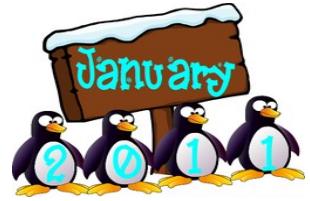


The Church Mouse – January 2017

First Congregational United Church of Christ

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Beloved,

Happy New Year! The turn of the year is a natural time for individuals and organizations to focus on the future. People make New Year's resolutions and goals. Companies evaluate their vision, direction, and practices. January 1st offers a unique perspective on our lives ... relatively uninhibited by the year behind and predominantly colored by a fresh vision of the year ahead. For a brief moment in time, our focus shifts with mixed-emotions to the changes that "*could be*" in front of us.

If you're like me, you don't need the excuse of New Year's to engage the topic of change. I love talking about change. Exploring and discovering the "*would be's*" ... "*could be's*" ... and "*should be's*" ... in any context or situation really gets me going. But like most people, I'm not interested in change only for change's sake. However, I do tend to be somewhat haunted by the notion that status quo — "*doing the same-o, same-o*" — is the precursor to ineffectiveness, decline and ultimately, death. To resist change is to deny the realities of the world we face every day. We can debate and analyze it until we're blue in the face ... or until it passes us by ... or we blow right past it. Ultimately, we don't get to vote. It happens with or without us. After God's faithfulness, the only other thing you can count on in this life is change. The nature of change is changeless.

God's Word has irreversibly shaped my perspective on change. Here's a patchwork sampling woven together by a common compelling theme: "*If anyone is in Christ, the old is gone and the new has come.*" "*Be transformed by the renewing of your minds.*" "*Pour new wine into new wineskins.*" "*See, I am doing something new!*" Jesus loved talking about change too!

As followers of Christ, our primary task is to prayerfully and genuinely seek God's will for specific changes in our lives. And then throw our whole beings into moving with the pace and direction of the Holy Spirit! God's in the transformation business! The presence of Jesus Christ in our life means that God's Spirit is continually working to reform and renew us as his follower ... and us as his church.

To help us discern God's purpose for our church we have been given the gift of time. As a result of the vote taken at our Congregational meeting on September 25, 2016, you have given us a year to explore the ways that our church can better equip ourselves to grow into an exciting and fruitful future as disciples of Jesus Christ. Our leadership team (the Moderators and members of the Church Council) will begin a 9-week study this month as we strive to discern God's will for First Congregational UCC - Eagle River.

We will look forward to sharing what we learn with you. Please keep us and our church in your prayers.

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 Report - January

Celebrate, Celebrate, Celebrate Success!

The December 10th Ecumenical Advent-Christmas Cantata under the direction and leadership of Lori Hunter, Kris Eisele and Norma Yaeger was beautifully presented to a broad and appreciative audience. I was so proud that we were the hosts of this much anticipated community event. Thank you to all of you who lend your singing voices, delighting us and enriching our faith experience here at First Church throughout the whole year. Special thanks to Lori, Norma, Linda Brainard, and Gary Stebbeds, our pianists and organists, to our choir as your melodies and harmonies bring us to applause, to our Quintet: Bernie Hupperts, Colyn Carter, Phil Jensen, Mary Ann Hansen, and Kris Eisele as you delight us with your precise and well rehearsed pieces, to the Praise Team: Linda Brainard, Mary Lou Congdon, Nancy Palmer, Grace Florence, and Larry George, and to all the soloists, duets, trios, quartets and groups inspiring us with your performances. We at First Church are certainly blessed with you whose gifts are your mastery of music. Thank you!

