

Beholding the Glory

by Jeff Moore

“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” - 2 Corinthians 3:18

Happy New Year and Happy Winter!

We certainly started 2025 with a bang when it comes to winter weather! The cold and snow have been refreshing to say the least! It's given us good reasons to stay indoors and lean into homebound pursuits. It's certainly given us more time than usual to read and watch. I've been reflecting lately on what we look at and its effects on us.

What are you watching?

When I was a kid, I watched a good bit of TV-- cartoons mostly. I'd get up pretty close to the TV and my mom would say, “Sit back. You're going to hurt your eyes.” I don't know if there was any validity to her claim, except that I needed glasses when I was 8. Causation, correlation, or coincidence? I'll let you be the judge. My point is that what we look at can affect not only our eyesight but

our insight, our emotions, our health, and our very souls.

In an article from Northwestern Medicine in Chicago entitled, “Binge-Watching and Your Health: Three Ways Long-Term TV Viewing Affects You,” the author makes this incredible claim: “In the United States, people watch an average of 21 hours of streamed digital media each week, and 99% of all households subscribe to at least one streaming service.” The first thing that is staggering to me is that, if accurate, Americans watch one entire day of streaming content every week on average! One day per week. That doesn't account for the time we are asleep!

But time is not the only casualty in excessive watching. The article goes on to summarize findings from various studies that point to negative health effects of too much watching. They are:

- Depression and anxiety. Research has found a strong link between binge-watching and mental health problems such as depression, insomnia, anxiety, stress, and loneliness.
- Back problems. Posture is an important part of spine health. Poor posture while watching TV can cause your spine to be curved or weak, leading to back pain and musculoskeletal issues.
- Lack of physical activity. If you're spending more time

on the couch and less time exercising, your risk for heart disease, including stroke, is higher.

(source: <https://www.nm.org/healthbeat/healthy-tips/emotional-health/binge-watching>)

Excessive screen time definitely seems to have deleterious effects on our physical and emotional health. But that's not all. What we watch, what we take into our eyes, ears, and hearts, shapes our souls. What are you watching?

In Psalm 101:3 David says, "I will not set before my eyes anything that is worthless." In the context of the psalm, David is responding to the Lord's love for him (verse 1), by living a life of "integrity of heart" (verse 2). In order to live in alignment with the love of God, David pledges to forsake looking at worthless things.

We see a similar truth in Psalm 119. As you may know, Psalm 119 is the longest Psalm in the Bible, and its main subject is the Word of God. The eye is mentioned no less than 8 times in this Psalm! Here are two occurrences:

Psalm 119:37: "Turn my eyes from looking at worthless things; and give me life in your ways."

Psalm 119:15: "I will meditate on your precepts and fix my eyes on your ways."

Taken together, these verses show a contrast between looking at worthless things, which presumably grows worthlessness in us, and the life that blooms from looking at God's ways.

What are you looking at? The answer matters. It matters to the health of your soul.

In a wonderful section of scripture where he is contrasting the old covenant of law with the new covenant of grace in Jesus, Paul writes, "And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. Do you see the progression? We behold God's glory and God changes us to be

like him. To put it another way, in order to be transformed we must look to Jesus. We look at him, and he does the work of change in us. He makes us more like himself. Here Paul calls it glory.

Do you behold the glory of the Lord?

Every day, as you come to the Bible, you have the opportunity to behold God's glory.

When you observe the stunning beauty of an Ohio sunrise or sunset, you have the opportunity to behold God's glory reflected in creation.

When you are caught up in wonder at a baby's pinkie fingernail, or a perfect snowflake, or a flower petal, or a honey bee, you have the opportunity to behold God's glory in what he has created.

When you come to worship and engage your heart in the words of the hymns and songs, when you listen to the Word proclaimed, when you come to His Table in faith, you have the opportunity to behold God's glory.

When you seek Jesus in prayer and in the pages of Scripture, you behold His glory and you are shaped by him.

Shaped from one kind of glory into another.

Shaped from the glory of creation to the glory that befits a child of God.

How do you behold God's glory?

In 2025, would you join me in beholding the glory of the Lord Jesus? Every time we gather, would you ask Jesus to reveal His glory to you? Would you ask him to show himself to you?

When we behold his glory, he makes us more like himself.

May we behold our Lord together!

