

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

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Beloved,

On February 12, 1944, thirteen year old Anne Frank wrote these words in her now famous diary;

"Today the sun is shining, the sky is a deep blue, there is a lovely breeze and I am longing --- so longing for everything. To talk, for freedom, for friends, to be alone.

And I do so long...to cry! I feel as if I am going to burst, and I know that it would get better with crying; but I can't. I'm restless, I go from room to room, breathe through the crack of a closed window, feel my heart beating, as if it is saying, "Can't you satisfy my longing at last?"

I believe that it is spring within me, I feel that spring is awakening. I feel it in my whole body and soul. It is an effort to behave normally. I feel utterly confused. I don't know what to read, what to write, what to do. I only know that I am longing."

Inside each of us, at the center of our lives, there is a tension, an ache, an insatiable fire that cannot be quenched. We are always longing. Sometimes this is focused on a person, particularly if we are in love with someone who does not reciprocate our feelings; at other times we experience this as a longing to attain something.

Often though, it is a longing with no clear focus and no clear name...an aching that cannot be pinpointed or described. Like Anne Frank, we only know that we are longing. St. Augustine once prayed, *"You have made us for yourself, Lord, and our hearts are restless until they rest in you."*

For many of us that longing is sated as we intentionally reach out to God ... through prayer, through study, through the sacraments. I was recently asked why we only have Communion once a month ... if we are told by Jesus to do so in "remembrance of him" why wouldn't we want to celebrate his constant presence with us more often. I took that question to our Board of Deacons and they felt the same way. In response, it was decided that, beginning in June, we would share the sacrament of Communion on both the first and third Sundays of each month. On the first Sunday we will follow our traditional practice of serving in the pews, and on the third Sunday we will share Communion by intinction.

Please know that I am always grateful to you, the priesthood of believers, for bringing forward ways to enrich our time of worship as "...we are one body in this one Lord."

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 - June 2017

The United Church of Christ is widely recognized as the denomination with a well developed sense of social consciousness. I know from council meetings that a question that we are always striving to answer is "Who can we help?" Whether we do so as a church body, as a small group within the congregation or as individuals, my hope is that we can continue to make a positive contribution to the well-being of our community.

To that end, some quotes:

No act of kindness, no matter how small is ever wasted —Aesop

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. —John F. Kennedy

What we think, we become. —Buddah

The measure of who we are is what we do with what we have. —Vince Lombardi

Whether it is our monthly mission project, Caritas, the food pantry, Relay for Life, or anything else, my hope is that we as a church body can continue to contribute to those in need around us.

Doug Malinsky



Help us give Thomas Brunstad a lift so he can enjoy the outdoors this summer, biking with his family.

The bike trailer is being ordered, more money is needed. Can you help?

Donations are accepted in the church office. Thank you!

JUNE MISSIONS: Support Relay for Life

First UCC's Board of Missions is foregoing its monthly collection in June and is instead asking the congregation to support Team UCC and the American Cancer Society Relay for Life. Please consider purchasing a luminaria in honor of a cancer survivor or in memory of someone who lost their life because of cancer. (Check out the table outside the sanctuary.) You can also support Team UCC and the relay effort by attending the Relay at Northland Pines on Friday evening, June 16th, walking in the relay, or purchasing a baked potato from Team UCC's booth. Check elsewhere in this edition of the Mouse for more information about our team's Relay for Life efforts and listen for announcements in church.



*The secret to success is to stay cool and calm on top —
And paddle like crazy underneath!*

JUNE CHOIR SCHEDULE
Rehearse at 8:30 a.m.
to sing at the 10:00 service
JUNE 4th and 18th



PENTECOST SUNDAY - June 4th

Pentecost, also called the Feast of Weeks in the Bible, was a Jewish festival marking the harvest. The word *Pentecost* means “50 days,” named for the fact that the festival fell seven weeks after the beginning of the harvest season. The most important Pentecost for Christians was the one that occurred 50 days after Jesus’ resurrection, when the Holy Spirit entered the lives of the believers in the Upper Room in Jerusalem. Since that time Pentecost has been an important day in Christian worship. It is often referred to as “the birthday of the church.”

