

The Church Mouse – February 2017
First Congregational United Church of Christ

Rev. Mary Anne Biggs, Pastor

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Beloved,

Throughout 2016 we have only asked for your trust. We have only asked for your trust at our annual budget meeting. We have only asked for your trust as we enter a year of “holy experimenting” and try to discern together the future of our beloved church. Yes, we have *only* asked your trust? Who am I kidding?? There is nothing *only* about trust. It’s one of the hardest things to do. I’d like to share a story with you to illustrate my point.

A man named Jack was walking along a steep cliff one day when he accidentally got too close to the edge and fell. On the way down he grabbed a branch, which temporarily stopped his fall. He looked down, and to his horror, he saw that the canyon fell straight down for more than a thousand feet. He couldn’t hang onto the branch forever, and there was no way for him to climb up the steep wall of the cliff. So Jack began yelling for help, hoping that someone passing by would hear him and lower a rope or something.

“HELP! HELP! IS ANYONE UP THERE? HELP!”

He yelled for a long time, but no one heard him. He was beginning to lose both his grip on the branch and all hope of being rescued when suddenly he heard a voice out of nowhere calling to him...

“Jack, Jack. Can you hear me?”

Hopeful once again, Jack hollered out, “Yes! Yes! I can hear you! I’m down here on the side of the cliff! Can you see me?”

“I can see you, Jack.”

Looking up, Jack didn’t see anyone, so he shouted, “Who... who are you, and... and *where* are you?”

“I am the Lord, Jack. I am everywhere.”

Stunned at what he just heard, Jack thought his mind was playing tricks on him in his hour of desperation. “The... the *Lord*? You mean, **GOD**?”

“Yes, I AM.”

“O thank God!” Jack said with a big sign of relief. “God, please help me! If you get me down from here, I promise I will stop sinning. I will be a really good person and I will serve you for the rest of my life.”

“Easy on the promises, Jack. First let’s get you on solid ground, then we can talk. Now, here’s what I want you to do. Listen carefully.”

“I will do anything, Lord. Just tell me what to do.”

“Okay. Let go of the branch.”

“What?!”

(over)

“I said, let go of the branch. Trust me and let go.”

There was a long silence.

Finally Jack yelled, “HELP! HELP! IS ANYONE ELSE UP THERE?”

Have you ever felt like Jack? We say that we want to know the will of God, but when we find out what it is, we can’t handle it because it sounds too scary or too difficult ... so we decide to look elsewhere.

When God tells us to, “Let go of the things that stand between you and me, and trust me with your life,” it sounds pretty scary. But when we let go, we find freedom and safety. I ask for your continued prayers as we begin to journey where the Holy Spirit is leading us, and I encourage all of us to remember the wisdom of Proverbs 3:5 ... “Trust in the Lord with all your heart.”

Grace, peace and love,

Pastor Mary Anne

**“Empowered by the Holy Spirit and with the help of God, we open our doors and hearts to all in service and love, as modeled by Jesus Christ.”
(Mission Statement of First Congregational United Church of Christ, Eagle River, WI)**

Moderator’s *shifts to* Moderators’ Report - February

*Please notice the shift in position of the apostrophe (’) in the word *Moderators* this month and henceforth for 2017. I welcome Doug Malinsky as my co-moderator during this year of Holy Experimentation, and our first message is from him.

Greetings to all and thank you for allowing me to be your co-moderator for 2017. Joy and I look forward to working together and pursuing First Church’s Shift Initiative exploring and studying new looks at church governance models. Let me emphasize that the changes that may come (and we are not even sure what they might be) will be “behind the scenes” and will not involve changes to worship. Altering the way our boards and committees function is at the heart of our shift. We hope to make it easier for those who wish to serve the church in some way to do so. Please feel free to contact Joy or me with any questions you may have.

God Bless, Doug Malinsky

As we welcome Doug we also say thank you and happy well-earned retirement to those who have served in leadership positions for the last three years. Thank you to Keenan Roberts of the Board of Trustees and Pat Juday, Lyn Pietila and Jo Langley of the Board of Missions. Also, a very personal thank you to past Moderator Nancy Diepenbrock who with Bernie Hupperts were my mentors in the Moderatorship endeavor. To all of you, your support, vision, and passion on the job and with the pursuit of the responsibilities each job entailed, were significant in the course of our history here at First Church. We are deeply appreciative.