Beholding His Glory Prayer Resource

Here is a simple prayer format you can use to meet with the Lord through prayerful contemplation of his Word. There are four movements. In each movement, you read the same scripture but use a different question as a way of talking to the Lord. Go slow. Listen to what the Lord is saying to you through his Word. Then respond. You may use a journal to capture your prayers and prayerful thoughts. You can use this prayer format with almost any passage of scripture. Enjoy!

PRAYER MOVEMENT 1 | *Reverence* **Scripture | 2 Corinthians 3:12-18**

“12 Since we have such a hope, we are very bold, 13 not like Moses, who would put a veil over his face so that the Israelites might not gaze at the outcome of what was being brought to an end. 14 But their minds were hardened. For to this day, when they read the old covenant, that same veil remains unlifted, because only through Christ is it taken away. 15 Yes, to this day whenever Moses is read a veil lies over their hearts. 16 But when one turns to the Lord, the veil is removed. 17 Now the Lord is the

Spirit, and where the Spirit of the Lord is, there is freedom. 18 And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”

Prayer Prompt | How does the following passage lead us to honor and revere the Lord God?

PRAYER MOVEMENT 2 | *Response* **Scripture | 2 Corinthians**

Prayer Prompt | How must we respond to the God who is revealed in this passage?

PRAYER MOVEMENT 3 | *Request* **Scripture | 2 Corinthians**

Prayer Prompt | What does this scripture lead me to ask of the Lord?

PRAYER MOVEMENT 4 | *Readiness* **Scripture | 2 Corinthians**

Prayer Prompt | What promises does God make in this passage that cause us to walk forward in faith?

LPC BOOK CLUB FEBRUARY 13



The LPC Book Club will gather at 7:00 p.m. in Room 311 on February 13 to discuss *The Yellow Bird Sings* by Jennifer Rosner. As Nazi soldiers round up the Jews in their town, Róza and her 5-year-old daughter, Shira, flee, seeking shelter in a neighbor’s barn. Hidden in the hayloft day and night, Shira struggles to stay still and quiet. To soothe her daughter and pass the time, Róza tells a story of a make-believe world to shield Shira from the horrors that surround them. Inspired by the true stories of Jewish children hidden during World War II, this novel is a testament to the triumph of hope—a whispered story, a bird’s song—in even the darkest of times. For more information, contact Nina Dorsch at don.nina.dorsch@gmail.com.

New Year, New Habits

by Stephanie Poblenz



Often, the new year is a time when I, like some of us, I imagine, look towards setting new habits, specifically in terms of renewing my spiritual walk. However, it often feels like I don't have any additional time in my day to add anything new! This year, I was feeling the same way when I stumbled upon an article written by Sarah Eekhoff Zylstra and Megan Hill on The Gospel Coalition. They created a helpful list of ideas to engage in discipleship, even if you only have 30 seconds to add to your day! It was deeply encouraging and made me think a little more thoughtfully about how I can continue to engage in my spiritual walk in new and creative ways.

I have included the list here in hopes that you may find some encouragement or ideas in your own walk.

30 Seconds:

- Pray for a friend
- Sing one verse of "Amazing Grace" (or most other hymns)
- Read a Bible verse aloud

1 Minute

- Read the first prayer from The Valley of Vision
- Sing two verses of most hymns
- Print out a Bible Reading Plan
- Tell your coworkers you're sorry for being impatient
- Invite someone to church

3 Minutes

- Read (or listen to) Philemon, 2 John, or 3 John
- Write down three things you're grateful for
- Send someone an encouraging message
- Sign up to serve in the church nursery
- Text someone to ask if they'd like to have coffee

5 Minutes

- Read (or listen to) Obadiah or Jude
- Sing all of "In Christ Alone"
- Listen to a podcast devotional
- Read a chapter in The Pilgrim's Progress or The Screwtape Letters

10 Minutes

- Read (or listen to) Jonah, Nahum, Habakkuk, Zephaniah, Haggai, 2 Thessalonians, Titus, or 2 Peter
- Write a page in a prayer journal
- Call your spouse or friend and pray together
- Send an encouraging email to a missionary your church supports



IF YOU ARE NOT RECEIVING OUR WEEKLY UPDATE EMAILS OR OUR CALLS ABOUT IMMEDIATE INFORMATION, PLEASE CONTACT SHERRY SHOWALTER AT ADMIN@LEBANONPRESBYTERIAN.ORG AND WE WILL GET YOU ADDED TO OUR CONGREGATIONAL LISTS.