Stewardship Season

As Christians we believe that human beings are created by the same God who created the universe in its entirety, all creatures great and small. As Christian stewards we are entrusted with the careful and responsible management of God's dominion; our Earth, our people, and our home of worship. As we end 2016 and begin the new year I encourage all of you to conscientiously sustain and bolster your financial support of First Church. Finances factor hugely into the growth trajectory of a church. If you haven't already, please pledge. If you have pledged, please meet your pledge, and please consider raising it. Why do we give? Because we believe profoundly in the people and the places we are giving to. We believe profoundly in this organization that is trustworthy and true. Always be assured, however much you can afford to give or how little, ***you are welcome here.***

Annual Congregational Meeting

Our Annual Meeting this year will be held on Sunday, January 29th. Please put that on your calendar and plan to attend. It's a Unity Sunday Service after which we will be gathering in Fellowship Hall for a potluck brunch, before conducting the meeting. Although we will not be electing new board members since the motion to temporarily suspend portions of the Constitution was approved at the Special Meeting of the Congregation on September 25th, it will be a critical time for us to outline what we envision for our upcoming year as your Council regarding the Shift Initiative and our study in becoming a more *mission* than *maintenance* congregation. We have asked that all Council and board members stay in place, if at all possible, for one more year as we go through this process. I wish to extend an enormous debt of gratitude to all who have committed to staying on. Your input, perspectives, suggestions, questions and leadership will be paramount as we go forward in this quest to deepen our faith lives.

Gifts of Time & Talents

YOU who serve on our church boards: the Deacons, Trustees, Missions, Christian Ed, YOU who serve on our board committees: Pastor Parish Relations, Safe Sanctuary, Scholarship, Finance, YOU who serve as our Office Manager - Nan Pophal, our Christian Ed Director- Sharon Breit, our Information Technologist- Lake Edwards, our Clerk- Marilyn Preisler, our Parish Nurse- Pat Lindberg; YOU who serve as our Musicians- Lori, Linda, Gary, and Norma; YOU who serve in the choir, YOU who serve with the Women's Fellowship, the Flower Ministry, the Sanctuary Arts Group, the FLOCK, YOU who serve on our janitorial staff, YOU who serve in any volunteer capacity, including Sunday bakers, ushers, team captains, acolytes, scripture readers, *Children's Time* providers, nursery caregivers, announcement makers, project & program facilitators, YOU who serve on the Moderator Team, YOU who serve as our Council, YOU who serve as our beloved pastor, Mary Anne Biggs, YOU! YOU! YOU are the lifeblood and heartbeat of First Congregational United Church of Christ in Eagle River! Thank you for all you've given of yourselves in *Service and Love as Modeled by Jesus Christ* in 2016! We are indeed blessed by and with your very generous gifts to us! Thank YOU!

Quote of the Month "Do something nice for yourself." Chris Thomson

Respectfully yours, Joy Turpin, Moderator

JANUARY CHOIR SCHEDULE
NO CHOIR ON JANUARY 1st.
Rehearse at 8:30 Jan. 15th
to sing at the 10:00 service



Musically, starting the New Year, the following well-known songs could have been composed by various Bible characters....

"Raindrops Keep Falling on My Head" — Noah
"My Sister and I" — Leah and Rachel
"And the Angels Sing" — Gabriel and Ariel
"I Found A New Baby" — Pharaoh's daughter
"I'll Be With You in Apple Blossom Time" — Eve
"Dancing in the Dark" — Salome
"Heaven Can Wait" — Zacchaeus
"I'm Beginning to See the Light" — Saul of Tarsus
"When You Wish Upon a Star" — The Three Kings
"Don't Blame Me" — Judas
"Come Blow Your Horn" — Joshua

"It's Been A Long, Long Time" — Methuselah
"Jealous" — Uriah
"Accentuate the Positive" — Paul
"Brother, Can You Spare a Dime" — Prodigal Son
"Don't Sit Under the Apple Tree" — Adam
"Looking Back" — Lot's Wife
"Down by the Riverside" — John the Baptist
"It Ain't Necessarily So" — Doubting Thomas
"I've Got a Right to Sing the Blues" — Job
"I'll Go Where You Go" — Ruth
"April Showers" — Bathsheba
"There'll Be a Hot Time in the Old Town Tonight" - Satan

SUNDAY, JANUARY 29th

"UNITY SUNDAY" - 9 a.m. service

ANNUAL CONGREGATIONAL MEETING WITH POTLUCK

**(immediately following the worship service, sponsored
by the Church Council)**

***Sign-up sheets will be available so
we'll know how many to plan for.***

Join us!