With the approval of an amended proposal to temporarily suspend portions of our Constitution at the Special Meeting of the Congregation in September, comes a year of opportunity for us continuing in positions of leadership in 2017. A very special thank you to all the board members staying on for an additional year beyond their terms of service. Here’s to Trustees Mike Mettler, Donna Adams, Bob Mather, and Bruce Kaitchuck. Mike and Donna are serving their second additional year with the Board! Here’s to Diane Lausar, Trista Langley-Tyler, Jane Shadick, and Ken Lynch of the Board of Deacons. Ken is serving his second additional year as a Deacon! Here’s to Sharon Breit, Ingrid Stephan, and Louise Krus of the Board of Christian Education. Louise is serving her second additional year with the Board! And here’s to Linda Sanborn, serving an additional year with the Safe Church Advocacy Group. As your Co-Moderator, I look at this year as an opportunity to deepen and refresh our lives as Christians, and it inspires me to be in study with the diligent, devoted, conscientious, God-Loving individuals who comprise our Church Council, our Boards, and our Committees.

(continued —)

FEBRUARY CHOIR SCHEDULE

Rehearse at 8:30 a.m.
to sing at the 10:00 service
Feb. 5th and 19th



Lent Begins
Ash Wednesday

MARCH 1st

with a 5:00 soup supper
prepared by
Women's Fellowship,
followed by a Lenten Service
at 6:00 p.m. in the sanctuary.

Lenten services continue each week through
April 5th with the following groups preparing
and serving:

March 8: FLOCK
March 15: Board of Missions
March 22: PPRC/Safe Church
March 29: Board of Trustees
April 5th: Board of Christian Ed

*Free will offerings are taken during
soup suppers.*

A 6:00 p.m. worship service in the sanctuary
follows each soup supper.

Easter is April 16th.



Moderators' report — continued

Celebrate, Celebrate, Celebrate Success!

Many of you did not have the opportunity to attend The Lamplight Concert, a benefit for the Northwoods Alliance for Temporary housing (NATH) sponsored by the Vacationland Ministerial Association (VMA) on January 14th. I want to mention it in the 'Celebrate, Celebrate, Celebrate Success' section of our newsletter because Kate Jennings, the featured vocalist from Black River Falls, and Judith Permann, her piano accompanist, are perfect examples of what we mean by 'discipleship'. These women live out their spiritual gifts in the work of Christ on earth. Kate explained that she was really concerned about homelessness. The issue tugged at her heart, and as she so enjoyed her own home, wanted to do something about it. But what? She said, "Well, I CAN sing ..." So this is what she does. She devotes her time and beautifully ranged voice to giving concerts around the state, with music focused on the comforts of having a home, gratis to those who attend with the expectation that they make a donation to causes that support the homeless. The spiritualist, Dele Olanubi writes, "I wish to live a life that causes my soul to dance inside my body!" I can't help but believe that Kate Jennings has privy to this.

Quote of the Month #1- *"Nothing happens until we dream it." Carl Sandburg*

Quote of the Month #2- *"Insanity is continuing to do the same thing over and over and expecting different results." —Albert Einstein*

Respectfully yours, Joy Turpin, Co-Moderator

WOMEN'S FELLOWSHIP will meet Tuesday,
February 14th, 9 a.m. in Fellowship Hall



TED
TALKS

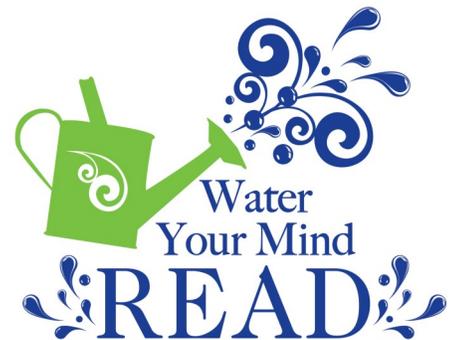
TED keeps coming back ... with more. There is always something new with TED Talks. Cutting edge presentations from speakers around the world to inspire, excite and delight. Join in our animated discussions that follow the video presentations each week. Tuesdays
Feb. 7, 14, 21, 28 at 9:30 a.m. in Fellowship Hall. All are welcome!