The Mindfulness Group of the Many Ways of Peace Sangha
will meet the 1st and 3rd Wednesdays at 5:30 - 6:30 p.m.
starting June 7th — then June 21st in the Music Room

Chris Meier is guiding our new group. As we get going with it, we may take turns facilitating. He suggests that we begin with the book *Peace is Every Breath* by Thich Nhat Hahn, pages 1-14, to start. The library does not have copies, but it is available on Amazon. Even if you don’t do the reading each time, please come for sharing, mindful walking, and seated meditation (either in chairs or on the floor), as we are aiming to create a supportive and caring community. We’re very excited about the potential of this new chapter. Peace and Blessings,

Kate Remme 715-616-1213 (cell and text)

Mark your calendars! **Friday, July 28th, 2017**



UCC’S Annual Trivia Event REPURPOSED

Please join us for an evening of fun, friendly competition, and oft lively entertainment, hosted by our own Chris and Ann Hewitt.

This year’s proceeds will benefit
First Congregational United Church of Christ.

Here’s your chance to form a new team (or the same team with a new name, or the same team with the same name ...), enjoy some tasty eats with your fellowship, and bolster our budget here at First Church.

More information coming in the weeks ahead, BUT DON’T WAIT!!!

Start recruiting a team of 6 right now! \$10 per person.

Get your Trivia Caps on and THANKS FOR YOUR SUPPORT!

HAPPY BIRTHDAY

June 1	William Pevytoe
June 5	Pamme Williams
June 6	William Lawrence
June 8	Emily Klopp
June 9	Nan Andrews
June 11	Dewey Anderson
June 13	Brett Nesbitt
June 15	Frank Surpless
June 16	Jenny Colling
	Don Hendrickson
June 17	Sue Kent
June 19	John Biggs
	Gary Stebbes
	Cal Stoutz
June 24	Jessica Oatman
June 25	Jake Klopp
June 26	Dick Hansen
June 28	Tess Holperin
July 1	Sandy Kaitchuck
July 2	Jamie Remme
July 5	Dale Bishop
	Carlton Schroeder
July 6	Helena Radloff
July 7	Kate Remme
	Georgianna Starz
July 8	Marlyn Hupperts
	Tom Marion
July 10	Bob Trojanowski
	Jan Yahr

To Our Church Family,

"Kind hearts are the gardens;
Kind thoughts are the roots;
Kind words are the flowers;
Kind deeds are the fruits."
— English Proverb



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 not available downstairs during the June/July/August worship services.

Activity/quiet bags are available in the entry/coat area for children. Enjoy the worship service with your family!



The UCC Reading Group is taking a summer hiatus during June, July and August, and will be meeting again in September.

Watch for up-coming book announcements and dates in the Sunday bulletin and Church Mouse.

Do you or someone in your family have a June/early July 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

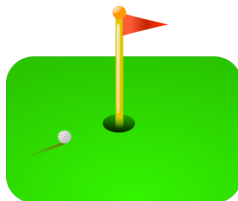
Handicap restrooms for both men and women

A unisex handicap restroom in the lower level of the building

Ramp accessibility to altar



JUNE: happiness is a sunny day on the golf course!



SAVE THIS DATE!
FRIDAY, September 8th
1:00 P.M

Tournament to benefit Moon Beach Camp.

Details to follow. Mark your calendars!

Women's Fellowship
is on summer break until
TUESDAY, SEPTEMBER 12th.

"Some of us worship in churches, some in synagogues, and some on golf courses."
— Adlai Stevenson

Dear Members and Friends,

The Trustees want to provide an update on the 2017 budget as we are nearing the mid-point of this year and will soon be drafting the budget for 2018.

We have been blessed with great generosity from our members and friends that allow us to continue our ministry here at First Church and in our wider community. It was hoped that we might exceed last year's giving by about 5%; however we have fallen short of that goal, as evidenced by the following:

Congregation Pledged Offering

The Budget Goal - \$180,000

Pledged - \$154,100

Shortfall - \$25,900

Amount Received as of 4/30/2017 - \$45,049

% of Budget Goal - 25%

% of Pledged – 37%

Expenses paid as of 4/30/2017 - \$83,660

% of Budget – 35.2%

In addition to that shortfall, it is no longer feasible to hold our rummage sale, and when combined with a reduction in several other sources of revenue, we will face a significant budget decrease that will need to be met with reliance on drawing from our Continuing Ministry Fund. It is estimated that we may need to draw in excess of \$35,000 from this source to meet our budget.

