

The Church Mouse – March 2018

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

Email for Nan & the Church Office: office@eagleriverucc.org

Email for Sharon Breit: youthministry@eagleriverucc.org

Email for Lake Edwards, Tech Director: infotech@eagleriverucc.org

Home Page: www.eagleriverucc.org



Beloved,

When I was a little child, I remember asking my parents what “Lent” meant. I had seen the word placed on a sign outside our Catholic church just above the words “Fish Fry.” They gave me an adequate explanation, suitable for my age, but I never figured out what the connection was to “Fish Fry,” especially when they talked about fasting. Most of my friends were Protestants and their churches seldom observed Lent. But that has changed and so I ask myself, “What draws Christians from different backgrounds into Lent?”

I think this might be an appropriate time to evaluate the deeper meaning of Lent. I personally think we embrace Lent because we intuitively realize that these rhythms of spiritual life are part of giving our lives in worship. Many of us think of Lent as a period where we give something up for God in order to honor Jesus’ crucifixion. When we talk about “giving something up for Lent,” let’s be honest: we usually mean “I’m going to throw God a bone.” But the time between Ash Wednesday and Easter Sunday is meant to be a time where we take ourselves out of time and out of the business of our world to spend time dying to ourselves. It’s not just our way of giving Jesus Christ a pat on the back, but it’s first about re-centering our will to his ... and living that out in the world.

The word “lent” comes from the old English word for spring and was meant to mirror the Jewish Passover. Lent consists of 40 days. The 40-day period also mirrors the 40 days Moses spent on Mt. Sinai and the 40 days Jesus spent in the wilderness. The Church recognized the need for shadowing these times as they appeared in Scripture in order to remember the divine narrative leading up to the Cross. Every fast and feast in the Church for the past 2,000 odd years has been given to the whole body to remind us that Christ’s actions affect us, even now. They are spiritual seasons, reminding us that our sins are forgiven, death is abolished and Christ is risen, even now. They’re for our encouragement, so that when we stand in worship on Easter Sunday, we can confidently endorse the words of Gregory the Theologian, who said “Yesterday I was crucified with Him; today I am glorified with Him.”

It’s also important to remember in times of fasting, such as Lent, that we’re not just “giving something up,” but we’re “giving something over” and the less we take, the more we can give. Christians always saw this time as one for alms-giving, the practice of giving to the poor and needy. So, when we think of Lent, we think of service and pouring out into the streets so that the world can know the riches of the love of God. As we do all these things, the love of God becomes clearer in our hearts.

Lent is the spring of hope for all who believe that the tomb is empty and the oppression of sin and death is released. It is the spring of hope for those mourning and grieving. This time of fasting is a releasing to God, but also a proclamation of freedom through Christ. More than that, it’s also sharing that hope to others through giving our own lives away, just as Christ did for us.

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)

Greetings from your Church Council President!

Your new Church Council met as a group for the first time in February, and I'm happy to say I think we're off to a great start! Each of the council members brings unique background, perspective, communications style, skills, ideas and more to this leadership group. And each has the best interests of the church top of mind. It's going to be a great year!

Now for some church-related news:

- * You may have noticed that the church organ has been unusually silent during Sunday services lately. That's because it's not working. We're not sure what's wrong with it or whether it can be fixed, but we're checking into it and hopefully will know more at our March Council meeting.
- * The two church boilers are about 18 years old. We've been having problems with one of them and, given the age of both, anticipate the problems will continue and spread to the second boiler. The heat exchangers are disintegrating. Bruce Kaitchuck from the Management Team recommended that we replace both boilers and the Council agreed. Cost is estimated at \$15,600.
- * We're taking another look at our absentee voting policy. A policy allowing people to vote by email and/or by mailing their vote to the church, was instituted prior to our annual meeting in January. Following the January vote, we realized the system can be improved upon. Stay tuned!
- * Nancy Diepenbrock is once again initiating a Soles4Souls shoe collection. (Check out her article else where in the Mouse.) This was an extremely popular collection last year and I'm excited that Nancy is once again enthusiastically taking the lead on this project!

How about you? Do you have an idea for something you'd like to see happen at First UCC? Please let us know. Our new church governance structure is designed to make it easier for you to get involved and focus on the things that most matter to you — in fact it depends on you and others in the church to do so.

It's an exciting time for our church and as we move forward, I encourage you to share your thoughts, ideas and visions for First UCC with any of the Council members: Kathy Holperin, Joy Turpin, Nancy Diepenbrock, Mark Johannsen, Sally Kemp or Carlton Schroeder. I also look forward to hearing from you.

