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WORSHIP AND MINISTRY

A MESSAGE FROM OUR PASTOR

Dear friends,

My week started on Monday with a 4 mile hike in Truckee, California, overlooking Donner Lake. It was not meant to be 4 miles, but we took a wrong turn and were enjoying the view so much we just decided to take the long way back around. Sometimes the best outcomes are from the accidents, the wrong turns, the unplanned detours. And sometimes, it can even feel like God is blessing us through the mistakes and missteps.

Our Sunday Scripture is one of my favorites as we see Jacob wrestling with a man (An angel? A water demon? God?) all night long. Jacob walks away with a limp, but with a blessing and a new name - Israel, *the one who strives with God*. It's a story of wrestling and injury and blessing and renewal. It's a foundational story to the people of ancient Israel who endured much wrestling with God, each other, and neighboring nations. It's a foundational story for me



and my own personal life of wrestling with God. I'm not much for wrestling culture, even though I grew up in the generation of Hulk Hogan. But I understand what it means to wrestle with hard things, and I'm sure y'all do too. What I love most about this story is that Jacob refused to let go of the man until he had been blessed. That's some serious wrestling endurance. Join us on Sunday as we talk about the wrestling and the blessing and listen for what God might have to say to us through this story.

See y'all Sunday for worship and Communion!

Your Pastor, Lora

Sunday Scripture: [Genesis 32:22-31](#)

SUNDAY SCHEDULE INFORMATION

8 a.m. Outdoor Meditation

Participate in meditative gathering out on the front lawn. Bring a blanket or chair and join us.

10:00 a.m. Summer Childcare

Childcare is offered for children Kinder and younger in UPCC Room #2. Obtain gate code [from Erika Stiner](#) or Greeters. (Note: UPCC family codes do not work on Sundays.)

10:30 a.m. Worship Service

Join us for worship in the sanctuary or online. [Click here for the bulletin.](#) The first Sunday of each month we celebrate the Sacrament of the Lord's Supper. Worship leaders include Lora East, Erika Stiner, Josh Clapp, Christian Carpenter, Keith Martinez, Zachary Ridgway, Nicholas Dimick, and others.

11:30 a.m. Summer Children's Choir

Choir will continue through the summer in CE #6. Kids meet Nicholas and Erika in the Narthex at 11:30 a.m. to go to the Forum for a snack and then to the room to rehearse until 12:20 p.m.

Online Service Links

[Click here for Zoom Webinar](#) or [click here for YouTube Live](#). You can also watch past services at any time by [clicking here](#).

WORSHIP FOCUS FOR SUMMER

During the summer months, UPC is following a 12-weeks-long study of the Abrahamic family narratives in Genesis and Exodus using Sanctified Art's *Anything But Ordinary* curriculum. To dig deep into these narratives, they created a booklet that is part devotional, part scripture study, part personal journal. Each week dives into one of these family stories through art, Visio Divina meditation, scripture study, artist reflections, creative writing prompts, and prayer. A few printed copies are in the Narthex. [Contact the church office](#) if you would like an electronic version.

EVENTS AND HAPPENINGS

FIRST SUNDAY FAMILY FEAST - AUG. 2

Join others from UPC at The Cove (606 W Cypress St, 78212, following worship on Sunday, Aug.2. This Dutch treat fellowship event is not just for families, but everyone in the UPC family. That means you!

JOIN IWC - AUG. 8

Please join the Interfaith Welcome Coalition for a town hall meeting to stop the ICE Detention Center in San Antonio.

The planned detention center will be a refurbished warehouse in a residential neighborhood. Come learn how to stop this ICE facility.

[Click here](#) for more information and to RSVP!

NO ICE in San Antonio!

Town Hall

**Aug 8th
1:00 - 3:00 p.m.**

Join us for an immigration townhall to discuss how to confront the ICE deportation machine, and stop the new detention center in San Antonio's Eastside!

