

**The Church Mouse – May 2017**  
**First Congregational United Church of Christ**

Rev. Mary Anne Biggs, Pastor

Editor: Nan Pophal

Phone: 715-479-8501 FAX 715-479-4287

Email for Pastor: [pastor@eagleriverucc.org](mailto:pastor@eagleriverucc.org)

Email for Nan & the Church Office: [office@eagleriverucc.org](mailto:office@eagleriverucc.org)

Email for Sharon Breit: [youthministry@eagleriverucc.org](mailto:youthministry@eagleriverucc.org)

Email for Lake Edwards, Tech Director: [infotech@eagleriverucc.org](mailto:infotech@eagleriverucc.org)

HOME PAGE: [www.eagleriverucc.org](http://www.eagleriverucc.org)



*“For I was hungry and you gave me food. I was thirsty and you gave me something to drink. I was a stranger and you welcomed me,*

*I was naked and you gave me clothing. I was sick and you took care of me. I was in prison and you visited me.’*

*Then the righteous will answer him, Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink?*

*And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing?*

*And when was it that we saw you sick or in prison and visited you?’*

*And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ Matthew 25:35-40*

Beloved,

I cannot imagine a circumstance in which any of us would turn Jesus away from our door if he came and asked us for something to eat. I know that we would eagerly open our homes to him and present the very best of what we had to share. What a pleasure and a privilege it would be ...if *only* it were possible to do so. Well, Scripture assures us that it is! Let’s read those words once more...  
*‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’*

As most of you know, our church is in partnership with Caritas, an ecumenical organization designed to provide resources and aid to those in need in the Eagle River area. Caritas, a Latin word meaning love and compassion, is sponsored, funded and staffed with volunteers from the Vacationland Ministerial Association: Faith Lutheran ELCA, Three Lakes; First Congregational UCC, Eagle River; Pioneer Lake Lutheran ELCA, Conover; Prince of Peace Lutheran ELCA, Eagle River; Shepherd of the Lakes Lutheran ELCA, Sayner, and Saint Francis Episcopal Church, Eagle River. Caritas is open each Wednesday from 11:00 a.m. until 2:00 p.m. and during those short hours it is evident that economic hardship has become more prevalent in our community. Clients have been enabled to meet such pressing needs as food, shelter, auto repairs, utility bills and prescription drugs. No less importantly, Caritas strives to create a space where each individual feels valued and cared for.

I encourage you to drop by there on any Wednesday and see for yourself. We all are given opportunities to respond to those in great need in one of two ways...with clenched fists holding on tightly with fear or with open arms outstretched with love. I need only ask, “What would Jesus do?”

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 - May

“The rhythms of our society are not set up to accommodate midweek worship.” Midweek worship in crisis? Thanks, Pastor Mary Anne, for drawing our attention to that with your Palm Sunday sermon, “Save Us”. Those words and ideas stayed with me.

I attended all but one of the five Wednesday night Lenten Services and progressively, from a staunch and sturdy Ash Wednesday participation, attendance weakened. Yet, missing that one service really irked me! Whose words did I miss? Because this year, one of our own became one from the biblical past, who living at the time of Christ's trial could relate a unique ‘take’ on what was going on. For instance, a sleeping disciple was wracked with guilt because he was sleeping when there were Roman soldiers all around, and besides sleeping, he was beginning to become impatient with Christ for his seemingly irresponsible behaviors. A high priest, for one very fleeting moment, let himself wonder if Christ might truly be the *Anointed One*. A maid puzzled, “*When Jesus said he was giving his life as a sacrifice to many, does that include me?*” A city dweller, who after Christ gave the blind beggar back his sight, worried that if a simple country man could snap his fingers and someone regain his sight, couldn't he just as easily snap his fingers and everyone go blind? Now who did I miss? The Roman soldier, UGH! Maybe, because of his mistreatment of Christ, he was worried about pay back time from the Lord when he heard he had risen from the dead.

In no time it was Palm Sunday, and we were upon Holy Week, the specific week of scrutiny in Pastor MA's sermon. Quite frankly, I couldn't begin to focus on how many were present or not present or how midweek attendance was dwindling or how the rhythms of society aren't set up quite right for midweek worship; those issues became non-descript as I struggled with something much more personal at the Maundy Thursday service. I was fully prepared to leave that night entrenched in the foreboding doom which accompanies the anguish of our Lord's last supper with his disciples. I struggled because I found the service unexpectedly uplifting. Maybe I wasn't ‘getting into it’ or worse yet, maybe I wasn't ‘getting it’ period.