Barbara Helmick, Church Council President

**MARCH 25: PALM SUNDAY &
“UNITY SUNDAY”
SINGLE SERVICE AT 9 A.M. followed
by POTLUCK brunch
*Please sign up!***



MARCH CHOIR SCHEDULE
Rehearse at 8:30 a.m.
to sing at the 10:00 service
March 4th & 18th



**Please join us for a Four Week Bible Study —
The Challenge of Paul**

Paul is one of Christianity's most impactful, yet most debated and misunderstood figures. In "The challenge of Paul," John Dominic Crossan gives us the benefit of his lifelong search for the Paul of history to create a new understanding that sheds new light on Paul and why he is more relevant than ever today.

During these four weeks we will search for the historical Paul, decide whether Paul is an appealing or appalling apostle, learn how to read a Pauline letter, better understand the Romanization of a radical, and determine the difference between Jewish covenant and the Roman empire.

For those of you who joined us as we studied Crossan's "The Challenge of Jesus," the format will be very similar ... along with an informative DVD, we will have time for discussion and to ask questions that will help us draw our own meaning from Dr. Crossan's presentations. **But you don't need to have been in that study group to join this one!**

We will meet on **Wednesday afternoons at 1:00 p.m.** on the following dates:

March 7th
March 14th
March 21st
March 28th

Please call the church office to register (715)479-8501 or sign up in the office. If there are those who would prefer an evening time, please let me know and we will try to schedule a second class.

I hope you will join us on this exciting adventure!
Blessings, Pastor Mary Anne



PALM SUNDAY/UNITY SUNDAY: March 25th
Single service at 9 a.m. followed by POTLUCK BRUNCH

Maundy Thursday, March 29th: 7 p.m. service

Good Friday, March 30th: 12:15 Ecumenical service HERE

Easter Sunday: Single service at 9 a.m.

HAPPY BIRTHDAY

- March 7 Ned Loar
- March 9 Dawn Parker
- March 10 Jerry Stadler
- March 13 Logan Liddle
- March 14 Patti Ksionsk
Phyllis Zoppetti
- March 15 Gwen Scharf
- March 17 Meg George
- March 20 Becky Deditz
Bob Mather
Linda Jorgensen
- March 21 Noah Miller
- March 22 Cindy Schattner
- March 24 Larry Wright
- March 25 Arlene Turk
- March 28 Marcia Rondello
- March 29 Bill Brown
- March 31 Ann Hewitt
Elaine Storzer
- April 2 Tom Ksionsk
- April 3 Marilyn Dunphy
- April 5 David Holperin
Gene Yahr
- April 7 Jeff Collins
Kathryn Reed
- April 8 Connie Hill
- April 9 Matthew Kaitchuck
- April 10 Abby Thompson



“How will you change on your journey through Lent?”

You are invited to write your intention for Lent and place it in the vessel located beneath the cross in the center niche of the sanctuary.

To Our Church Family,

When you are worried,
Give your troubles to God;
He will be up all night anyway.



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 during the worship services.

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



Do you or someone in your family have a March/early April 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



Mindfulness Starts Here



Eagle River Mindfulness Group meets the 1st and 3rd Wednesdays, at 5:30-6:30 p.m. in the parlor .
For more information, contact Chris Meier, 715-891-2075
chrismeier050@gmamil.com

Women' Fellowship met on February 13, 2018, with eight women present. Linda Sanborn, coordinator, opened the meeting with the Mission Statement and a valentine devotion. Treasurer's report was given by Marlys Lee. Motion and discussion regarding the following annual expenses: \$600 for camp scholarships, bags for Tri-County Abuse Center, postage for Easter cards and new batting for lap robes. Motion seconded and approved by all. Cranberry Fest Luncheon was discussed; Council would like to have it continue and if someone would step up and take charge it would no longer be Women's Fellowship responsibility. Spring luncheon, program ideas, menu were all discussed; final decision will be made at the next meeting, **Tuesday, March 13th.**



Women's Fellowship is asking for donations to fill 24 TOILETRY BAGS for Lily's House/Tri-County Domestic Abuse Center in Rhinelander. Suggested items are as follows:

- Nail clippers, nail files
- Combs
- Purse size Kleenex packages
- Small note pads/cards
- Razors and blades
- Lip gloss
- Pens and pencils
- Socks
- Feminine hygiene products
- Deodorant

NOT NEEDED: shampoo, conditioner, lotion, soap -- we have a large supply of all!
Donations can be dropped off in the church office at any time.



**DAYLIGHT SAVINGS TIME
 STARTS MARCH 11TH.**

***Set your clocks AHEAD one hour
 before going to bed Saturday
 night.***

UCC Reading Group – Thursday, March 15th, 7 p.m.

BORN A CRIME by Trevor Noah (host of The Daily Show)

Trevor Noah's unlikely path from apartheid South Africa to the desk of the Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle.