Our 2017 budget was developed based on very realistic expenses and current staffing levels.

It is hoped that several fundraisers, including the Trivia night will help mitigate this revenue loss. It is also hoped that we may yet experience a strong summer of giving. If you are still considering pledging, or find that you can increase your pledge, or if you wish to make any special offering/endowment, it will most certainly be needed and welcome.

We are also looking for fundraising ideas that could be adopted throughout the year.



CONGRATULATIONS TO SCHOLARSHIP RECIPIENTS

Sunday, May 21, 2017

Sara McCormack - \$1,000
Jinny Paterson Environmental
Anna Hayes - \$1,000
Roger Rieckman Engineering
Jessi Boldebuck - \$1,000
General Education
Shelby Foster - \$1,000
General Education
Taylor Kuza - \$1,000
General Education

Alexa Gutierrez - \$2,000 a year for 4 years
Bird's Nest
Leah Suri - \$2,000 a year for 4 years
Bird's Nest
Jonathan Tomasoski - \$2,000 a year - 4 years
Bird's Nest
Audrey Lindemann - \$20,000
Kranz Scholarship
John Misina - \$5,000
Kranz Scholarship
Eddie Stevens - \$3,000
Kranz Scholarship

Zipperer Scholarships (UCC Members) Totally \$12,000

Libby Collins Tess Holperin Matthew Kaitchuck Molly Korinek
Matt Meyer Laura Pevytoe Steven Thompson

"Dear First Congregational UCC/Kranz Thank you very much for presenting me with your scholarship. It is greatly appreciated and will benefit me greatly. Thanks. Eddie Stevens"

"Dear First Congregational Thank you so much for awarding me with your Roger Rieckman Engineering Scholarship. I cannot thank you enough for your generosity. I will use this scholarship to help pay for my textbooks, tuition and living costs. Thank you so much for helping me pursue my dream of receiving a higher education. Thank you, Ms. Charaf, for presenting me with this scholarship. Thank you so much and God bless! Anna Hayes"

"Birds Nest Scholarship Committee: Thank you for selecting me as the recipient of the Birds Nest Scholarship for \$8,000 total. I will be attending Bradley University in the fall, pursuing a degree in Social Work. Thanks to you, I am one step closer to achieving this goal. And thank you, Ms. Williams, for presenting. Thank you. Alexa Gutierrez"

"Dear Ms. Charaf, I am so very appreciative for the \$1,000 scholarship awarded to me from the First Congregational United Church of Christ. I know the scholarship committee had many other students to choose from and I thank you for selecting me. I commit to doing my very best at Wisconsin Lutheran College. Warm regards. Jessi Boldebuck"

"Dear First Congregational ... I am writing to thank you for your generosity in awarding me the \$1,000 Jinny Paterson Environmental Scholarship. Next year, I will attend the University of Denver with a projected major in environmental sciences. The community I have grown up in has fueled a passion for science, math and nature which I hope will all be utilized through a career in this field. This summer I will be kayaking the Inside Passage of Alaska for 45 days with hopes to gain a better understanding of nature. I hope to spend my summers throughout college in the northwoods to repay a fraction of the vast contributions this community has given me. This scholarship will be a great help in assisting me financially during college and will allow me to focus on my education. Thank you again for your generosity and support and a special thank you to Ms Charaf for presenting me with this award. Sincerely, Sara McCormack"

"Dear First Congregational ... I'd like to thank you for awarding me your \$5,000 Kranz Scholarship! It means so much to me to have your support in my future education. To make sure that you know, I will be attending Marquette University, working to obtain a double major in International Business and Marketing, along with a minor in German. I will be working hard to uphold the confidence you have in me. Sincerely, Jack Misina"

"Dear Scholarship Committee, I wish to convey my immense gratitude for the 2017 Kranz Scholarship. It was a great honor to receive such a generous scholarship and a blessed gift toward my tuition bill for my family. Thank you for your generosity and commitment to youths like me and our educational goals. I can never thank you enough! Warmest regards, Audrey Lindemann"