Although I've heard the story again and again, I felt like I was hearing it for the first time as I listened to the resonating voices of Chuck Kemp and Barb Helmick. They described those biblical events from the Cry of God leading up to the Passover Meal, and the sheer history was really fascinating! Between passages, we sang ... eight hymns! I hadn't remember so much singing on a Maundy Thursday. Then, enter the choir. Their tribute, “The Lamb of God” with Lori Hunter conducting, Norma Yaeger as pianist and the Reverend Dale Bishop playing flute. At the close of their anthem, I struggled sitting still in my seat. I wanted to jump up and shout, “Bravo! Bravo!” Totally inappropriate at church, even egregious at a Maundy Thursday service. Wasn't I supposed to be filled with repentance and reflection? But the music encapsulated my connection with the Holy Spirit at that exact moment in time. All those events, all that history, all that sacrifice about to happen, all that anguish, ALL THAT GRACE! Jesus! I was having trouble breathing. My mind scolded, “Stay seated and be quiet, Woman!” The events of that night stay with me. I think I inhaled them for all of those who couldn't be there, or maybe you WERE there. I don't remember. In retrospect, I'll credit my leaving feeling unusually energized to the anxious anticipation of the Resurrection.

On Good Friday, my husband and I attended the Ecumenical service held at St. Peter the Fisherman Church, at which all were welcome to participate. The Reverend Ken Ranos from Faith Lutheran Church gave a brave and powerful meditation. The ecumenical choir sang “Humble Cross” with Reverend Bishop's flute accompaniment, and it was beautiful.

Before you knew it, it was Easter Sunday, the crowning glory of Holy Week, AND the sun was shining! Let it be known, the sun was shining in Eagle River, WI on Easter Sunday, 2017. And the church was bustling and busting with bright, hopeful, happy faces! And my thought was, “How wonderful they still come at Easter!”

Little did I know, until the first Sunday AFTER Easter, that EVERY Sunday is Easter. (See pastor MA's sermon of 4.23.17. We are most certainly a *Resurrection People!* Alleluia, Christ is risen! Christ is Risen, indeed!

Respectfully yours, Joy Turpin, Co-Moderator

**MAY CHOIR SCHEDULE**  
***Rehearse at 8:30 a.m.***  
 to sing at the 10:00 service  
**May 7th and 21st.**



**God's Country Kitchen WEDNESDAY, MAY 3rd, 5 p.m.**

The Board of Deacons will be serving a variety of salads, rolls, dessert, beverages. Adults: \$4-5 Kids: \$3



Program presented by Patty Bonack, author of *"The Man Who Killed My Daughter: A Story of Tragedy and Triumph"*

**PLEASE SIGN UP!** This is the **LAST** God's Country Kitchen gathering of this season.

*You're Invited!*

**Women's Fellowship Annual Spring Luncheon will be held Tuesday, May 9th in Fellowship Hall, with seating beginning at 11:30 a.m.**

The luncheon is free, although donations toward Women's Fellowship missions are most welcome. This year's speaker will be Norma Yaeger, revisiting her Danube River cruise in October of 2016. The luncheon menu will reflect foods and customs of the countries visited. Guests and friends are most welcome, and **RESERVATIONS ARE REQUIRED BY MAY 3RD.**

Sign-up sheets are available in the office or call the office to reserve.

715-479-8501



**Women's Fellowship** met Tuesday, April 11th with six present, coordinated by Mickey Jensen. Minutes of the last meeting and treasurer's report were approved. 49 Easter cards were mailed to homebound and "snowbird" members and friends. Spring luncheon details were discussed and finalized. 24 toiletry bags were assembled for Tri-County Abuse Center/Lily's House, each holding a crocheted blanketed Beanie Baby. Char Thomson will coordinate a date to cut backings for the lap robes.



Women's Fellowship does not meet during June, July or August. Mickey Jensen and Marlys Lee will be the coordinators for the September 12th meeting as co-chairs for the Saturday, October 7th Cranberry Fest Luncheon.

**KNIGHTS OF THE READING ROUND TABLE will meet  
THURSDAY, May 18th, 7 p.m.**

**You are in for a treat!** At the April Book Club meeting we decided that the book we wanted to read for May is "THE GIRL WHO WROTE IN SILK" by Kelli Estes. Maybe you would like to join us to talk about the book and our reactions to it. We hope so!