The last time I was in church to take care of the books that you have so generously donated, the book box was overflowing! It was amazing! Thank you so much for your donations — and also for buying the “Melody of Compassion Books.” Donating and purchasing these books makes a huge difference in someone’s life. **Since this project began \$872.00 has been raised to help others!** This certainly has been a worthwhile endeavor because of your participation.

When you donate books, please put them in the box marked “Melody of Compassion Books” on the table in the office. Please don’t put books directly on the book shelves. I code the books before shelving them in the parlor. The books that have been on the shelves the longest period of time are then replaced with the “new” books. Books that are pulled go either to our next rummage sale or to the library for their book sale.

I have just finished shelving all those new books that overflowed the book box, so you’ll want to take a look at all of them the next time you’re in the parlor. There’s sure to be one that you want to read!

Sally Lippert



Parlor books

Hard cover - \$2

Paperback - \$1

**NO tax!
NO limit!**

Come in and browse!



YES, it IS February! And this is already a golfing dream....

SAVE THIS DATE!

**FRIDAY
SEPTEMBER 8TH
1:00 P.M**

**Golf tournament to benefit Moon Beach Camp.
Details to follow. Mark your calendars!**



HAPPY BIRTHDAY

Feb. 1	Sandra Mettler
Feb. 2	Myrtle Bucholtz
Feb. 3	Leta Cole Ann Dunphy Kim Kaitchuck
Feb. 15	Ann Mayo
Feb. 17	Tony Liddle
Feb. 18	Jim Slagle
Feb. 20	Krista Wittkopf
Feb. 22	Dennis Burgy
Feb. 23	Keenan Roberts Laurie Stoutz
Feb. 24	Steven Thompson Char Thomson
Feb. 25	Chuck Hill
Feb. 29	"Sparky" Holdefer
March 7	Ned Loar
March 9	Dawn Korinek
March 10	Jerry Stadler

Do you or someone in your family have a Feb./early March birthday that isn't listed? Call the church office and we'll add you to our list. *You don't have to reveal your birth year!*

Our church IS accessible to ALL!

- Wheelchair accessibility*
- Handicap parking area*
- Handicap restrooms for both men and women*
- A unisex handicap restroom in the lower level of the building*
- Ramp accessibility to altar*



Feb. 26th

"UNITY SUNDAY"
Single service at 9 a.m.

To Our Church Family,

"Patience with others is Love, patience with self is Hope, patience with God is Faith."

—Adel Bestavros —

If you know of someone who would benefit from a call, visit, or a card, please let Pastor Mary Anne or a Befriender know.



Nursery care is available downstairs during the 10:00 worship service.

Nursery through 2nd graders meet downstairs in the Gathering Room after the Children's Time. The nursery caregiver shares a bible study and activity with the children; snacks are provided.



Sunday Nursery Helpers, Safe Church Rotation

Feb. 5	Lois Steiner
Feb. 12	Pay Mayo
Feb. 19	Barb Schroeder
Feb. 26	"UNITY SUNDAY" single service at 9 a.m. Joy Turpin

"GO AND DO THE SAME..."

We received 78 pledges for a total of

\$151,960

toward our goal of

\$180,000

for 2017

***Thanks to all who turned in pledges;
it's never too late to pledge!***

The UCC Board of Missions is amazed and very pleased with the congregational response to our monthly collections. It has become a very visible and doable way of addressing community needs, and even more broadly as we address regional issues. As noted elsewhere, the church youth are again asking for our participation in the "Souper Bowl" day of giving on the day of the Super Bowl (February 5th). So please bring in a donation that day to support their project.

And because hunger in our community is not abated by one day of giving, the Missions Board would ask that you continue to bring canned and boxed goods to the collection area throughout the month of February. All items will be donated to the Vilas County Food Pantry. Gifts of cash are also welcome so that the pantry can purchase fresh and perishable food to add to our non perishable donations.

So please let the catchy project name be your inspiration for a month of Sundays of giving.
Thank you.