**Holy Redeemer Catholic Church
1819 Nevada St, 78203**

← RSVP

Ossa

THE SCHOOL'S OUR STUDENTS' RIGHTS

SAN ANTONIO DSA

BACK TO SCHOOL BLESSING - AUG. 9

As you prepare for a new school year, whether buying school supplies, setting up classrooms, or turning on alarm clocks, we want to send you on your way with a blessing. We know starting new things can be scary and exciting and every emotion in between, sometimes we need a reminder that God is with us in each of those feelings. Join us in worship on Aug. 9 with your backpack, lunch box, laptop bag, or tablet for a Back-to-School Blessing. We have a small gift to remind you that God goes with you wherever you may go and that the community at UPC is holding you in prayer and cheering you on.

LUNCH BUNCH - AUG. 16

The Lunch Bunch will gather at Honey's Chicken Joint, 1001 Rittiman Road) on Sunday, Aug. 16 after worship. This Dutch treat lunch fellowship opportunity is a great way to get to know people from UPC. If you have questions or want a ride to and from church, please [contact Janifer Medrum](#).

A SPECIAL WELCOME TO OUR NEW FIRST GRADERS - AUG. 23

First grade is an important milestone at UPC. This marks the moment that children begin to stay in worship full time with their families. These new first graders and their parents are learning to worship God together, some for the very first time. Luckily these children are a part of a community that loves them and has promised to teach them about Jesus and nurture their faith. What better way to do that than in worship, where we enact the story of our faith every week.

We are excited to introduce our new first graders in worship on Aug. 23 and welcome them into worship full time with a special prayer, an official nametag, and a gift from the CE Jr. Committee. Our hope is that you will connect with these children, welcome them by name, and support their families during this time of transition.

WOMEN'S BOOK GROUP - AUG. 24

The book group will meet on Monday, Aug. 24, at 6:30 p.m. at the home of Bonnie Simons. Bonnie will also moderate the discussion of *The Frozen River* by Ariel Lawhon. As usual, all are welcome, even if you have not yet read the book. Simply bring a salad to share. [Kindly notify Bonnie](#) if you plan to attend or need directions to her house. [Contact Sandy Nicholson](#) to RSVP as a Zoom participant.

PRESBYTERIAN WOMEN FALL GATHERING - AUG. 29

All UPC women are invited to the Presbyterian Women Fall Gathering of the San Antonio Cluster on Saturday, Aug. 29, 9 a.m. - 12 noon. Registration is required before Aug. 27, [please click here](#). The event will be held at Forest Hills Presbyterian Church. For carpooling, [contact Paula Gentner](#). Plan to meet at UPC around 8 a.m. and leave the church at 8:15 a.m. to drive to Helotes, TX.

CALLING ALL WOMEN . . . SAVE THE DATE!



Saturday, August 29, 2026
9:00am-12:00pm
8:30am Registration

Presbyterian Women Fall Gathering San Antonio Cluster

Hosted by:

**Women of Forest Hills & Northminster
Presbyterian Churches**
13200 Bandera Rd
Helotes, Texas 78023

Schedule: 8:30 Registration
9:00 Breakfast
10:45 KeyNote Address
11:45 Closing Prayer

Registration: \$10 & an offering
taken for the House of
Neighborly Service - ROOTS
Initiative

Use the QR Code or the website
address to register by August 27th.



<https://pwfall.square.site>

Keynote Speaker:

Judy Matetzchk Campbell,
Austin Seminarian

**“United Through Christ,
Bound to Each Other”**

Notes & Info: All are welcome and invited.

- * Please bring your church nametag and your personal drink vessel.
- * Enjoy spending time with old & new friends and building connections and relationships.
- * Invite and share with yhour friends.
- * Receive inspiring and uplifting messages.

Contact Marilyn Juarez for more information at
juarezmarilyn@att.net

PLAYOLOGY WORKSHOP - SEPT. 12

Experiencing God Through the Art of Play

Playology is chock full of interactive training and practical resources to integrate recreation and play into your ministry context. Experienced leaders will lead a full day of recreation-related workshops. Playology events provide great resources for children's ministry leaders, youth leaders, pastors, worship leaders, camp counselors, educators, recreation leaders, volunteers, and more!

UPC's CE Jr Committee is working with Mission Presbytery to host this event on Saturday, Sept. 12, here at UPC. [Click here](#) for full info and to register.