Here is a short review from Good that reads:

*"The smallest items can hold centuries of secrets ...*

*Inara Erickson is exploring her deceased aunt's island estate when she finds an elaborately stitched piece of fabric hidden in the house. As she peels back layer upon layer of the secrets it holds, Inara's life becomes interwoven with that of Mei Lein, a young Chinese girl mysteriously driven from her home a century before. Through the stories Mei Lein tells in silk, Inara uncovers a tragic truth that will shake her family to its core — and force her to make an impossible choice.*

*Inspired by true events, Kelli Estes' brilliant and atmospheric debut serves as a poignant tale of two women determined to do the right thing, and the power of our own stories."*

So, hope to see you on the third Thursday of May, the 18th at 7 p.m. If you want to borrow a book from the library, the Rhinelander and Three Lakes systems have 2 more books available. Any of us who get the book will be happy to pass it on when we've finished reading it.

Donna DePape



**May — and the golfers are out there swingin'  
SAVE THIS DATE!**

**FRIDAY, September 8th 1:00 P.M**

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

*Love the people God gave you because he will need  
them back one day.*

## HAPPY BIRTHDAY

May 1	Allison Liddle
May 2	Helen Albert
May 3	Pat Fox
	Sally Kemp
May 7	Barb Pevytoe
May 8	Dan Holperin
May 10	Ayla Shepherdson
May 11	Nick Dean
May 12	Larry Mattes
May 14	Bernice Gilbert
May 16	Dillon Gagliano
	Pat Lindberg
	Barb Schroeder
May 18	Shirley Thompson
May 21	Barb Stadler
	Matthew Towne
May 22	Jo Newman
May 24	Doug Breit
	Avery Liddle
	Rod Pevytoe
May 25	Sandra Gillum
May 26	Mark Deditz
May 27	Sue Anderson
May 31	Nan Pophal
June 1	William Pevytoe
June 5	Pamme Williams
June 6	William Lawrence
June 8	Emily Klopp
June 9	Nan Andrews



Sympathy to the family of Julie Lorch who died April 20 after an extended illness. A service of remembrance celebrated her life on Saturday, April 29th. Julie is survived by her husband Tom, son Chris, daughter Denise and 3 grandchildren. Donations can be made to the family or to Special Olympics, Northern Access.



A Memorial Service for Don Gillum will be held in our sanctuary on Saturday, May 20th at 11:00 a.m. (visitation at 10:00) followed by a luncheon.

To Our Church Family,

Life is filled with happiness, sadness, tears, smiles and laughter, but when life gets you down, be strong, keep looking up and have faith that God is at your side — always!



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

Do you or someone in your family have a May/early June 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!*

**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.



**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



**Sunday Nursery Helpers, Safe Church Rotation**

May 7  
May 14  
May 21  
May 28

Pat Mayo  
Barb Schroeder  
Joy Turpin  
"Unity Sunday" - 9 a.m. service  
Linda Sanborn

**Kickin' Cancer Banner:** A committee is making a banner for the RELAY FOR LIFE event in June and would like to include people from our church who have had or do have cancer. If you would like to be included, please call Gwen Scharf, 715-891-6831. We would be honored to include you on the **Kickin' Cancer Banner.**

# May 14th - Happy Mother's Day to Mothers Everywhere



When you thought I wasn't looking,  
I saw you hang up my first painting on the refrigerator, and I wanted to paint another one.  
When you thought I wasn't looking,  
I saw you feed a stray cat, and I thought it was good to be kind to animals.  
When you thought I wasn't looking,  
I saw you make my favorite cake for me, and I knew that little things are special things.  
When you thought I wasn't looking,  
I felt you kiss me goodnight, and I felt loved.  
When you thought I wasn't looking,  
I saw that you care, and I wanted to be everything that I could be.  
When you thought I wasn't looking, I LOOKED ...  
And wanted to say thanks for all the things I saw when you thought I wasn't looking.