WISE PERSONS AND EPIPHANY (January 6th)

Wise men do not always come from the East. Nor do they always follow stars. But they do cross boundaries and pay attention to what is happening in the rest of the world ...

Epiphany is revelation.

Things hidden in plain sight are made manifest, unobserved except by those with eyes trained to see... Even now those who are to be kings on earth, a generation hence are hidden among us, unrecognized. We know not their names or time or place. There is no natural order of succession. God stores up his own surprises in hamlets, in all the hovels of history. When Messiah comes, stars will know. Magi, too. But Herod will not know, and his scribes will be caught napping. When Christ comes again, must Christians, too, wait for strangers to tell us? Must each Epiphany come as a surprise because we weren't watching?

WOMEN'S FELLOWSHIP will meet Tuesday,
January 10th, 9 a.m. in Fellowship Hall



God's Love Colors Everything,
the theme for the Christmas
Fund (formerly Veterans of the
Cross)

\$1,570

Thanks to all who contributed!

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.



"Go and do the same."
Luke 10:37

We have received 74 pledges totaling \$147,980 toward our goal of \$180,000.

It's never too late to pledge! Have you turned in your pledge card?
Misplaced your pledge card? We have more!

GOD'S COUNTRY KITCHEN
Wednesday, February 1st
5 p.m. Fellowship Hall



The Board of Deacons will be serving — **MENU to be announced!**
Adults: \$4-5, kids; \$3

PROGRAM to be announced!

HAPPY BIRTHDAY

Jan. 1	Wilma Frisque
Jan. 2	Chris Thomson
	Myrna Wright
Jan. 4	Paula Hendrickson
	Barb Mather
Jan. 10	Phil Jensen
	Gary Stevens
Jan. 13	Kathy Holperin
Jan. 14	Sharon Breit
	Marlys Lee
Jan. 15	Barb Mattes
	Julia Nesbitt
Jan. 17	Bill Schattner
Jan. 18	Joe Panci
Jan. 20	Drew Schulta
Jan. 22	Gene Welhoefer
Jan. 27	Brenna Yakel
Jan. 28	Gary Gilbert
	Julie Lorch
	Marilyn Nelson
Jan. 29	Bette Vande Hey
Feb. 1	Mike Mettler
Feb. 2	Sandra Mettler
Feb. 3	Myrtle Bucholtz
	Leta Cole
	Ann Dunphy
	Kim Kaitchuck

Do you or someone in your family have a Jan./early Feb. 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

If you're going to be able to look back on something and laugh about it, you might as well laugh about it now.

Don Gillum: 10-22-37 - 12/02/16

"Dear Friends, My family and I thank you for keeping us tenderly close through the months of Don's illness and surgeries. His struggle was long, yet he was always uplifted by visits and mail, phone calls, texts and emails from so many of you. It is indeed remarkable that from July 7th through the week of November 28th, that friends from Eagle River and/or our Snow Bird friends came to see Don each week. What wonderful support for me and encouragement for Don! Being in touch with us has been such a precious gift. Our heartfelt thanks.
Love to you all, Sandy Gillum and Family"

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

Jan. 1	Pat Mayo
Jan. 8	Barb Schroeder
Jan. 15	Joy Turpin
Jan. 22	Linda Sanborn
Jan. 29	"UNITY SUNDAY" single service at 9 a.m. Char Thomson

To Our Church Family,

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis

Have a safe and blessed new year!



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



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

**ANNUAL CONGREGATIONAL
MEETING WITH POTLUCK**

JANUARY 29TH



**KNIGHTS OF THE READING ROUND TABLE will meet
THURSDAY, JANUARY 19th, 7 p.m. for a film night.**

The film? FLORENCE FOSTER JENKINS, starring Meryl Streep and Hugh Grant. This is a new film, supposed to be available on DVD by early January. There is humor in the film, but also a serious vein in the importance of music to "sooth the soul." The film begins in 1944 and moves forward just a few years in the career of this wealthy, wealthy woman.

Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St. Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.

Join us! All are welcome! There will be a brief discussion following the film.