SESSION AND COMMITTEE INFORMATION

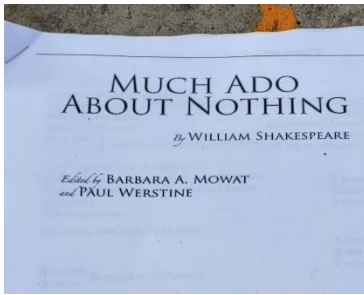
Financial Report for June 2026 Operating Budget				
	YTD Actual	YTD Budget	Variance	Annual Budget
Revenues				
Pledge Income	\$316,468	\$327,861	-\$11,393	\$655,722
Reimbursements	\$28,050	\$27,414	\$636	\$54,828
Other	\$37,230	\$30,767	\$6,463	\$61,534
Total Revenues	\$381,748	\$386,042	-\$4,294	\$772,084
Expenses				
Mission, Outreach & Justice	\$35,780	\$38,610	\$2,830	\$71,610
Stewardship & Finance	\$8,961	\$9,302	\$341	\$19,103
Personnel	\$223,238	\$226,936	\$3,698	\$456,471
Christian Education	\$9,330	\$7,300	-\$2,030	\$14,600
Worship Ministry	\$3,341	\$3,750	\$409	\$7,500
Facilities & Operations	\$71,535	\$90,087	\$18,552	\$180,175
Welcome & Fellowship	\$4,176	\$4,737	\$561	\$9,475
Session	\$6,608	\$6,450	-\$158	\$12,900
Total Expenses	\$362,969	\$387,172	\$24,203	\$771,834
Net Total	\$18,779	-\$1,130	\$19,909	

TREASURER'S REPORT

Thank you for pledging and keeping up with your gifts. We have a healthy balance in most of the special funds which are non-operating funds, usually designated for a particular purpose. The overall balance in the special funds account is \$375,806; however, there are large facility projects in

the works. The SoL Center is mostly on hold and has a budget of \$10,000. The SoL Center has endowment funds which can be used for programming needs.

In addition to operating funds and special purpose funds, UPC also has Endowment Funds. These funds are invested for the long term to help support programs of the church, The SoL Center, and the Children's Center. The June market value of UPC Endowments is \$1,642,007 and the book value is \$1,107,611. The June market value of SoL Endowments is \$204,516 and the book value is \$135,617. Endowments are invested and only distributions or a percentage of the current value may be used regularly.



PRAYER SHAWL MINISTRY

Jake, our Cocker Spaniel, likes to walk in the Olmos Basin Trailhead. On a recent excursion, he dragged me over to a picnic table. I thought he was in pursuit of someone's leftovers and was quite surprised to find this script for a play which someone had left behind on top of the table. Sort of a philosophical comment from the Universe on life?

It made me think about how much one's daily activities might be "much ado about nothing." What are the things I do that are life-draining? When is it time to re-evaluate those things which command my attention? What do I need to let go of? According to an [article from Brave Embodiment Counseling](#), you can spot life-draining things by tracking your energy shifts, recognizing physical tension, and noticing chronic dread. These signs show up through sudden fatigue, tight muscles, and a strong urge to avoid specific tasks or people.

When this happens, it is okay to invoke what Christine Valters Paintner* calls the "Sacred YES" and the "Sacred NO." What are you being called to embrace? What is non-essential? Paintner advises that we throw away the "DO-List." Make yourself a "DON'T-DO-List."

Mine looks like this:

- Don't turn on your devices before noon.
(You can't change the news anyway).
- Don't start the laundry.
(Dirt is faithful. It will always be there for you.)
- Don't ask permission.
(Ask forgiveness, but only if necessary.)
- Don't try to please everyone.
(You can't, and in 100 years, it won't matter).
- Don't expect.
(This avoids disappointment.)

A good to-do-list includes quiet time and spending time with friends. And it is a plus when those shared times offer an opportunity to reach out to others. Your friends in the UPC Shawl Ministry encourage you to be kind to yourself this week. Do you want to join this group? They have two chapters: Tuesdays, 10:30 a.m. - 12 p.m., and Wednesdays, 7:30-9 a.m. Do you want a shawl or laprobe for someone or even for yourself? The next Shawl Dispersal will be in September, but shawls may be accessed at any time from the church library. For more information or to request a shawl, [contact Caryl Gaubatz](#).