**KNIGHTS OF THE READING ROUND TABLE will meet
THURSDAY, February 16th, 7 p.m.**

"The Measure of Katie Calloway" by Sevena Mill. The Civil War has ended, but in Katie Calloway's Georgia home conflict still rages. To protect herself and her young brother from her violent and unstable husband, she flees north, finding anonymity and sanctuary as the cook in a Northwoods lumber camp. The camp owner, Robert Foster, wonders if the lovely woman he's hired has the grit to survive the never-ending work and harsh conditions of a remote pine forest in winter. Katie wonders if she can keep her past a secret from a man she is slowly growing to love.

With grace and skill, Serena Miller brings to life a bygone era. From the ethereal, snowy forest and the warm cook stove to the rowdy shanty boys and the jagged edges of the saw, every detail is perfectly rendered, transporting the reader back to the time when pine was king, men were made of iron, and rivers were choked with logs on the way to the sawmills. Readers will have a hard time leaving the Northwoods when they turn the last page.

ON LOVE

Though I have taken three years of Greek and Hebrew, if I have not love, I am become a scholarly windbag. And though I teach a Sunday school class, and come to every Sunday evening service, and though I have missed only one week of visitation (when I had the flu), if I have not love, I am nothing.



And though I tithe every week, and always have my Bible study lesson done on time, and have driven the kids' Sunday school class to the lake once, and though I invited the pastor's family over for dinner last month, if I have not love, the whole thing means nothing.

Love keeps on loving when others don't love back.

Love doesn't get jealous when the next door neighbor can afford a BMS.

Love isn't rude to the persistent salesperson.

Love is gracious when the line you have been standing in for an hour closes just as you reach the counter.

Love is not happy when your lazy partner at work finally gets laid off.

Love keeps on loving, even when embarrassed by your teenager's hair, music or friends.

Love isn't thwarted by ten hours of screaming kids, soiled diapers, dirty dishes, and a perpetual mess in the living room.

And now abideth faith, hope, and love, these three; but the greatest of these is genuine love that keeps on loving ... because God did! —Author unknown—



SUNDAY BAKERS

Date	7:30 Service	10:00 Service
Feb. 5	Holly Farrell Pat Mayo	Mickey Jensen Kamie Kolb
Feb. 12	Joy Turpin Jane Eaton-Nyman	Sally Lippert Brenda McNutt
Feb. 19	Pam Marion Kay Scharpf	Barb Pevytoe Trista Langley-Tyler
Feb. 26	“UNITY SUNDAY” - single service at 9 a.m. Paula Hendrickson Tobi Johannsen	

All coins received in the offering plates are put into the Local Missions/Melody of Compassion Fund and are greatly appreciated. Keep the “melody” ringing!



JOIN US FOR COFFEE IN THE CHURCH PARLOR EVERY SUNDAY!
We use biodegradable paper cups!



Equal Exchange ORGANIC COFFEE and TEAS are available in the church office.
Decaf coffee: \$8.50
Regular: \$7.50
2 lb. bags of coffee beans: \$18.60
Green tea: \$4.00
Hot chocolate: \$7



FEBRUARY Scripture Readers

	7:30	10:00
Feb. 5	Marilyn Preisler	Louise Krus
Feb. 12	Char Thomson	Donna Adams
Feb. 19	Pamme Williams	Ursula Charaf
Feb. 26	“UNITY SUNDAY” single service 9 a.m.	

John Biggs

Acolytes (10:00)

Feb. 5	Grace Florence
Feb. 12	Leta Cole
Feb. 19	Iland Shepherdson
Feb. 26	“UNITY SUNDAY” Drew Schulta

Thank you for wearing your name tag and for signing the pew pad during Sunday worship.





CHRISTIAN EDUCATION DIRECTOR

SOUPER BOWL OF CARING: FEBRUARY 5TH - REMEMBER TO BRING IN YOUR NON-PERISHABLE FOOD ITEMS AND/OR MONETARY DONATIONS!

SKI BRULE: Information will be on the back counter for those who are interested. Someone is needed to coordinate the trip. See Sharon.

FEBRUARY is the month we celebrate LOVE!

There are three kinds of love according to the Greeks.

