elementary School Dismissal

**Sunday, June 28:** Sanctuary Worship with Ron Galley 10:15 am; **No** Sunday School

### Elijah's Closet

Fridays and Saturdays 10:00 am-2:00 pm

### Board Updates

**\*\*** There will **NOT** be any worship services on Sunday, June 21<sup>st</sup>, or on Sunday, July 5<sup>th</sup> **\*\***

To honor loved ones that are no longer with us, we would like to add birthdate/memorial dates to our newsletter. If you would like to have a loved one included, please submit their names and dates to April.

### Church Kids' Club

New this year, the children of the church are invited to attend our newly formed group: The Church Kid's Club. We will meet the last Sunday of the month, following the regular Sunday School calendar, for "Sunday Snack Chats". The kids discussed the missions of this group, which include: helping our church to grow, doing community services, events and fundraising, and being ambassadors to any new or returning youth to our church. At this time, the children have put together an Amazon "wish list" for some of the supplies they will need to create their club space. If you are interested in helping to purchase some of these items, please click the [link](#) or scan the QR code:



### Member Updates



### COMMUNITY OUTREACH EFFORTS EXPAND OUR CHURCHES MISSION

By Nancy E. Grotevant

#### CHAIR YOGA FOR OLDER ADULTS

Chair Yoga for Older Adults is in its 3rd year, held on Tuesdays & Thursdays in our Fellowship Hall. This popular program is hosted free of charge, and as you probably guessed, it's done mostly while sitting down. There are over 70 registered for the program with approximately 40 taking part on any given day.

Taught by Dr. Jennifer Clark, chair yoga is designed to meet participants where they are on their current fitness level. Because it's all done in a chair, it's great for seniors or anyone else with mobility or fitness issues. Jenny also gives many variations to each exercise so those taking part can choose the intensity of any particular move.

Classes are designed to help you move, breathe, and stretch without needing to get up and down from the floor. A typical 60-minute session starts with deep breathing exercises to prepare you for what's to come. Then comes seated warm-ups: gentle neck rolls, shoulder shrugs, and spinal movements (like seated Cat/Cow poses). Adapted postures are next: traditional balancing poses (e.g., Warrior, Tree, or Mountain poses). This is followed by stretching exercises and the hour concludes with a period of relaxation/guided meditation.

I recently spoke to Nancy Paul who enthusiastically shared what she has gained from the program. She easily spoke of these benefits:

- Increased Flexibility
- Improved Balance
- Reducing Stress
- Weight Loss
- Improved Sense of Well-Being

Despite any limitations you may feel you have, chair yoga can help you feel stronger as well as expands our churches missions to treat the "whole person".

#### FREEZER MEALS FOR ONE OR TWO

On Wednesday, May 6th, Dove Karn – Human Ecology Team Leader, Cornell Cooperative Extension in Delaware County, presented a hands-on program - Freezer Meals For 1 or 2.

Dove spoke on the difficulty of preparing nutritious meals for household consisting of one or two people. The freezer meal concept works perfectly for smaller household because:

- Food waste is prevented by scaling down portions
- Money is saved eliminating spontaneous takeout
- Prep time is reduced

- Having pre-portioned, ready-to-heat meals on hand dramatically reduces clean-up
- By freezing meals into exact single or double-serving portions, you always have the right amount of food to thaw
- You dictate every ingredient that goes into your meal. This allows you to avoid the high sodium, hidden sugars, and artificial preservatives

Participants prepared 3 recipes – Mini-Meat Loaves, Honey Sesame Chicken and Sheet Pan Fajitas.

I personally have tried to first 2 and found them to be delicious! An additional class is being planned for this fall.

A pair of glasses were found in the sanctuary. They are on the table in the Narthex.

Please place your non-perishable food and toiletry donations in the wagon located at the back of the sanctuary. Loraine Davila will drive donations to the food bank the last Tuesday of each month.

If you have anything that you would like included in our bi-monthly Updates, please contact April at 607-865-4066 or [secretary@uccwalton.com](mailto:secretary@uccwalton.com)

## Highlights

### Children's Day Service 5/31/26





### Previous Sermons and Liturgy

#### ❖ May 17, 2026

- ▶ Sermon: Glorification
- ▶ Scripture Reading: 1 Peter 4:12-14; 5:6-11
- ▶ Gospel Reading: John 17:1-11

#### ❖ May 24, 2026

- ▶ Sermon: Connected Through the Spirit
- ▶ Scripture Reading: Acts 2:1-8, 12-22
- ▶ Gospel Reading: John 20:19-23

#### ❖ May 31, 2026

- ▶ Sermon: Don't Interrupt Me Lord, I'm Praying
- ▶ Gospel Reading: Matthew 6:1-9

### Lifted in Prayer

Lorraine Miller  
 Ian Cook Family  
 The family of William Henry Bartlett  
 The family of Elizabeth Hofstetter

Pastor Janet  
 Eli VanBuren & Family

Daniel Kennedy Family  
 The family of Jim Barlow  
 The family of Nanette Poulin  
 The family of Denise Longendyke