*Christine Valters Paintner, *The Artist's Rule*, Notre Dame, IN, Sorin Books, 2011.

PRAYER FLAGS AND SOIL

This gathering is now an annual tradition for the Prayer Flag Ministry to share information about Prayer Flags with students enrolled in UPCC's SOIL sessions in the summer. This year, kids created these wonderful flags on Wednesday, July 29, with the help of Andrea Anthony, Tamara Apgar and granddaughter McKenna, and Carolyn White from the UPC Prayer Flag Ministry as well as the teachers and assistants from the SOIL class.



CHILDREN, YOUTH, AND YOUNG ADULT MINISTRIES

CHILDREN'S MINISTRY

Summer Sunday Childcare

Childcare for kinder and younger is available 10:00 a.m.-12:30 p.m. in UPCC Room 2. [Contact Erika Stiner](#) for the gate code or ask the Greeters.

Sunday School Classes

Taking a break until September.

Summer Children's Choir

Our children continue to make a joyful noise during children's choir on Sundays, 11:30 a.m.-12:20 p.m.

FALL SUNDAY SCHOOL AND CHILDREN'S CHOIR SCHEDULE

Beginning September 13th, Children will be dismissed during the Hymn of Response to attend Sunday School and Choir.

Until 11:30	SNACK	
11:30-11:55	ROTATION 1	PreK-2 nd Grade in CE 5 3rd-5 th in CE 7
11:55-12	TRANSITION	
12-12:30	ROTATION 2	PreK-2 nd Grade in CE 6 3rd-5 th Grade in CE 5

There will be no children's programming after worship the first Sunday of the month so families can receive the Lord's Supper together

Join us September 13th for a
Back to Sunday School Kick Off

YOUTH MINISTRY

No outings planned for the Youth Group in August due to all the back-to-school activities. Stay tuned for information about Fall plans. [Contact Josh Clapp](#) to get on the mailing list.

YOUNG ADULT MINISTRY

Young Adults will continue to meet every Monday, 6-7:30 p.m. [Contact Josh Clapp](#) for more information.

CHILDREN'S CENTER

UPCC STAFF APPRECIATION

UPCC celebrated the dedication of the staff by renting out a theater for the staff, friends and families to enjoy Toy Story 5 together inside a cool theater on a hot Sunday afternoon in July.



CONGREGATIONAL UPDATES

CONGREGATIONAL NEWS

Partnership of Prayer

Over 160 people are currently united in praying for others as needs arise. If you would like to participate or if you have a prayer request, [please contact the church office.](#)

AUGUST CELEBRATIONS

Birthdays

2-Cora Stiner
3-Gael Marin-Jensen
4-Leslie Ellison
4-Marc Smith
9-Maureen Nowotny
13-Phoenix Clapp
14-Melayne Anderson
14-Katy Bravenec
15-Finnegan Tingle
15-Will Whitworth
16-Bill Germer
16-Jacob Tingle
18-Elise Stiner
18-Alison Wiesenthal
19-Adrian Bernal
19-Brandon Bernal
19-Christopher Bernal
19-J.R. Gingerich
19-Melody Kuykendall
19-Julia Rodriguez
21-Gail Plummer
25-Paula Bondurant

26-Don Drummond
26-Christina Parkinson
27-Zachary Esman
29-Rusty Lampman
30-Liz Helser
30-Stephanie Negron-Fernandez

Anniversaries

2-Bonnie and Barry Bartlett
3-Marian and Larry Higgins
6-Melody and Andy Hull
7-Cathy Leary and Bill Germer
11-Paula and Ed Bondurant
12-D'Ann and Mark Seaman
13-Sue and Roy Martino
16-Lorna and Jim Shinkle
17-Jeanna and Cabral Balreira
18-Cynthia Lyle and David Young
19-Lois and Steve Jensen
23-Melissa and Daniel Almsted
23-Martha and Randy Whitworth
26-Kristin and Daniel Lopez