"Dear First Congregational ... I would like to thank you for your generosity in awarding me a scholarship. Without your support and dedication to our community, school and students like me, attending college would be a much harder task. I will be attending UW-Madison pursuing a degree in marketing in the fall. Your support will greatly help me achieve my dream and allow me to give back to this same community one day. Once again, thank you very much! Sincerely, Shelby Foster"

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
Click on the purple tab 'Join this Relay' and follow the next steps
OR
Call (1-877) 957-7848



SUNDAY BAKERS

Date	7:30 Service	10:00 Service
June 4	Diana Deaver	Mickey Jensen Brenda McNutt
June 11	Sally Kemp	Sue Anderson Louise Krus
June 18	Myrna Wright	Ursula Charaf Kami Kolb
June 25	UNITY SUNDAY, single service at 9 a.m. Linda Sanborn Nancy Diepenbrock	

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
Hot chocolate: \$7



JUNE Scripture Readers

	7:30	10:00
June 4	Pamme Williams	Patti Roberts
June 11	Linda Sanborn	Dennis Colling
June 18	Kay Scharpf	Arlene Turk
June 25	UNITY SUNDAY, single service 9 a.m. Barb Helmick	

Acolytes take a summer break
during June, July and August.



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



**JUNE 25th is
"UNITY SUNDAY"
Single service at
9:00 a.m.**

We should all live as though someone is writing a book about us.

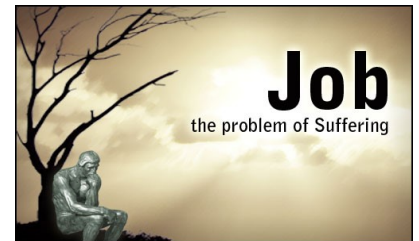


**GREETINGS FROM
SHARON R. BREIT
CHRISTIAN EDUCATION DIRECTOR**

It has been a great year spending time with our Faith Formation group and the Four-to-Fives. One of the lessons was "How to Talk to God". They then wrote their own version of the Lord's Prayer:

"Hey big guy, I would like to talk to you. I can't wait to talk to you someday, face to face. I've got a problem. Help please. I am grateful for everything you have given me. Help me feel less guilty about my mistakes. Take away my anger and help me forgive my enemies. I can't give up. Give me any kind of encouragement and remind me why I am doing this. Protect me from any anger with your shield of kindness. You are the light that leads my path forever. Peace out."

Lord Tennyson called the Book of Job the "greatest poem of ancient and modern times." Job lost everything and yet praised the Lord. That is, until his friends came to support him, but they were miserable comforters. Job was an exemplary man but he had a flaw ... he was righteous in his own eyes and he justified himself rather than God.



The Book of James (1:2) tells us "tests" have a purpose. As humans we do not respond well to tests ... loss and suffering. We question God ... we become angry with God. **Join me and read the "greatest poem of ancient and modern times"**. Call the office at 715-479-8501 to sign up. The first class will be Monday, June 5th at 1:00.



At the end of a school year, a kindergarten teacher was receiving gifts from her pupils. The florist's son handed her a gift. She shook it, held it overhead, and said, "I bet I know what it is: some flowers." "How did you know?" the boy asked. "Just a wild guess," she answered.

Next the teacher accepted a gift from the sweet-shop owner's daughter, held it overhead, shook it, and said, "I'll bet this is a box of candy." "How did you know?" the girl asked. "Oh, just a guess." The next gift was from the son of the liquor-store owner. The teacher held the package overhead, but it was leaking. She touched a drop with her finger and then touched it to her tongue. "Is it wine?" she asked with a smile. "No-o-o," the boy replied with some excitement. The teacher repeated the process. "Champagne?" she asked. "No-o-o," the boy replied with even greater excitement. The teacher took one more taste before declaring, "I give up. What is it?" With great glee the little boy shouted, "It's a puppy!"

567

Yes. Five hundred sixty seven pairs of shoes collected for our SOLES4SOULS drive held during the month of April. Considering our goal was 100 pair, I'm going to stick my neck out and declare our efforts highly successful!!! Don't you agree?