"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new." —Rajneesh

"It kills you to see them grow up. But I guess it would kill you quicker if they didn't." —Barbara Kingsolver

"There is only one pretty child in the world, and every mother has it." —Chinese Proverb

"I'd like to be the ideal mother, but I'm too busy raising my kids." —Unknown



In the picture: Courtney Weber, Northland Pines School District Social Worker; Joe & Joy Turpin; Barb Helmick, Board of Missions

*As the recipients of one of the Board of Missions \$100 Year of Giving efforts, matched with a generous contribution by Eileen Kuhlert, Joy and Joe Turpin purchased food and toiletry items for the Northland Pines School District Weekend Backpack Program's middle and high school extension project. Emily Rhode, the district's Director of Pupil Services, explains the project. "With the Elementary Backpack Program established and running smoothly, the community support personnel and district staff recognized an unmet need for our middle school and high school students. A meeting was held in February to plan for the opening of a Middle School/High School Food and Personal Needs Support Program. After initial discussion and input from students, it was determined that rather than provide backpacks, a store will be opened in the NPHS Guidance Office. Students will have the opportunity to access the store to collect items of need including, but not limited to, snack foods, toothpaste, and deodorant all free of charge." The store, to be called The Locker, opened after Easter.*

## SUNDAY BAKERS

Date	7:30 Service	10:00 Service
May 7	Paula Hendrickson	Sharon Adler Meg George
May 14	Mary Ann Hansen	Barb Stadler Jenny Colling
May 21	Jan Yahr	Patti Roberts Diane Lausar
May 28	"UNITY SUNDAY" - single service at 9 a.m. Barb Mattes Marlyn Hupperts	



*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  
 Hot chocolate: \$7



### MAY Scripture Readers

	7:30	10:00
May 7	Joe Turpin	John Biggs
May 14	Carlton Schroeder	Lily Tyler
May 21	Sandy Kaitchuck	Sandra Mettler
May 28	"UNITY SUNDAY" - 9 a.m. service Mickey Jensen	

### Acolytes (10:00)

May 7	Royce Remme
May 14	Daniel Brunstad
May 21	Rose Tyler
May 28	"UNITY SUNDAY" Ayla Shepherdson

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



MAY 28th is  
 "UNITY SUNDAY"  
 Single service at  
 9:00 a.m.

Everyone needs a hand to hold. Why not lend yours?

Author unknown

**CHRISTIAN EDUCATION NEWS  
FROM  
SHARON BREIT**



**HIGHWAY CLEAN-UP:** I need adult volunteers to assist the youth on Wednesday, May 17 (rain date Wednesday May 24). Please sign up soon or call me at church to volunteer. We will leave church promptly at 4 p.m. Youth need to wear appropriate clothing including socks and shoes (no sandals) and long pants and a long sleeve shirt or jacket.



**MOON BEACH CAMP — SIGN UP TODAY**

6/11/17-6/17/17 MADD (MUSIC, ART, DANCE, & DRAMA)

Scholarship forms are available in the office or online.

**LAST DAY OF FAITH FORMATION  
MAY 24TH AT 4:00 P.M.**

We will walk to the Dairy Queen for an ice cream treat.

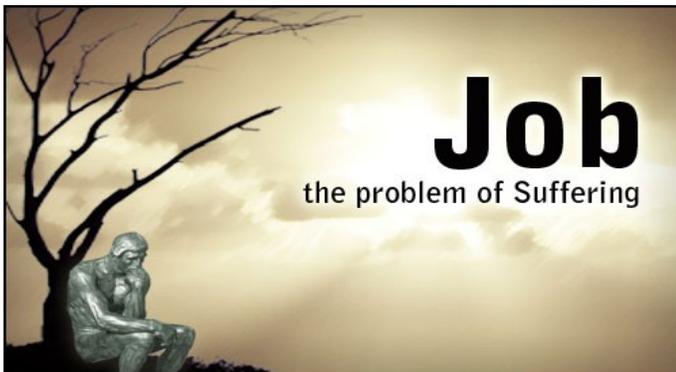


**THE BOOK OF JOB BIBLE STUDY**

Beginning June 5th

Please sign up for either Monday afternoon or  
Tuesday evening

Call me at 715-479-8501 or email  
[youthministry@eagleriverucc.org](mailto:youthministry@eagleriverucc.org)



**Scholarship Sunday — May 21st**

*Scholarships will be awarded at the 10:00 service*

1 - \$1,000 Jinny Paterson Environmental Scholarship

1 - \$1,000 Roger Rieckman Engineering Scholarship

3 - \$1,000 General Scholarships

3 - Bird's Nest Scholarships

4 - Kranz Scholarships

7 - Zipperer Scholarships to church members furthering their education

*A special offering will be taken to add to future scholarships. Use the blue envelope from your envelope box or a pew envelope marked accordingly.*

## Humane Society Collection a Success!

Thanks to all who donated items for the Vilas County Humane Society in March as part of the Board of Mission's monthly collection.