BORN A CRIME is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother — his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

Journey to Generosity "The Way of Jesus" Matthew 9:35-10:23
 We have received **84** pledges totaling
\$158,948 toward our 2018 goal of **\$165,000**
It's never too late to pledge!

NATH — most needed items!

Men's & women's razors
Men's & women's deodorant
Ice melt
Aluminum foil
Plastic wrap
Stamps
Kitchen towels
Washcloths
Dishcloths
Q Tips
Lysol toilet bowl cleaner
Pot holders
Coffee creamer
Hamburger



Gently used & new items are appreciated!

Gathering of the FLOCK

**THURSDAY, MARCH 22nd
6:30 p.m.**

UCC "paint room" at church

**RSVP to Meg George, Hostess
715-477-1083**

george71@frontier.com

Join us for an evening of friendship, fun —
"show and tell" with your latest
projects, new ideas, whatever
you have to offer.



Bring a friend!



PARLOR BOOKS

Hard cover - \$2 Paperback - \$1

We have children's books! Hard cover: \$1 Paperback: 50 cents

Clean out your book shelves and bring them in to fill our shelves!



RING RING RING

A Hope Phone Update. The Hope Phone box in the parlor was recently emptied of 14 used cell phones, which have now gone to a new home with Tri County Council on Domestic Violence. This brings our total phones collected since the inception of the collection to (drum roll) 240 phones!!! Do you believe it? Isn't that amazing??? We might be little, but we CAN make a difference! Phone donations are divided between Tri County who uses them for 911 use only, and the Hope Phone organization, where the phones are refurbished and sent to under-privileged countries for communication between healthcare workers. So keep them coming! Both organizations remain grateful for our contributions.

AND Let's not forget the Starkey Hearing Foundation collection!



HELLO HELLO

The Hearing Aid Box (located in the parlor right next to the Hope Phone Box) was also emptied. One, LIKE NEW hearing aid and charger! That brings the total to 7 hearing aids in the one year we've been collecting. The hearing aids are refurbished (free of charge) by Starkey and volunteer teams distribute them to children and adults in over 100 countries. Unused hearing aid batteries are also welcome.

So, UCC, keep up the good work! Don't let your old phones or hearing aids go to the trash!!! They can have another life somewhere, for someone in need!

*You can never do a kindness too soon because you do not know when it
will be too late.*



Scholarship applications are available NOW on the church web site
www.eagleriverucc.org

General Scholarship: open to graduating seniors of the Class of 2018 from the Phelps, Three Lakes and Northland Pines School Districts.

Jinny Paterson Environmental Scholarship: open to graduating seniors of the Class of 2018 from the Phelps, Three Lakes and Northland Pines School Districts who are planning a career related to environment.

Roger Rieckman Scholarship: open to graduating seniors from the Class of 2018 from the Northland Pines School District who are planning a career in engineering, mathematics or science.

Bird's Nest Scholarship: open to all students from the Northland Pines, Phelps and Three Lakes schools who will be enrolled in a college, vocational school, or another institution of higher education in the fall of 2018. Home schooled students also qualify.

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

Zipperer Scholarship: open to **members** of First Congregational United Church of Christ, Eagle River, who will be enrolled in a college/vocational school or any other institution of higher education in the fall of 2018.

DEADLINE FOR ALL APPLICATIONS: Friday, March 23, 2018

Mail applications to: First Congregational UCC
PO Box 1385
Eagle River, WI 54521

Email: office@eagleriverucc.org

From former scholarship recipients:

"Dear First Congregational Church, thank you for the incredibly generous scholarship this semester. This money will help toward my tuition as I continue to pursue my graduate course work here at the Graduate School of Education at the University of Pennsylvania. Your support in my continued higher education has meant so much to me and to others. Thank you for this generous Jane Zipperer Scholarship support. Kind regards," *Laura Bradley (formerly Pevytoe)*

"Dear First Congregational Church. I would like to thank you for everything you have done for me and for offering me a sense of community even when I'm gone. Through the Jane Zipperer Trust Scholarship I am able to attend classes at UWL. Without your support and love this wouldn't be possible. Thank you!" *Molly Korinek*

"I'm so thankful every day for the scholarship that the church gave me. I seriously don't think there's one day when I don't think about how incredible it is that they do that scholarship." *Cali Sanborn, 2015 Kranz Schol.*



May you enjoy the four greatest blessings:

***Honest work to occupy you,
A hearty appetite to sustain you,
A good partner to love you,
And a wink from the God above.***

SUNDAY BAKERS

Date	7:30 Service	10:00 Service
March 4	Barb Mattes	Brenda McNutt Trish Moore
March 11	Helena Radloff	Louise Krus Marlyn Hupperts
March 18	Shirley Thompson	Ursula Charaf Meg George
March 25	“UNITY SUNDAY” single service at 9 a.m. followed by POTLUCK in Fellowship Hall	



Please plan to attend!