Celebrating Ten Years!
SOLES4SOULS
WEARING OUT POVERTY™

My church family continues to amaze me. If only ALL of you could have seen what we collected! Birkenstocks, Crocs, Sorels, Tevas, Hush Puppies, Bandolinos, Dr. Scholls, Nikes, New Balance, Reeboks, Naturalizers, Florsheims, Ann Taylor and Nine West, to name just a few. Cowboy boots, winter boots, work boots, rain boots, sandals, golf shoes, baby shoes, kids shoes, high heels, tennies, high tops, men's dress shoes, women's flats, slippers ... and yes, even shoe inserts! Every week when I bundled shoes together and placed them in boxes, I marveled. Awesome!!! Brand NEW shoes, gently worn shoes, used shoes kept in great shape, and yeah, even some moldy old shoes that have seen a better life ... but probably destined to be a blessing to someone who has NO shoes at all. They will all serve a purpose and find new homes.

Thank you to everyone who contributed. It takes a village ... and we are that, for sure!!!! 20 boxes of shoes were shipped to the Soles4Souls warehouse in Old Hickory, Tennessee and we can now rest on our laurels. (Thank you Fountain Blu, and Chuck and Sally Kemp and Diane Lausar for providing the GREAT boxes ... and to Tom Helmich for his behemoth efforts in getting them to the UPS store!)

So, everyone up for a drive NEXT year? Well, maybe. Some revamping of the program will definitely need to be done. It was a feat to negotiate free shipping, and my garage was busting at the seams housing boxes of old shoes. But a small price to pay for such a worthwhile endeavor, no? What do you think? Shall we press on? Let me know!!!!

It was a beautiful experience to feel the LOVE that went into all those donated shoes. Thank you again to everyone who participated. The whole shoe drive continually reminded me of how it's the little things in life that are important, and how we, as a church family, CAN make a difference. Y'all are the best!

Hugs, Nancy Diepenbrock

PARLOR BOOKS

Hard cover - \$2 Paperback - \$1

We 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



Happy Father's Day June 18th

Every father should remember that one day his children will follow his example instead of his advice.

God Creating the Father

When the good Lord was creating Fathers he started with a tall frame. And a female angel nearby said, "What kind of Father is that? If you're going to make children so close to the ground, why have you put Fathers so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending, or even kiss a child without a lot of stooping." And God smiled and said, "Yes, but if I make him child-size, who would children have to look up to?"

And when God made a Father's hands, they were large and sinewy. And the angel shook her head sadly and said, "Do you know what you're doing? Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on pony tails or even remove splinters caused by baseball bats," And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day ... yet small enough to cup a child's face in his hands."

And then God molded long, slim legs and broad shoulders. And the angel nearly had a heart attack. "Boy, this is the end of the week all right," she clucked. "Do you realize you just made a Father without a lap? How is he going to pull a child close to him without the kid falling between his legs?" And God smiled and said, "A Mother needs a lap. A Father needs strong shoulders to pull a sled, balance a boy on a bicycle, and hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do you honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?" And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to ride a horse to Banbury Cross, or scare off mice at the summer cabin, or display shoes that will be a challenge to fill."

God worked throughout the night, giving the Father a few words, but a firm authoritative voice; eyes that saw everything but remained calm and tolerant. Finally, almost as an afterthought, he added tears. Then he turned to the angel and said, "Now are you satisfied that he can love as much as a Mother?" The angel shuteth up.

— Erma Bombeck

NATH

(715-369-9777)

TOP MOST NEEDED ITEMS

Butter	black pepper	lemonade drink/Koolaid	coffee creamer	Clorox wipes	bleach
men's razors	women's razors	dishwasher soap	masking tape	Kleenex	laundry soap
plastic mattress covers (twin & full)		extension cords	30 gallon large heavy duty garbage bags		





MAKE LAUGHTER A HABIT. Laughter is about being present. When you laugh you enjoy the here and now. There are therapeutic benefits to laughter and for this reason it is one of the 12 Habits of Highly Healthy People. Research shows laughter offers us health benefits in four health dimensions: physical, intellectual, emotional and spiritual.

Physical health: Laughter is like “internal jogging.” It temporarily increases your heart rate and blood pressure, followed by muscle relaxation and a decrease in blood pressure. It may boost the immune system and promote healing. It burns calories —60 to 120 calories an hour over your resting metabolism.

Intellectual health. Laughter can create a positive affect which in turn may influence attention, institution, creativity and imagination. It has been found to enhance employee morale, resilience and belief in one’s abilities in the work place.