Because of your generosity, we donated the following items to help the animals at the shelter — and ultimately, the people who will hopefully adopt them.

<b>Cat litter:</b> 5 boxes	<b>Used linens (blankets, sheets, towels):</b> 57
<b>Dog treats:</b> 2 packages	<b>Rawhides:</b> 14
<b>Catnip:</b> 1 package	<b>Cat treats:</b> 1 package
<b>Dog food:</b> 6 cans, 2 bags	<b>Piddle pads:</b> 252
<b>Shredded paper:</b> 1 bag	<b>Kennels:</b> 2
<b>Cleaning products:</b> 14	<b>Storage containers:</b> 2
<b>Paper towels:</b> 8 rolls	<b>Stuffed toys:</b> 1 large bag full
<b>Cash, checks and gift cards totaling \$225.00</b>	



**THANK YOU!**



Those who sleep past a sunrise miss one of nature's most beautiful sights. It comes at a calm and peaceful part of the day, before the noise of street traffic, carpenter's saws, jack-hammers and the blare of boom boxes. Sometimes only a rooster's crow breaks the silence.

A sunrise is more than the beginning of a new day, more than the end of a night of darkness. It is another throb in the pulse of time. There is the rhythm of days, of the rising of the sun. Dawn, sunrise, then daylight, bringing a new day, unblemished, unlined.

## PARLOR BOOKS

**Hard cover - \$2    Paperback - \$1**

**We now have children's books!**

**Hard cover: \$1**

**Paperback: 50 cents**

*Spring clean your book shelves and bring them in to fill our shelves!*



***This year — 2017 — marks the 130th anniversary of our church as a congregation in Eagle River.***

**1887—2017**

# May Collection to Benefit Wisconsin Veterans

During the month of May, the Board of Missions will be collecting items to help Wisconsin veterans and military service members through Camp American Legion. The camp is on the shores of Big Carr Lake near Lake Tomahawk. Its mission is to provide rest, relaxation, recuperation, and rehabilitation to Wisconsin veterans of all ages, active duty military service members and their families.

The camp serves those who have a physical or psychological medical condition, any and all types of service and non-service related illnesses, injuries, or disabilities. This includes people dealing with vision or hearing loss, incurable diseases, loss of limbs, paralysis, traumatic brain injury, post-traumatic stress, traumatic blast injuries, and much, much more.

Camp American Legion is also a place for family reintegration and support following a service member's deployment. The camp's goal is to help families get back together, reconnect and bond, helping the whole family heal. Camp American Legion also welcomes families of the fallen to assist them with their grief, remembrance, and healing.

The camp serves more than 1,500 Wisconsin veterans and active duty military each summer. **The veterans, service members and their families stay at camp for FREE.** The American Legion of Wisconsin provides money to operate the camp, but can use our support — and what an amazingly worthwhile effort!

Camp American Legion has an extensive wish list — everything from gift cards, to cleaning supplies to fishing rods and reels, building supplies and vehicles. The camp's greatest needs at this time, according to Director Kevin Moshea, are:

**1) Craft items for the families and children who attend camp:**

- a. Paints ("washable" larger bottles, used by the children)
- b. Brushes (bristle and sponge type, various sizes)
- c. Colored markers
- d. Crayons
- e. Glitter (Oh, how the children love glitter!)
- f. Beads
- g. Paper, any kind, any size
- h. Ceramic figures and knick-knacks ("unpainted" so campers can paint them)
- i. Any art kits that a camper can easily do in a short amount of time

**2) Heavy duty disposable plates, cups, dinner napkins, and cheap plastic utensils**

**3) 60-watt, screw-in type fluorescent light bulbs.**

Our veterans, service members and their families have sacrificed so much for our country and for us. Supporting Camp American Legion through this collection in May, is one small way that we can help them. We hope you contribute to this collection as you are able!

For more information on the camp or to view its complete wish list, go to [www.wilegion.org](http://www.wilegion.org). You'll find Camp American Legion under the "Services" tab.