Created to Worship

by Cristy Doria

If I could choose only three words to describe the people here at LPC, it would be: loving, caring, and talented.

To see how people here are so involved and committed to this church and to its various ministries has been nothing short of amazing. Every act of kindness, every smile, and every warm welcome I receive from them reminds me of the love of Christ.

The members of our musical groups are incredibly dedicated and supportive. It is a blessing to watch them use their musical talents and gifts to praise God's name together every week.

Worship Bands

With approximately 12 members, the worship band meets every Tuesday at 6:00 PM in the Ark as well as leads the worship time for our 11:00 AM service. At the moment, we have two different bands that alternate each Sunday.

The musical abilities of the band members, along with their heartfelt desire to serve God, are an inspiring and invaluable part of the vibrant life of our congregation.

Sanctuary Choir

With approximately 30 active members, this group meets every Wednesday at 6:30 PM in the Sanctuary and leads the worship time during the 8:30 AM service.

Directing this group is an enriching experience for me. Their desire to learn, their openness to various musical styles, and their commitment to ministry creates an infectious atmosphere of joy and gratitude.

If you're reading this, and are interested in joining any of our musical groups, we are always happy to connect with you and give you more information.

We are greatly gifted to have the opportunity to come before God's throne in worship. In fact, He created us to bring Him glory and honor in everything we do. The Lord rejoices when we submit our lives to Him and make Him the center of our existence. The worship experience is a great way to show him our love, gratitude, and reverence. Revelation 4:11 says: "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

JOIN OUR TEAM!
WE NEED AUDIO-
VISUAL VOLUNTEERS!
NO EXPERIENCE IS NECESSARY. IT IS FUN
AND EASY! IF YOU CAN PUSH A BUTTON,
YOU CAN JOIN THE TEAM! CONSIDER
JOINING THE AV CREW TODAY! FOR
MORE INFORMATION, CONTACT THE
CHURCH OFFICE AT 513-932-2751.



Superheroes, Origins in Faith

by Tracy Untener

WNT Kids just started our new session. We are meeting at our “Superhero Headquarters” to explore how God makes superheroes out of ordinary people and to search for answers to questions like: What is our mission? What equipment do we have? How do we know what our “superpowers” are? And how do we fight discouragement and renew our strength?

On our first night, we discovered that God turned an ordinary Hebrew child, Moses, into a superhero who freed his people from slavery and led them on their journey to the promised land. We learned that we all are made to be superheroes for God. He has a plan for each of our lives, and we are each an important piece in His intricate plan.

When we had our second meeting, we learned that if God has a mission for us, and we are willing to serve Him, He will give us directions to follow that will guide us in completing it. We saw how Joshua, another of God’s superheroes, led the Israelites to follow God’s instructions to the letter...even though they were very strange instructions...and the fortified and impenetrable walls of Jericho fell. We determined that if we listen to God as Joshua did and follow His instructions, nothing can stand in the way of us completing our mission for God.

We are off to a great start, and the kids are very excited to continue their journey and find out more about how God can make them His superheroes!



Lifting Up Those In Need



For our December 1-8 rotation, we served six families (8 adults and 11 children (aged 6 months to 15) who were temporarily homeless, providing food, fellowship, crafts, activities, and overnight hosts. Four of the families have found a place to call their own, thanks to the efforts of Family Promise of Warren County and the churches who serve the families.

The families dined at LPC on December 8 and enjoyed the LPC Open House, including the live nativity and Lebanon Carriage Parade. Pictured is an activity we did earlier in the week when everyone drew a horse and carriage.

If you have a heart for lifting up those in need, we will again serve the families in February. This ministry is great for LPC families as well as if you have someone at church you enjoy serving with or if you want to meet new people in the church.

The Signup Genius for February 23-March 2 will be published in the LPC Weekly Update starting Friday, February 7, for Dinner Cooks, Dinner/Evening Hosts, and Overnight Hosts. The grocery list Signup Genius will be available Friday, February 21.



REMAINING ROTATIONS FOR 2025: JULY 13-20, SEPT 21-28, NOV 9-16, 2025

If you have any questions, contact Terri Catanzaro at 513-288-2313, Marge Cunningham at 513-289-3959 or lebanonpcihn@gmail.com.

Would you like to honor a special occasion or a loved one or give to the glory of God? You can get one or two floral arrangements to be displayed in the Sanctuary and/or Ark, which will also be mentioned in the Worship Guide. Please pick up the arrangement after the service.