Carlton Schroeder recently found out that as a Thrivent member he can apply to have donations go to charities of his choice through the Thrivent Choice program. Use of the Choice program depends on the type of Thrivent financial product you own. One of Carlton's activities is with Great Headwaters Trails (GHT) to develop bike trails in Vilas County and GHT is a Thrivent approved non-profit organization to receive Thrivent Choice dollars. Of course there are many other approved non-profit organizations on the Thrivent approved organizations list. Complete information about these Thrivent charitable opportunities can be found at their website www.Thrivent.com. Look under the "Making a Difference" tab.

Our Mitten Tree was **OVERFLOWING** this year!!!
Thanks to everyone who contributed! There were 38 hats, 30 pair of mittens, 7 scarves, 1 pair of ear muffs.

All items were distributed to Northland Pines Elementary and Middle School, NATH, Vilas Food Pantry, Tri-County Council and Head Start.

Happiness is having warm hands and a head covering!



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!*



**for 2017 will be available
on our web-site in mid
January!**

*If you have trouble avoiding temptation, don't worry.
As the years pass, it will start avoiding you. —Author unknown*

SUNDAY BAKERS

Date	7:30 Service	10:00 Service
Jan. 1	Kay Scharpf	Nancy Diepenbrock
Jan. 8	Sally Kemp Shirley Thompson	Meg George Marlyn Hupperts
Jan. 15	Barb Mattes Pamme Williams	Ursula Charaf Diane Lausar
Jan. 22	Linda Sanborn Barb Schroeder	Linda Brainard Barb Mather
Jan. 29	"UNITY SUNDAY" - single service at 9 a.m. POTLUCK follows service - Annual Congregational Meeting	



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



JANUARY Scripture Readers

	7:30	10:00
Jan. 1	Deb Stolze	Marlyn Hupperts
Jan. 8	Paula Hendrickson	Diane Lausar
Jan. 15	Sandy Kaitchuck	Mark Holperin
Jan. 22	Carlton Schroeder	Barb Helmick
Jan. 29	"Unity Sunday" - single service at 9 a.m.	

	Acolytes (10:00)
Jan. 1	Royce Remme
Jan. 8	Daniel Brunstad
Jan. 15	Rose Tyler
Jan. 22	Ayla Shepherdson
Jan. 29	"UNITY SUNDAY" Single service at 9 a.m.
	Malia Remme

Luke Aschbrenner

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

Put your hand in the hand of God as you start the New Year. Then the New Year will be a fresh adventure every morning and a quiet benediction every night. You will be alive in every portion of your being.

SOUPER BOWL OF CARING

GET IN THE GAME ON FEBRUARY 5!

What has a bigger impact than a trio of 300-pound linebackers going after a quarterback?

YOU!

Souper Bowl of Caring is youth across the nation working to fight hunger and poverty in their own communities around the time of the Super Bowl football game.

Our youth will again be collecting non-perishable foods during the month of January to be donated to our local food pantry. Please make sure your donations are not out-dated.



February 5th

Faith Formation and Four-to-Fives resume on January 4th. Three of the Four-to-Fives will go to Minneapolis on January 20-21 for Urban Immersion with Pastor Mary Anne and Kathy Holperin.

I will be attending my third Lay Academy that weekend. Thank you for this wonderful opportunity.

Sharon R. Breit



FAITH FORMATION - Jan. 4th

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

A good thing to remember
Work with the construction gang

A better thing to do ...
Not with the wrecking crew!

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

*Every day is the
day that turns
somebody's life
around forever. Is
today that day for
you?*

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.

JANUARY openings: 1, 8, 15, & 22nd

December sponsors....

December 4: Tom Smart in honor of Carol's birthday

December 11: The Holperin Family in loving memory of Russell Holperin

December 18: Donna DePape in honor of Ingrid Stephan's 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

Moderator - Joy Turpin, 715-479-6560

Moderator Elect - Doug Malinsky, 309-582-4846

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 -

Past Moderator - Nancy Diepenbrock, 715-479-2498

Clerk - Marilyn Preisler, 715-479-4331

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

Donna Adams, 715-479-8808

Marlyn Hupperts, 715-479-9468

Diane Lausar, 715-479-4570

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

A NEW YEAR OF GIVING: WHO NEEDS OUR HELP?