Emotional health. Laughter is a great positive coping skill. It can reduce stress by providing a positive way to look at a problem, solidifies friendships and makes people feel included.

Spiritual health. Laughter is a universal language and can be an interfaith experience, fostering connection and compassion

Here are some opportunities to explore related to laughter:

- Try laughter yoga — a fun combination of stretching, breathing and laughing exercise that can help you feel awakened, confident, creative, productive and ready to tackle anything.
- Build an inventory of funny jokes, cartoons and stories.
- Have a joke jar at home or in your office.

Of course, it’s important to distinguish between laughter that heals and laughter that hurts. Consider how you can bring more gratitude, acceptance, and laughter into your life and lives of those you touch.

HEALTHY AGING. *If you’re experiencing easy bruising, you might have questions about what’s causing the problem and what you can do about it. Find out what role aging plays in bruising and when to consult a doctor.*

Yet another bruise. What caused that dark, unsightly mark on your leg? You don’t recall bumping into anything. Lately, however, you seem to be bruising frequently. Is this a cause for concern? Easy bruising is common with age. Although most bruises are harmless and go away without treatment, easy bruising can sometimes be a sign of a more serious problem.

Most bruises form when small blood vessels (capillaries) near the skin’s surface are broken by the impact of a blow or injury — often on the arms or legs. When this happens, blood leaks out of the vessels and initially appears as a black-and-blue mark. Eventually your body reabsorbs the blood, and the mark disappears. Generally, harder blows cause larger bruises. However, if you bruise easily, a minor bump — one you might not even notice — can result in a substantial bruise.

Some people — especially women — are more prone to bruising than are others. As you get older, your skin also becomes thinner and loses some of the protective fatty layer that helps cushion your blood vessels from injury. Aspirin, anticoagulant medications and anti-platelet agents reduce your blood’s ability to clot. As a result, bleeding from capillary damage might take longer than usual to stop — which allows enough blood to leak out and cause a bruise. Certain dietary supplements, such as fish oil and ginkgo, also can increase your bruising risk due to a blood-thinning effect.

Topical and systemic corticosteroids — which can be used to treat various conditions, including allergies, asthma and eczema — cause your skin to thin, making it easier to bruise. If you experience increased bruising, don’t stop taking your medications. Consult your doctor about your concerns. Also, make sure your doctor is aware of any supplements you’re taking — especially if you’re taking them while on a blood-thinning drug. Your doctor might recommend avoiding certain over-the-counter medications or supplements.

Easy bruising sometimes indicates a serious underlying condition, such as a blood-clotting problem or a blood disease. Consult your doctor if you:

(continued)

- Have frequent, large bruises, especially if your bruises appear on your trunk, back or face, or seem to develop for unknown reasons.
- Have easy bruising and a history of significant bleeding, such as during a surgical procedure.
- Suddenly begin bruising, especially if you recently started a new medication.
- Have a family history of easy bruising or bleeding.

These signs and symptoms can indicate low levels of or abnormally functioning platelets — components of blood that help it clot after an injury — or problems with proteins that help the blood clot. To diagnose the cause of your bruising, your doctor might check your blood platelet levels or do tests.

Once a bruise has formed, not much can be done to treat it. Most bruises eventually disappear as your body reabsorbs the blood — altho healing might take longer as you age. It might help to elevate the area and apply ice. If the sight of a bruise bothers you, cover it with clothing or makeup. You might not be able to eliminate easy bruising. However, taking simple steps to protect your skin and avoid injury can help you try to stay bruise-free.

— *Mayo Clinic Healthy Lifestyle*

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.

NO June openings

May sponsors....

May 7th: Brenda McNutt, in loving memory of her dad Earl Benschoter

May 14th: Ursula and William Charaf in honor of their 55th anniversary

The Preisler Family, in honor of Mom/Grandma Marilyn on Mother's day

May 21st: Marlyn and Bernie Hupperts, in loving memory of their mothers

May 28th: Kay Stroud, in memory of Hal Kaitchuck and Fred Stroud

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

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

Pastor Parish Relations Committee -

Donna DePape, 715-617-1710

IT Director -

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

Christian Education Director -

Sharon Breit, 715-477-2163 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!*

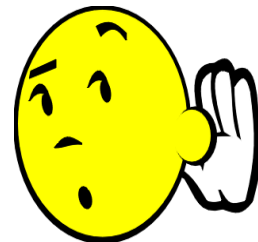


On-going collections for:

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.