EROS - This is physical love centered on one's own pleasure.

PHILIA - This is based on a friendship between two people
It is based on give and take.

AGAPE - This is the paternal love of God for man and man for God.
This also includes brotherly love for all humanity.

And Now These Three Remain:

Faith, Hope and Love

But the GREATEST of these is

LOVE

1 Corinthians: 13:13



FAITH FORMATION

3rd thru 7th graders meet after school every Wednesday from 3:45-5 p.m.

After school snacks are provided. Louise Krus and Deb Stolze co-lead the group.

Post Confirmands meet with Pastor Mary Anne and Sharon Breit at 4 p.m. on Wednesdays.

Nursery thru 2nd graders meet Sunday mornings downstairs in the Sundberg Meeting Room

*If you have your feet firmly on the ground and your head
in the clouds you're walking in a fog!*

NATH

MOST NEEDED ITEMS

Ibuprophen/Tylenol
Clorox wipes
Bathroom cleaner
Laundry detergent (HE)
Ziploc gallon size bags
Coffee creamer
30 gal. heavy garbage bags

Toilet paper
Kitchen garbage bags (13 gal.)
Bowl cleaner
Sugar
Q-tips
Women's razors
Dryer sheets



A friend is a person who goes around saying nice things behind your back.

Flower Calendar (to reserve a Sunday)

Pick your Sunday and put your name on the Flower Calendar that is in the hall next to the elevator. If you want Nan to order flowers, put "order" after your name. She will order them from Horant's and the cost is \$30; you are welcome to take them home after the service. Your name will be in the bulletin and the name of the person or event your are celebrating if you let her know.

You may also bring flowers from another source and place them on the flower stand next to the piano, put your name on the calendar and let Nan know if you want additional information in the bulletin. Weather permitting, you are also welcome to bring garden flowers, or even an arrangement of wild flowers. Put your name on the flower calendar and let Nan know if there's a special person or event involved. What better way to honor anyone or anything than to share flowers with your church family on Sunday.

FEBRUARY openings: 12th & 26th

January sponsors....

January 29: Linda Cole in honor of Leta Cole's 12th birthday

First Congregational UCC Contact People - 2017

Rev. Mary Anne Biggs, 715-891-2124 (home) Church: 715-479-8501

email: pastor@eagleriverucc.org

Church emails: Nan - office@eagleriverucc.org

HOME PAGE - www.eagleriverucc.org

Co-Moderator - Joy Turpin, 715-479-6560

Past Moderator - Nancy Diepenbrock, 715-479-2498

Parish Nurse - Pat Lindberg, 715-546-8228

Board of Trustees -

Board of Deacons -

Board of Missions-

Board of Christian Education -

Pastor Parish Relations Committee-

IT Director -

Christian Education Director -

Women's Fellowship -

Director of Music -

Organists/pianists -

Early Bird Service Organist/Pianist -

Nursery Caregivers -

Co-Moderator - Doug Malinsky, 309-582-4846

Clerk - Marilyn Preisler, 715-479-4331

Office Mgr. - Nan Pophal, 715-479-9882

Donna Adams, 715-479-8808

Marlyn Hupperts, 715-479-9468

Barb Helmick, 715-337-0133

Sharon Breit, 715-477-2163 youthministry@eagleriverucc.org

Donna DePape, 715-617-1710

Lake Edwards, 715-891-7028 infotech@eagleriverucc.org

Sharon Breit, 715-477-2163 youthministry@eagleriverucc.org

Marlys Lee, 715-479-5443; Char Thomson, 715-479-4907

Lori Hunter, 715-493-8078

Linda Brainard, 715-479-5043; Lori Hunter, 715-493-8078

Gary Stebbeds, 715-479-5937

Amy Deditz, Emily Klopp, Lily Tyler, Brett Nesbitt

Diane Lausar, 715-479-4570



available on line NOW!
www.eagleriverucc.org

General Education Scholarship: open to 2017 graduating seniors from Northland Pines, Phelps and Three Lakes School Districts who will be enrolled in a college, vocational school or another institution of higher education in the fall of 2017. (3 - \$1,000 scholarships)