The Board of missions is kicking off 2017 with a special request to YOU!

We've set aside \$500 from the Maggie Ball Missions fund for donations to mission-related efforts that YOU want our church to help. Here's how it works:

The Board of Missions has designated a minimum of \$100 for up to five mission-related efforts nominated by YOU. The primary criteria: Does the request "respond with compassion to the needs of our brothers and sisters local, nationally and internationally"? (Per Board of Missions' Operations Manual)

Submit your nomination either as a paper document or via email by **January 31st**.

Here's the information we need:

- Your name, address, phone number and email address
- Name of the organization/group/person or people nominated
- Web site of the organization or group (contact information if no web site)
- Purpose of the organization or group
- A brief explanation (no more than two or three paragraphs), explain why the Board of Missions should select your nominee for funding. Please include any personal connection you may have to the nominee.

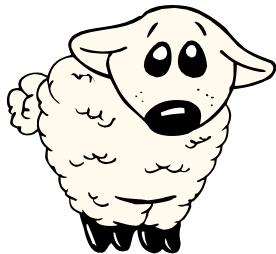
Nomination forms will be available at church throughout the month. You can complete the form and either leave it in the church office or mail it to the church. If you'd like to submit your nomination via email, please send it to office@eagleriverucc.org. Please put NEW YEAR OF GIVING in the subject line.

Nominations must be received no later than January 31st. The Board will review the requests and select recipients no later than mid-February.

Questions? Please see Norma Yaeger, Barbara Helmich or Krista Wittkopf.

Also, in January check out the Missions table in the sanctuary for a look at all the year-round mission collections that take place in our church

Thank you for all you do to make missions a priority at First UCC.



Gathering of the FLOCK

Thursday, January 12th, 6 p.m.
at the home of Bobbie Fleishman
RSVP: 410-271-7456
Email: mcmith57@yahoo.com

New Year's resolution: "Seek out cheerful friends; the gourches pull you down."



SURPRISING WAYS TO BOOST YOUR MEMORY AS YOU AGE

It's happened to all of us: misplaced car keys, forgetting why we walked into a room or the name of an acquaintance. While most simple memory lapses like these are not early signs of dementia, they can signal age-related mental declines.

It's true that brain changes are inevitable as we age, but there are simple yet effective steps we can take to maintain our mental edge as we get older. Making the right lifestyle choices can have tremendous benefits for brain health. It's not surprising that we all have concerns about age-related memory slips. The truth is that most of these middle-aged pauses and senior moments are harmless and do not progress. But as we reach older ages, the risk that they will progress to Alzheimer's disease or some other form of dementia that interferes with daily functioning increases. The good news is that lifestyle changes we can make every day have a major impact on age-related brain health. Exercise, good nutrition, stress management, and mental stimulation can lower our risk for cognitive decline. Here are top tips.

Eat salmon. Fish like salmon are rich in an omega-3 fatty acid called DHA, which is great for the brain. Salmon protects the brain from inflammation that is thought to damage healthy neuron communication. The omega-3 fats in salmon not only fortify memory and cognition but also boost mood levels and combat depression. You'll consume 2,000 mg of omega-3 fatty acid from just 4 ounces of salmon.

Pile on those leafy greens. Spinach, kale, and other vibrant green vegetables are beneficial for the brain. They have lutein, beta-carotene, folate, and vitamin K. The antioxidants in green leafy vegetables counter age-related oxidative stress, further strengthening brain cells over the years.

Choose healthy fats. Anything that is heart-healthy is also good for your brain because the blood vessels in the brain are important, in terms of cognition and memory. Nuts are excellent; a mere quarter cup of walnuts delivers a whopping 2,300 mg of omega-3 brain boosting fat. Also try olive oil, which has oleocanthal, another compound that is great for your brain. Research shows it may help reduce the buildup of amyloid proteins that are linked to Alzheimer's disease. Olive oil also appears to satisfy hunger pangs. One study found that restaurant-goers given the option of olive oil instead of butter consume fewer calories during a meal.