# NATH

(715-369-9777)



## TOP MOST NEEDED ITEMS

Butter   black pepper   table salt   flour   brown sugar   lemonade drink/Koolaid   coffee creamer  
Clorox wipes   men's razors   women's razors   dishwasher soap   masking tape   Kleenex  
wicker baskets, medium/large`   hand towels   plastic mattress covers (twin & full)  
extension cords   30 gallon large heavy duty garbage bags



### **Relieve seasonal allergies with these tried-and-true techniques...**

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control. To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air.

- Check your local TV or radio station, local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

There's no miracle product that can eliminate all allergens from the air in your home; these may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines** that can help relieve sneezing, itching, a runny nose and watery eyes. Examples include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- **Decongestants** such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- **Nasal spray.** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- **Combination medications.** Some allergy medications combine an antihistamine with a decongestant. Examples: loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose. Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store. Use water that's distilled, sterile, previously boiled and cooled, or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution. Also be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. If your seasonal allergies are still bothersome, don't give up. Your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.



**Monday, May 29th** Memorial Day (an American holiday) is the day of honoring the men and women who died while serving in the military of the United States, celebrated every year on the last Monday of May.

We often tend to forget the true meaning of this day, a special day to pay tribute to the indomitable will, eternal courage and great love for the nation that resonates in their heart. Often we don't observe Memorial Day but on this day we should actively remember our family members, our loved ones, our friends, and all of them who have bravely confronted the enemies and crushed their nefarious desires while guarding their land with their most precious possessions, their lives.

Visit cemeteries to place a flag or decorate the graves of fallen heroes with flowers. Participate in the National Moment of Remembrance and realize the true meaning of Memorial Day.

### **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 you 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.

### **MAY openings: 7th and 28th**

April sponsors....

April 23rd: Meg George, in honor of Larry George's and Kay Scharpf's birth dates on April 23rd.

April 30th: Bernie and Marlyn Hupperts, in memory of Marlyn's brother John

***Committee: a group of people who individually can do nothing, but collectively can decide that nothing can be done.***

### **First Congregational UCC Contact People - 2017**

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

**email: [pastor@eagleriverucc.org](mailto:pastor@eagleriverucc.org)**

**Church emails: Nan - [office@eagleriverucc.org](mailto:office@eagleriverucc.org)**

**HOME PAGE - [www.eagleriverucc.org](http://www.eagleriverucc.org)**

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

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

Past Moderator - Nancy Diepenbrock, 715-479-2498 Clerk - Marilyn Preisler, 715-479-4331

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

Board of Trustees -

Donna Adams, 715-479-8808

Board of Deacons -

Marlyn Hupperts, 715-479-9468

Diane Lausar, 715-479-4570

Board of Missions-

Barb Helmick, 715-337-0133

Board of Christian Education -

Sharon Breit, 715-477-2163 [youthministry@eagleriverucc.org](mailto:youthministry@eagleriverucc.org)

Pastor Parish Relations Committee-

Donna DePape, 715-617-1710

IT Director -

Lake Edwards, 715-891-7028 [infotech@eagleriverucc.org](mailto:infotech@eagleriverucc.org)

Christian Education Director -

Sharon Breit, 715-477-2163 [youthministry@eagleriverucc.org](mailto:youthministry@eagleriverucc.org)

Women's Fellowship -

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

Director of Music -

Lori Hunter, 715-493-8078

Organists/pianists -

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

Early Bird Service Organist/Pianist -

Gary Stebbeds, 715-479-5937

Nursery Caregivers -

Amy Deditz, Emily Klopp, Lily Tyler, Brett Nesbitt

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!*

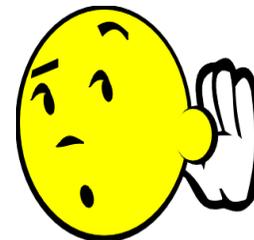


On-going collections for:

**CELL PHONES**



**HEARING AIDS**



in the church parlor!

***“Rock-a-bye Retreat”***

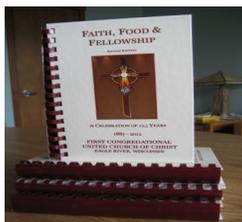
is located in the hallway across from the conference room and designated to give parents with infants and very young children a quiet “retreat” to tend to their needs. There are diapers and wipes available; changing tables are in the nearby rest rooms.



***May is God's apology for February!***

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

**11:30 - 1 P.M.**



Our church cookbooks are always available...