Jinny Paterson Environmental Scholarship: open to 2017 graduating seniors from Northland Pines, Phelps and Three Lakes School Districts who are planning a career related to the environment. Graduate students are also encouraged to apply whose study is focused on "Planetary ecosystems in the broadest context." (1- \$1,000 scholarship)

Roger Rieckman Engineering, Mathematics or Science Scholarship: open to 2017 graduating seniors from Northland Pines School District. (1 - \$1,000 scholarship)

Birds Nest Scholarship: open to graduating seniors from Northland Pines, Phelps and Three Lakes High Schools who will be enrolled in a college, vocational school or another institution of higher education. Home schooled students also qualify. (The number of scholarships and the amount of money available is determined each year.)

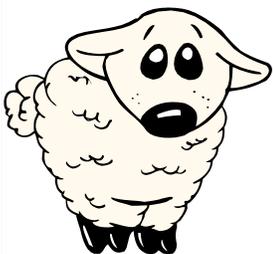
Kranz Scholarship: applicants must be either graduating seniors from a Vilas County High School, residents of Vilas County, or have a compelling connection to Vilas County.

Zipper Scholarships: open to MEMBERS of First Congregational UCC in Eagle River who will be enrolled in a college/vocational school or any other institution of higher education in the fall of 2017. Students must reapply each year. Scholarship amounts depend on the total number of applicants.

APPLICATION DEADLINES FOR ALL SCHOLARSHIPS: MARCH 31, 2017



To everyone who participated in our ANNUAL MEETING Jan. 29th — the set-up crew, kitchen helpers, servers and most important, to everyone who brought in food for the potluck and were there to enjoy it all. Thanks also, to all who took down the tables and chairs and did the clean up tasks. Our "church family" works together!



Gathering of the FLOCK

Thursday, Feb. 9th, 6:30 p.m.

First Congregational Church meeting room downstairs
Bring a snack to pass, altho' not necessary.



BE HEART SMART!

Did you know that February is American Heart Month, and not because of Valentine's Day! Each year since congressional approval in 1963, the President has proclaimed February as Heart Month.

Even though most people associate heart disease with men, it's also the leading cause of death among women. Cardiovascular disease claims 10 times as many lives as breast cancer and nearly as many as all forms of cancer combined. In fact, by age 60, heart disease is the #1 cause of death among American women.

Heart attacks often strike men as young as age 40. Thanks to the female hormone estrogen, women are rarely affected before the age of 50. One in nine women ages 45-64 has some form of heart of blood vessel disease and the ratio soars to one in three at age 65 and beyond. Heart disease in women often goes undetected until it reaches an advanced stage. If a woman has diabetes, she has more damaged arteries, high blood pressure and higher cholesterol levels.

Everyone should know the warning signs of a heart attack or heart condition. For men, chest pain during exertion is the classic heart attack warning. Women are more likely to have chest pain at rest, and the pain may come and go for a long time before an attack occurs. Shortness of breath, weakness and nausea may also indicate heart attacks in women.

Some heart attacks are sudden and intense where no one doubts what is happening. Most heart attacks start slowly with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Warning signs to look for are:

- **Chest discomfort:** pain in center of chest; squeezing, fullness, or pain
- **Upper body discomfort:** pain in one or both arms, back, neck, jaw, or stomach
- **Shortness of breath:** with or without chest pain
- **Other signs:** cold sweat, nausea or lightheadedness

If you or someone you are with has any of the above symptoms, don't wait longer than five minutes to get life-saving treatment. Calling 911 is almost always the fastest way to get help. Emergency medical staff personnel can begin treatment when they arrive. If you cannot access EMS, have someone drive you to the hospital. Do not drive yourself!

Medications can stop some heart attacks and strokes in progress, reducing disabilities and saving lives. BUT — they must be given quickly after the symptoms appear. Again, don't delay! Get help right away!

If you have concerns about heart disease, contact your physician. For more information, check the American Heart Association web site at www.amhrt.org

Have your blood pressure checked between services on the third Sunday of the month.