Tune up your brain. Pump up the music, especially classical pieces. But any type of music that is familiar to you and that you enjoy will be a benefit to your memory. One study showed that classical music helped with cognition and memory testing. But if you are not a classical buff, keep listening to your favorites. Functional MRI studies indicate that listening to music sparks chemical reactions in the brain that can lift mood.

Crack yourself up. Do something that makes you laugh. In one study, older people who watched a funny video performed better on memory tests. Humor also helps our brains stay young by lowering stress levels. Watching a half-hour television comedy has been shown to lower blood biomarkers of stress,

Meditate. MRI tests performed on people who meditate found positive changes in the brain, including in the memory center. To get started, try the 5-5-5 rule: Take 5 seconds to breathe in, 5 seconds to hold the breath, and 5 seconds to release it. Meditation not only lowers stress levels and improves mood, it strengthens neural circuits and increases mental focus.

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



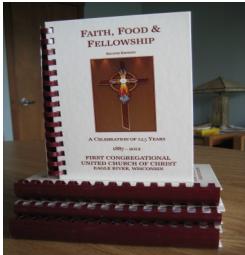
Motivation for Your Movement When it comes to exercise, your body may be willing to move, but your mind may not. If you struggle with the motivation to move more, research has uncovered some exercise "tricks" that may help get your mind on board.

Recall fun memories of exercise. If your memory of exercise is running 20 laps around the school gym, then hit delete! Think instead about what kinds of activities you enjoyed as a child — such as swimming, biking, walking in the woods, etc. — and start doing them again. A 2014 study found that participants who had positive thoughts about exercise were more likely to continue to exercise than those who had negative memories or no memories at all about being physically active.

Ask someone to go with you. Exercise with your spouse or a friend. Research shows that having someone who supports your fitness activities is a good predictor of whether or not you will continue exercising. Another option...

Add music to help motivate. Play music while exercising, or choose exercises like Zumba that incorporate music. According to a recent study, women who listened to their favorite music while working out exercised longer than women who didn't listen to music.

Think process, not final outcome. Instead of focusing on losing a set number of pounds or wearing a certain piece of clothing, set goals related to the process. For example, track your daily step totals for a week, and then the following week try to increase the amount by an average of 500 or 1,000 more steps per day. Another example would be to try and maintain your heart rate above a certain number of beats per minute while exercising. A study found that people who set goals about the process of exercise had significantly higher levels of enjoyment and significantly lower levels of pressure than people who set goals around a particular outcome. More importantly, the study participants were able to stick to their workout routines more than people who set outcome-based goals. —Source: American College of Sports Medicine



Our church cookbooks
are always available...

\$6.00

No tax! No limit!



"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.

Happy New Year!

**YOGA IN
FELLOWSHIP HALL!
EVERY WEDNESDAY:**



11:30 - 1 P.M.

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

New classes begin January 9th.

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

New classes begin January 9th.

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



MUGS ARE STILL 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.

Where your responsibility begins.....

It's not what you'd do with a million, if a million were your lot.

It's what you are doing at present, with the dollar and a quarter you've got.

— Author Unknown

Happy New Year

For everybody in the world
whatever color their skin may be,
whatever their religion may be,
whatever their situation may be,
good health, lots of love, of possibilities
and..... peace!!!!

Our Wish for You in 2017

May peace break into your home and may thieves come to steal your debts.

May the pockets of your jeans become a magnet for \$100 bills.

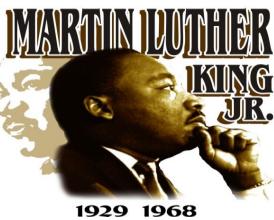
May love stick to your face like Vaseline and may laughter assault your lips!

May happiness slap you across the face and may your tears be that of joy.

May the problems you had forget your home address!

In simple words

May 2017 be the best year of your life!!!



January 16 Remembering Martin Luther King Jr.