If you are interested or have any questions, contact Naomi at 513-932-2751 or by email at naomi@lebanonpresbyterian.org. Please contact us at least two weeks before your desired date.

Sanctuary & Ark
FLOWERS

Coming Alongside

Ladies are invited to lunch and fellowship.
February 18 • 11:30 a.m.
The Olive Garden
6710 Roosevelt Ave.
Middletown, OH 45044

Please RSVP to Donna Kaufman by Feb. 16.
Text or call: 513-239-9567
Email: dduke401@yahoo.com

Looking forward to seeing all of you!

Encounter Christmas Fellowship

by Andrew Johnson

This year's Encounter Christmas Party was an incredible evening filled with laughter, fun, and meaning. Daniel and Rachel Sachs graciously opened their home, and over 45 students and leaders gathered to celebrate the season.

We talked about two families: the family of Adam and the family of Jesus. As descendants of Adam, humanity carries the weight of sin and brokenness, but Jesus came as the Second Adam to bring new life and hope. Through His life, death, and resurrection,

Jesus invites us to be part of His family—a family defined by grace, love, and freedom.

This message tied perfectly into the party itself, where everyone was welcomed and cared for and called to the new life in Jesus, no matter who they were. It reminded us that Christmas is about more than just celebrating; it's about the incredible gift of Jesus, who makes true fellowship and joy possible.

Thank you to Daniel and Rachel for hosting such a meaningful evening, and to everyone who came and made it so special. Merry Christmas from Encounter!



We enjoyed a delicious chicken finger dinner together, exchanged gifts in a hilarious and unpredictable gift exchange, and spent time hanging out, catching up, and playing games. The warmth and joy of being together were a beautiful reflection of the grace-filled community that makes Encounter so special.

The night also gave us the chance to reflect on the heart of Christmas through a short message.



enco **LPC STUDENT MINISTRIES**
STUDENTS PARENTS LEADERS

LPC Young Adults

by Daniel Frank

December was a great month for Young Adults! We saw many of our friends and college students return home for the holidays and join us at Bible Studies and for the annual Alumni Party at Andrew Johnson's house. Since it was the Christmas season, we took a break from our normal Synoptic Gospels study to delve into the birth narratives through the books of Matthew and Luke.



This month, we are in our Synoptics Series again alongside Jeff's sermons in Mark and going to campuses to visit our friends as they go back to school! Please pray over us as we endeavor to learn more about God's word and meet new people!

Spiritual Food

Terri Catanzaro & Karen Kilpatrick



LPC participated in the Feed Nicaragua event at Countryside YMCA in November. Feed Nicaragua is a mission project that provides food for hungry families by packing meals here in the U.S. and delivering them to our partners in Nicaragua. Each meal is a precise mixture of protein, dried vegetables, rice, and soy. The meal contains a full day's nutrients for the families served. This has become a tradition that Jack and I enjoy, especially serving with our church family.

At the November event, I found myself going through the motions. As our LPC team assembled each bag, I put a cup of rice in the bag. I didn't catch myself until one of the event coordinators said, remember that each packet feeds a family of six a very nutritious meal. That sparked me and got me in touch with the opportunity to love the families spiritually. From there on, after I put the rice in the packet, I said, "God bless the family who will eat this

meal." I felt the power of the Holy Spirit as I blessed each bag and know the families who eat them will feel that blessing and God will do the rest.

I'm sure that my change of attitude came from the Wednesday Night Together Crazy Love class I was taking at the time. The book of the same name by Francis Chan focuses on serving our Lord by being all in. If not, Francis uses the term lukewarm Christian. Through that class, I made a decision that I wanted to be all in.

There were 80,000 meals prepared that day by 350 volunteers from over 20 organizations.

Prayer is powerful. Can you imagine what God will do in the hearts of those families with the prayers of those 350 volunteers? Like Mother Teresa said, "Not all of us can do great things, but we can do small things with great love."

A Message From Brian Evans, Pastor 5point7 Community Church Detroit, Michigan

Greetings to you all at LPC,

We at 5point7 want to sincerely thank you for your support of our after-school program last year. I believe we got off to a pretty good start. We have about 8 students who come regularly each Tuesday. Sometimes we get more. There are some students who do not come consistently. Last year was a time of learning for us. However, I believe we are developing a good program. The children love it and look forward to coming. We can also see that the time we are spending with the kids is making an impact on them. During the program, we feed the kids a meal. We then have a bible lesson together with the whole group. We give prizes to the ones who memorize bible verses. We then have time of tutoring. We help the students with reading, math, and language arts. We also have free time with them. The tutors play board games and do other fun activities with them.