GIFTS & MEMORIALS - JULY

UPC Pastor Discretionary Fund

Carole Hovde
Jeanette Clark

UPC Deacons Fund

Jeanette Clark

UPC Memorial Fund

in memory of Mariel Garber

Jeanette Clark
Judy and Garry Cole

UPC Memorial Fund

in memory of Ross Smith

Jeanette Clark

UPC Memorial Fund

in memory of Marian Edson

Jeanette Clark

UPC Special Donations Fund

Bangladesh School Needs

Sharon Holcomb
Sally Lloyd

UPC Prayer Shawl Ministry

Jeanette Clark

UPCC Good Shepherd

Scholarship Fund

Jeanette Clark

UPCC Good Shepherd

Scholarship Fund

in memory of Helene Treat

Linda Ireland

UPC Special Offering for Thrive Youth Center

Marina Balderas
Dori Kay Hjalmarson

PEOPLE SERVING YOU

F&O COMMITTEE REQUESTS YOUR HELP

The intent of the form is to involve everyone in the maintenance and safety of our facility.

[Click here to access the form online](#)
or use the QR code provided.



UPC Facility & Safety Concerns Form



Issues reported will be reviewed and prioritized by the F&O Committee. Thank you in advance for your assistance!

STAFF DAYS OFF, HOLIDAYS, AND OFFICE CLOSURES

Children's Center Closed: 08/03/26-08/07/26

Erika Stiner: 08/05/26-08/08/26

Lora East: 08/31/26-09/08/26

SUMMER CHURCH OFFICE HOURS

Memorial Day to Labor Day

Mondays:
Closed

Tuesdays – Fridays:
9 a.m. – 4 p.m.

On-site emergencies:
210-663-5280 or 210-240-4113



STAFF

Anastasia Bernal - Church Administrator
Christian Carpenter - Media Technician
Allan Catlin - Maintenance Coordinator
Cindi Catlin Gaskins - Children's Center Director
Josh Clapp - Youth & Young Adult Ministries Director
Nicholas Dimick - Children's Choir Director
Lora East - Pastor
Keith Martinez - Choral Music Director
Zachary Ridgway - Organist/Pianist
Erika Stiner - Children's Spirituality Director

SESSION

Ruling Elders - Ministry Serving

Laurie Doyal-Lampman - SoL Center Liaison
Ashley Gans - Worship & Arts Chair
Miriam Martinez - Christian Education Jr. Chair
and UPCC Liaison
Jennifer Mitchell - Christian Education Jr.
Sue Martino - Stewardship & Finance Chair
Patty Nicholson - Worship & Arts
Doug Posey - Christian Education Sr. Chair
Mark Seaman - Worship & Arts
Elena Serna-Wallender - Welcome & Fellowship Chair
Tracy Wilson - Facilities & Operations Chair
Julie Wise - Personnel Chair
Janice Zitelman - Mission Outreach & Justice Chair

DIACONATE

Deacons - Parishes and Assignments

Paula Gentner - Moderator
Arlene Aguilar - University
Bonnie Bartlett - Airport
Safira Carpenter - Olmos
Cindi Catlin Gaskins - Castle Hills North
Jeanette Clark - Downtown South and Secretary
Becky Huston - Northwood and Vice-Moderator
Laine Leibick - Northwest
Tatyana Lewis - North Central
Carla Monroe-Posey - Fredericksburg
Sally Smith - Northeast
Barb Warren - Alamo Heights

PLEASE REMEMBER:

UPC nor any of the staff will ever call, send an email, or send a text asking for gift cards, money, or help/assistance; nor with ambiguous greetings like, "Hey, do you have a minute?" Report as spam or just delete the text or email.



UPC'S MESSAGE TO YOU

***Wherever you may be in the journey of faith, UPC welcomes you.
We are a community where honest questions are valued
and where faith is considered a process, not an arrival.***

***Affirming that every person has worth
as a unique creation and a child of God,
we welcome into full participation people of every age, sex,
race, color, ethnicity, culture, immigration status, political affiliation,
economic condition, physical and mental ability, marital status,
sexual orientation, and gender identity and expression.***

***If you are passing through, we extend God's blessings to you
as you continue on your way.
If you are seeking a home, we invite you to join us in the adventure
of serving Jesus Christ in a challenging world.***

University Presbyterian Church
300 Bushnell Ave | San Antonio, TX 78212 US

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