Benjamin Mays, delivering the eulogy at King's funeral on April 9, 1968

"We have assembled here from every section of this great nation and from other parts of the world to give thanks to God that he gave to America, at this moment in history, Martin Luther King, Jr. ... Truly God is no respecter of persons. How strange! God called the grandson of a slave on his father's side, and said to him: Martin Luther, speak to America about war and peace; about social justice and racial discrimination, about its obligations to the poor; and about nonviolence as a way of perfecting social change in a world of brutality and war"



200!

Thanks to everyone!!! The Hope Phone donation box was recently emptied of 31 more phones, bringing our total collection to 200 phones!

Please keep them coming! With the holidays just past, no doubt some of you got new phones as gifts. Our Hope Phone box is in the church parlor, and ready to accept your old, unwanted devices. ANY kind of old phone can be used, from jitterbugs to smart phones.

We alternate donating the phones to Tri County Council on Domestic Violence (where phones are refurbished and used for 911 calling only) and the original Hope Phones organization (where phones are sent to underprivileged countries to be used for communication between healthcare workers). If your phone is broken or unusable, still, **we want it!** (The receiving organizations will recycle it responsibly for cash.)

And don't forget, there's no need to worry about identity theft. If you do not clear the phone of all personal information yourself, it will be done before going to its new home.

Over 500,000 phones are discarded daily! If just 1% of those phones were donated instead of discarded, do you know that 1 million healthcare workers could be outfitted with a communication system? And the lives of 50 million people would change!!!

Keep up the good work, UCC, and keep those phones coming! But please, no chargers, instruction books, or carrying cases. We only need the phone.



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

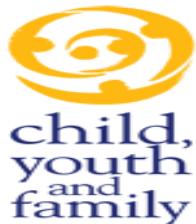
Nan's office hours:

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!

Words to Start the New Year

May the New Year bring us:
Enough happiness to keep us sweet;
Enough trials to keep us strong;
Enough hope to keep us lively;
Enough sorrows to keep us dependent on God;
Enough failure to keep us humble;
Enough success to keep us eager;
Enough friends to give us comfort;
Enough money to meet our needs;
Enough enthusiasm to keep us looking forward;
Enough faith to overcome despair;
Enough humor to lighten our burdens;
*Enough determination to use every day and
every situation for good.*