“Do not worry. Eat three square meals a day. Say your prayers. Be courteous to your creditors. Keep your digestion good. Exercise. Go slow and easy.” —Abraham Lincoln - advice to a friend

TOP 11 Heart-Healthy Foods

Many foods can help keep your heart at its best. Some help lower your blood pressure and others keep your cholesterol in line. Add these items to your shopping cart:



- 1. SALMON.** This ocean-going fish is a top choice, rich in omega-3 fatty acids that have an anti-clotting effect to keep your blood flowing. They also help lower your triglycerides (a type of fat that can lead to heart disease.) Aim for at least 2 servings of oily fish each week. A serving is 3.5 ounces, a little bit bigger than a computer mouse. *Other options: tuna, trout, sardines, mackerel*
- 2. WALNUTS.** Nibbling on 5 ounces of nuts each week may cut your risk of heart disease in half. Walnuts have lots of “good” fats. When you use these monounsaturated fats in place of saturated fats (such as butter) you cut your “bad” LDL cholesterol and raise your “good” HDL cholesterol. Walnuts are also a good source of omega-3 fats. (Not the same as omega-3 in fish.) *Other options: almonds, cashews, pistachios, flaxseed and chia seeds*
- 3. RASPBERRIES.** These berries are loaded with polyphenols — antioxidants that mop up damage causing free radicals in your body. They also deliver fiber and vitamin C, both linked to a lower risk of stroke. *Other options: any berries — strawberries, blueberries, blackberries — are great choices. Fruits and vegetables in general are excellent choices because of their nutrients and fiber.*
- 4. FAT-FREE OR LOW-FAT MILK OR YOGURT.** Dairy products are high in potassium and that has a blood-pressure lowering effect. When you choose low-fat or fat-free dairy, you get little to no saturated fat, the kind that can raise your cholesterol. *Other options: most fruits and vegetables also have some potassium — bananas, oranges and potatoes are especially good sources.*
- 5. CHICKPEAS.** Chickpeas and other legumes (lentils, other kinds of beans) are a top-notch source of soluble fiber — the kind that can lower your “bad” LDL cholesterol. Look for low-sodium or no-salt-added varieties, rinse them in water to wash off any added salt. *Other options: eggplant, okra, apples and pears are also good choices for soluble fiber.*
- 6. OATMEAL.** Oats have a type of fiber (called beta-glucan) that lowers your LDL cholesterol. One and a half cups of cooked oatmeal or a little over a cup of cooked barley gives you the amount of beta-glucan you need daily to help lower your cholesterol. *Other options: Beta-glucan had also be found in barley, shiitake mushrooms and seaweed*
- 7. OLIVE OIL.** A cornerstone of the traditional Mediterranean diet, olive oil is a great pick when you need to limit saturated fat (found in meat, whole milk and butter). Fats from animal products and trans fats (“partially hydrogenated oils”) raise your “bad” cholesterol and can make fat build up inside your arteries. *Other options: canola oil and safflower oil*
- 8. DARK CHOCOLATE.** Cacao, the plant from which chocolate is made, is rich in flavanols, which can help lower your blood pressure and prevent blood clots. It also acts as an antioxidant, keeping “bad” cholesterol from sticking to your artery walls. Choose dark chocolate — at least 70% cocoa — to get more flavanols and less sugar. *Other options: think beyond the bar. Choose natural cocoa powder over Dutch processed to get more flavanols. Check the label to make sure you don’t get too much sugar. For a totally unsweetened take, try cacao nibs; add them to granola*
- 9. AVOCADOS.** They get their creamy texture from “good” (monounsaturated) fats, which lower “bad” cholesterol. They seem to have an anti-inflammatory effect so you don’t get chronic inflammation leading to atherosclerosis — hardening of artery walls — worse. Use mashed avocado as a spread in place of butter, or add cubes to salad or over black bean chili. Avocados are high in calories, so keep portions small. *Other options: nuts and sunflower oil*
- 10. UNSALTED ALMOND BUTTER.** Nut butters are great on whole-grain toast instead of butter, a wonderful source of monounsaturated fatty acids. Use unsalted, natural options to avoid added salt, sugar and hydrogenated fats found in other forms of peanut butter. *Other options: unsalted peanut butter or any other unsalted nut butter*
- 11. RED GRAPES.** These juicy fruits have resveratrol which help keep platelets in your blood from sticking together. This may be why red wine (in moderation) may have some heart-healthy advantages over other types of alcohol. *Other options: black grapes*