**\$6.00**

*No tax! No limit!*

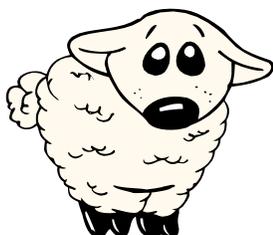
**Nicolet Fitness Classes ..... Fellowship Hall**  
**Easy Pace Aerobics (Mondays & Wednesdays) 9 - 10 a.m.**

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

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

**Gathering of the FLOCK**

***TO BE ANNOUNCED!***





**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](mailto:pastor@eagleriverucc.org)  
(715)891-8722 cell phone  
(715)891-2124 home phone

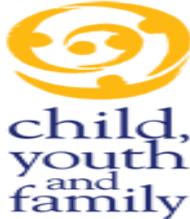
**Nan's office hours:**

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

Friday: 7 a.m. - noon

*The church offices are CLOSED Friday afternoons.*

Email: [office@eagleriverucc.org](mailto: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](mailto: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](http://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](http://www.eagleriverucc.org)*



**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!

## Drought and Famine Hit East Africa. Can you help?

Famine has officially been declared in South Sudan and, for the first time in recent history, there is a very real possibility of four famines — in Somalia, South Sudan, Nigeria and Yemen — breaking out at once. Twenty million people could face starvation within the next six months. International aid officials warn that this is one of the biggest humanitarian disasters since World War II.

To understand how serious this moment is, we first have to understand that the word “famine” has a very specific definition. It does not simply mean a lack of food and water, rather a famine must meet at least three criteria before it can be declared, including:

- Four out of every 10,000 children die each day.
- One in five families experience extreme food shortages.
- And one in three people are acutely malnourished to the point that they are too weak to go to school or work.



Every person who will be impacted by this crisis is a child of God, with a story and a family; with life hopes and dreams. They are our neighbors and our brothers and sisters in Christ.

**So what can we do?** The UCC has responded by sending \$85,000 in aid. Our gifts, combined with those of our ecumenical partners, will help supply food, clean water, sanitation equipment, and more. These donations, important as they are, will not be enough to generate the billions needed to address this crisis. In this time of unprecedented need, U.S. leadership is especially required.

Urge Congress today to provide \$1 billion in additional emergency funding in fiscal year 2017 to address the catastrophic needs of these four countries. Further, call on Congress to maintain robust foreign assistance funding as it considers the 2018 budget. At less than one percent of the federal budget, foreign assistance is some of the most impactful money our nation spends. These funds are on the chopping block as Congress considers its 2018 budget.

**Now is the time to speak out. Tell Congress to provide critical funding for famine relief!**

Save the Date!

Friday, June 16, 2017~

Relay for Life of the Northwoods

Opening Ceremony at 6:00PM



Join Team UCC, United Caring Characters, on the track behind the Northland Pines High School as we support, honor, and remember friends, family, and loved ones stricken by cancer.

- ~ Enjoy the music of Bret and Frisk!
- ~ Take a horse-drawn wagon ride around the school!
- ~ Visit our team's Baked Potato Bar, yummy with 10 different toppings!
- ~ Participate in the new Candlelit Vigil Lap immediately preceding the
- ~ Luminaria Ceremony, the track glowing with the soft lights of hundreds of memorial luminaria!
- ~ Earn multicolored lap beads as you go around the track!
- ~ Be one of the audience judges for the Team Banner Contest!
- ~ Relax with a chair massage!
- ~ Join Sharon Breit and make a handy dandy t-shirt satchel!
- ~ Ride on the Road to Recovery Transport (formerly Ayla's Chariot)!
- ~ Check out the silent auction items! Make a Bid!
- ~ Enjoy the tasty food sponsored by the VFW team Heroes Helping Heroes!
- ~ Sample some sweets, then cast a vote in the Dessert Contest! Ooooo, it's so good!
- ~ Have the kids jump and jumble in the jungle themed bouncy house!
- ~ Take a ride in the bucket of the bucket truck!



Above all else...Come and Help Us...

## Give Cancer the Boot!

Please Note:

Cancer Survivors & Caregivers who plan to attend the Relay, please get registered online so your free commemorative t-shirts will be available for you! Here's how to register:

Go to [www.relayforlife.org/northwoodswi](http://www.relayforlife.org/northwoodswi)  
Click on the purple tab 'Join this Relay' and follow the next steps  
OR  
Call (1-877) 957-7848