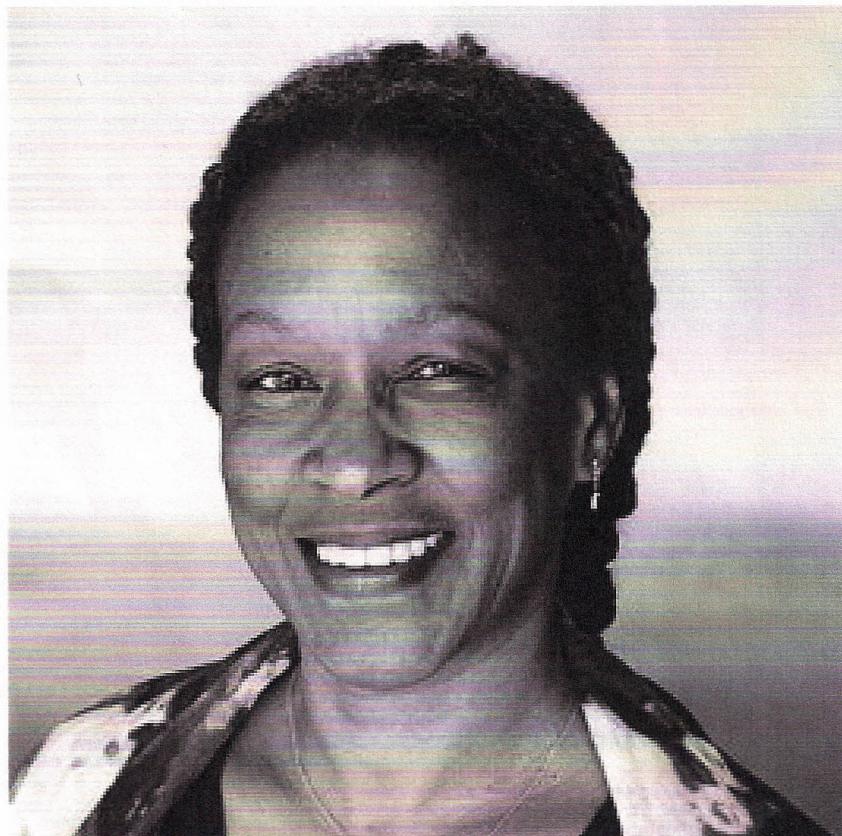
Happy New Year - 2017

In Honor of Dr. Martin Luther King, Jr.
Northwoods Unitarian Universalist Fellowship presents

LECIA BROOKS

NATIONALLY RECOGNIZED SPEAKER
FROM THE **SOUTHERN POVERTY LAW CENTER**
IN BIRMINGHAM, ALABAMA

"The Struggle for Tolerance and Understanding in Divided Rural Wisconsin"



Nicolet College Theater

Sunday January 15, 2017

1:30pm

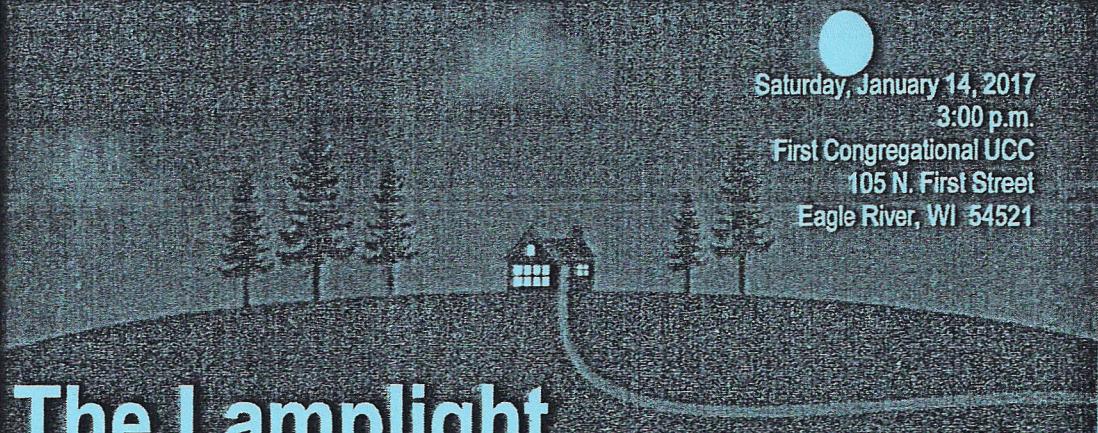
Ms. Brooks

- ❖ Leads outreach efforts for the *Southern Poverty Law Center* giving presentations around the country to promote tolerance and diversity.
- ❖ Is director of the *Civil Rights Memorial*, an interpretive center in Montgomery, AL dedicated to fostering a deeper understanding of the nation's civil rights movement.
- ❖ Works closely with *Teaching Tolerance*, a magazine published by SPLC to help break down racial, cultural and social barriers in schools.

SPONSORED IN PARTNERSHIP WITH :

Nicolet Area Technical College, Rhinelander . **First Congregational United Church of Christ**, Eagle River
St Augustine's Episcopal Church, Rhinelander . **St Matthias Episcopal Church**, Minocqua
Holy Family Catholic Church, Woodruff . **League of Women Voters of the Northwoods**
Ascension Lutheran Church, Minocqua . **Marywood Spirituality Center**, Arbor Vitae
American Association of University Women, Northwoods Branch
Northern WI Center for Working People . **North Central Labor Coalition**

For more information: Contact Diane Reupert at 715-282-5400 / dreupert@gmail.com



Saturday, January 14, 2017

3:00 p.m.

First Congregational UCC

105 N. First Street

Eagle River, WI 54521

The Lamplight Concert



*A benefit for the Northwoods Alliance for Temporary Housing
Sponsored by the Vacationland Ministerial Association*

Kate Jennings, vocal • Judith Permann, piano

***Free admission! Free will offering gratefully accepted to benefit
NATH.***