We started the program back up this school year and are continuing with the same students and are looking to add new students as we get new volunteers to help tutor. The financing for the program is all based upon donations from fund raising.

Thanks again for your partnership and support.



Thank You

Thank you for your generosity to Elizabeth’s New Life Center through the Giving Tree! Many moms, dads, and babies will be blessed by your gifts as they say yes to the gift of life. For any questions, contact Lauren King, lking@enlc.life. We appreciate you!

Thanks,
Lauren King, Elizabeth’s New Life Center

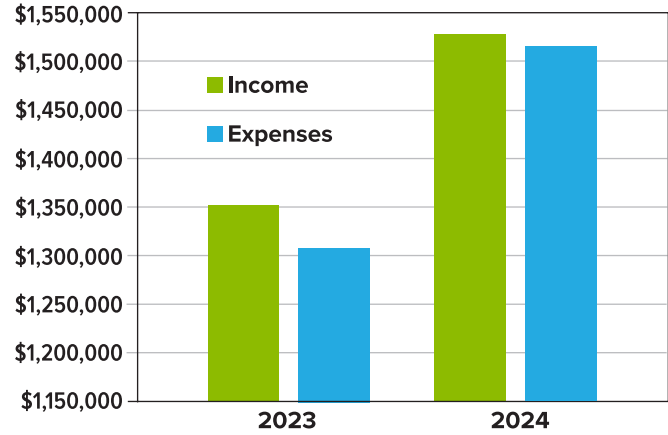
I just want to thank the four young men who freed my car and shoveled all my walks. From the bottom of my heart, thank you. I am free.

Audra Morrison

Thank you to the people who lifted up our six Family Promise of Warren County families the week of December 1 with meals, hospitality and love: Barbara Aberlin, Kathy Anderson, Ally Bondurant, Amy Boyer, Bunny Brooks, Terri & Jack Catanzaro, Becky Creech, Marge Cunningham, Mary Deerhake, Nina Dorsch, Trish & Jim Garrett, Harold & Lou Grice, Kathy Hand, Tari Heath, Tina Isbel, Karen Karnes, Donna & Dick Kaufman, Ann Loreaux, Geralyn Lucia, Julie & Avery Meno, John & Fran Morris, Charlene Munns, Evelyn Osborne, John Pohlman, Amy Pritchard, Connie Purdum, Paulette Rhinehart, Cathy Riggins, Joanie Rollins, Anna Sheanshang, Harriet Smith, Debbie Snider, John Sparks, Jamie Strouse, Megan Terrell, and Ron Warncke. We also want to acknowledge the efforts of those who had a part in the LPC Open House on December 8. Our families enjoyed the decorations, cookies & hot chocolate, nativity and animals. Such a special week for the families.

LPC Family Promise Coordinators Terri Catanzaro & Marge Cunningham

LPC Income vs. Expenses



Financial Giving

As always, we rely on your faithful giving to support the mission and ministry of LPC. You can send your pledge by mail or you can take advantage of online giving. To begin online giving, go to our church website at lebanonpresbyterian.org or text “give” to 513-443-5522 or scan the QR code below by going to your camera, focus on the code, then just touch the website's QR code banner that pops up on your phone; you will be directed to the Suran website for giving at LPC.



Need Prayer?

prayerlist@lebanonpresbyterian.org

will get your request to the
Prayer Warriors ASAP.

prayerrequest@lebanonpresbyterian.org

will get your request to a staff member
who will handle your request confidentially
and will only send out information you
would like shared with our Prayer Warriors

Preaching Schedule

Sunday, February 2

COMMUNION SUNDAY

Transfiguration and Healing

Mark 9:2-29

Sunday, February 9

The Way Up Is Down

Mark 9:30-50

Sunday, February 16

Marriage and Discipleship

Mark 10:1-16

Sunday, February 23

Wealth and Discipleship

Mark 10:17-31



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WE ARE ON THE WEB!

Pastor Stephanie Poblentz

ASSOCIATE PASTOR

Pastor Jeff Moore

PASTOR

Traditional 8:30 a.m. | Modern 11:00 a.m.

WORSHIP TIMES

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