**NO RUMMAGE
SALE THIS YEAR**

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

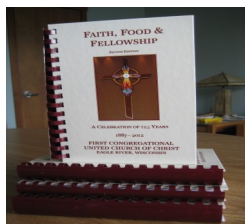
11:30 - 1 P.M.



Our church cookbooks
are always available...

\$6.00

No tax! No limit!

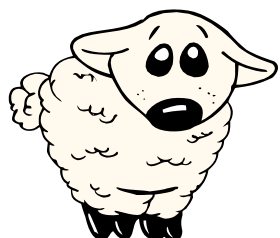


Nicolet Fitness Classes Fellowship Hall
Easy Pace Aerobics (Mondays & Wednesdays) 9 - 10 a.m.

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



Thursday, June 22nd, 6:30 p.m.

at the home of Linda Brainard

RSVP: 715-479-5043

Email: lsbpiano@msn.com



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



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!

Additional scholarship recipients

"Dear Scholarship Committee, I am so thankful that you have given me the Bird's Nest Scholarship to help with my studies at Nicolet College! It has truly been an honor that you have chosen me as your scholarship recipient. I would also like to thank you for the opportunity to meet the congregation. I have enjoyed applying for these scholarships and getting to meet the wonderful people who fund them? Thank you! Sincerely, Leah J. Suri"

"Dear First Congregational I am writing with the most sincere thank you for rewarding me with the Bird's Nest Scholarship. Upon hearing my name called up for it, I was honestly in shock and could not stop smiling the entire way up the aisle to the scholarship presenter. This scholarship of a grand total 8,000 dollars has honestly meant so much to me and my family, due to the fact I will be paying my way through college on my own. In the fall semester of 2017, I will be attending UW-Eau Claire in a major of Business Marketing and Communications. I plan to settle back down in the northwoods once my career is underway, and to give back to this community, and generations to come, such as you have for me. By honoring me with this money, I will now be able to achieve those dreams, and create a better education for someone else someday. I'm looking forward to coming to the service on May 21st, to be recognized for this great reward. I will continue working as a painter for Snow Bird painting, and a waiter at Spang's Italian restaurant to fund my education in the years to come. Thank you to Ms. Williams for presenting me with this honor, God bless and peace to you all at the United Church of Christ! Sincerely, Jonathan Tomasoski"

Compassionate Communication: Living Life with Clarity and Connection with our Community

The Wisconsin Conference of the UCC is hosting an event focusing on building community through "Nonviolent-Compassionate Communication" on Friday and Saturday, Aug. 11 and 12, at the UCC Trost Center in De Forest, WI. While the conference website lists it as a Lay Academy Summer Event, you do not have to be enrolled in Lay Academy to attend. The event is open to all.

Friday evening (7 to 9 p.m.) will feature an opportunity to participate in a One World, One Sound Drum Circle facilitated by Elmore Lawson. No drumming or musical experience necessary.

Saturday's program (9 a.m. to 3 p.m.) is *Compassionate Communication: Living Life with Clarity and Connection within our Community*. During this day-long workshop led by CaSandra May participants will look at perspectives of what empathy and compassion are, learn and practice communication and insight strategies including, Mindfulness, Nonviolent Communication, and the BePeace Connection Practice.

In the last part of the day, the discussion will focus on how these skills might be used practically in interactions within our own home, congregation, and larger community. CaSandra May is a holistic psychotherapist and group facilitator working out of her private practice, Sacred Circles Sanctuary, located in Baraboo.

Cost: \$40 for the full event; \$30 for Saturday only; \$10 Friday evening only. Register online at: www.wcucc.org/programs-education/lay-academy/lay-academy-alumni-event/

Need a hotel room? Call the Holiday Inn Express directly at 608-846-8686 and request a room at the special rate of \$69/night. Tell them you are reserving with the Wisconsin Conference UCC room block for August 11. The special rate and block of rooms is only available through July 20th.

Questions: Contact Barbara Helmick, 920-412-4782