Greeting card collections are on-going — ONLY the fronts of the cards ... birthday, anniversary, Christmas cards, thinking of you, Halloween, whatever you have. Bring them to the church office — we check them over, box them up and send them to St. Jude's where the cards are recycled to become NEW cards that help support their missions. *Thank you!*



GROUNDHOG DAY is a goofy tradition, isn't it? Whatever made us think a subterranean rodent could know anything about the next six weeks of weather? Nonetheless, the news cameras focus on the furry critter every February 2nd to see whether he sees his shadow, darts back into his hole, and thus dooms the entire nation to another six weeks of winter.

"Rock-a-bye Retreat"

is located in the hallway across from the conference room and designated to give parents with infants and very young children a quiet "retreat" to tend to their needs. There are diapers and wipes available; changing tables are in the nearby rest rooms.



YOGA IN FELLOWSHIP HALL! EVERY WEDNESDAY:

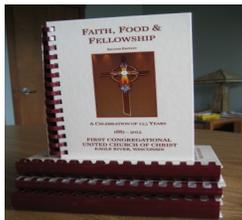
11:30 - 1 P.M.



Our church cookbooks are always available...

\$6.00

No tax! No limit!



Nicolet Fitness Classes Fellowship Hall
Easy Pace Aerobics (Mondays & Wednesdays) 9 - 10 a.m.

Qigong (chee gung) Mondays 10:15 - 11:15 a.m.

To register: 715-365-4493 or 1-800-544-3039 ext. 4493

MUGS ARE ALWAYS NEEDED FOR FLOWER MINISTRY!



Our supply is diminishing due to all of the special deliveries we have made brightening a day for hospitalized individuals and homebound friends and neighbors. *We have plenty of Christmas and Valentine mugs, prefer decorative or plain mugs without business advertising. Check your cupboards — you might have just what we need.* Thank you from Sandra Slagle, Flower Ministry.



Our website:

www.eagleriverucc.org

Check it out!

Pastor Mary Anne's office hours:

Monday - Thursday: 9 - 4 p.m.

Friday - day off

Phone: 715-479-8501

Email: pastor@eagleriverucc.org

(715)891-8722 cell phone

(715)891-2124 home phone

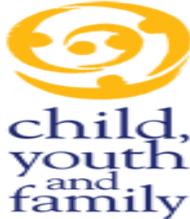
Nan's office hours:

Monday - Thursday, 7 a.m. - 4 p.m.

Friday: 7 a.m. - noon

The church offices are CLOSED Friday afternoons.

Email: office@eagleriverucc.org



Sharon Breit's office hours:

Tuesday: 10 - 4 p.m.

Wednesday: 10 - 5:30 p.m.

Thursday: 10 - 4 p.m.

Email: youthministry@eagleriverucc.org

CANCELLATION POLICY Ever so often the weather alters our plans for a church event. Please use one of the listed methods to verify cancellation. This ONLY pertains to church programs, NOT other groups using the building.

Radio: WERL-950 AM

WRJO-94.5 FM, Eagle River

WXPR 91.7, Rhinelander

Television: WJFW, Rhinelander, Channel 12

Phone: during church office hours, our secretary will have the information. When the church is closed a message will be on the answering machine.

Church website: www.eagleriverucc.org

Facebook: First Congregational United Church of Christ-Eagle River, WI

First Congregational United Church of Christ has been serving Eagle River and surrounding communities since 1887. This church is made up of people committed to sharing the love of God. We are diverse in our religious backgrounds and spiritual development. We are a growing congregation that is excited about involving new people.

If you would like more information about First Church, please call us at 715-479-8501 or visit our home page.....www.eagleriverucc.org

Keep bringing in your old cell phones for distribution — — chargers, instruction books, carrying cases are NOT needed.



The red Hope Phone donation box remains in the parlor and we'll just keep adding to it — — any used phone can be put to good use!

Thank you!



PLEASE! Keep the church office informed with your address changes.... email addresses phone numbers. We can't reach you if we don't have the correct information. Thank you!

**Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
Hate less, love more;
And all good things are yours!**

—Swedish Proverb—