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



March Scripture Readers

	7:30	10:00
March 4	Joy Turpin	Kate Remme
March 11	Sandy Kaitchuck	Donna DePape
March 18	Chuck Kemp	Donna DePape
March 25	“UNITY SUNDAY” single service 9 a.m.	

Doug Malinsky

Acolytes (10:00 service)

March 4	Drew Schulta
March 11	Royce Remme
March 18	Daniel Brunstad
March 25	“Unity Sunday” 9 a.m. service

Rose Tyler

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

MARCH

A huge THANK YOU to everyone who donated to “Souper Bowl of Caring.” The youth donated 135 food items and \$322.50 to the Vilas Food Pantry.

Thank you also to the confirmands that served the Ash Wednesday soup supper and the parents who provided a dessert.

The Confirmands are off until Wednesday, April 4th and will be working on their individual service projects during their off time.

Registration for Moon Beach Camp is fast approaching!

Thought for the day: Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

— Mother Teresa

Sharon R. Breit, Director of Christian Education

If your day is hemmed with prayer, it is less likely to unravel.



WE'RE AT IT AGAIN!!!!!!

Time for another year of a Soles4Souls collection. Honestly, our drive was such a success last year, that I couldn't resist "going for it" one more time.

Our kick off shoe collection will start on Sunday, April 8th and continue through the month, ending on May 6th. So please, start checking your closet and "cleaning house!" Same as last year, a collection box will be in the hallway for you to deposit your soles. Remember, ALL shoes/boots are welcome, from size 20 to size 0 ... kids, adults, boots, high heels, tennies, whatever! Soles4Souls can use them all.

A quick footnote: If you can find it in your heart, please cruise places like Shopko, Walmart, thrift stores, and search for new or like-new shoes that are deeply discounted and buy them (without regard for size or color). You can't believe how many I've already collected for just a few dollars! (Or pay full price if you want to ... sure don't want to discourage THAT!!!) All shoes will be sorted and graded at the Soles warehouse in Tennessee and then sent to vendors to create microenterprises in third world countries. This is a powerful and sustainable way for people who are without a traditional job or training to lift themselves and their families out of poverty.

Of note, this year I'm also asking for cash contributions to help defray the cost of shipping. Last year I was able to wangle a free shipping deal from Zappos, but that is not possible this year. So I'm asking for "A Buck A Pair" donation and will have a cash bucket next to the collection bin. It is only a donation *request* though, so please don't feel obligated or let it keep you from giving shoes! If you choose not to donate the cash, that's fine. I have found a "partnership" group that will help with a percentage of the shipping, so one way or another, we'll git 'er done!

You'll be hearing more about the shoe drive in the coming weeks, but I wanted to get the news in front of you as soon as possible so you can start your collecting. The simple truth is that almost anyone with a closet has shoes that they don't wear or that will end up in a landfill. Please donate them and know you are taking a step to making the world a better place for all of us!

Questions? Suggestions? Contact me any time!!!

Best,
Nancy Diepenbrock

P.S. It would be a HUGE help if you would rubber band, tape, or tie your pairs of shoes together. Amazing how shoes end up without a partner! Big rubber bands will be available for the taking near the donation box.

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Discovery

Today I smiled, and all at once -- things didn't look so bad.
Today I shared with someone else, a bit of hope I had.

Today I sang a little song, and felt my heart grow light,
And walked a happy little mile with not a cloud in sight.

Today I worked with what I had, nor longed for any more,
And what had seemed like only weeds were flowers at my door.

Today I loved a little more, complained a little less,
And in the giving of myself, forgot my weariness.



Caritas Outreach Pantry
120 N. Silver Lake Road, Eagle River
Open every Wednesday from 11 a.m. - 2 p.m.

Immediate Needs

Laundry detergent	Diapers and wipes (all sizes)	Household cleaners/disinfectants
Dishwashing liquid	Sponges, cleaning brushes	Tissues Hand Sanitizer

In Need at ALL Times

Crackers, all kinds	Peanut butter, creamy/chunky	Jams and jellies
Canned vegetables, stews, meats, fish, baked beans, Spam, tuna, etc.		
Pasta and sauces	Breakfast cereals	Soups Ramen noodles
Condiments (salt, pepper, catsup, mustard, etc.)		Cookies or candies
Snack foods	Fruit juices, bottled/canned	Bread Coffee, tea
Pet food (dry - cats or dogs)	Paper towels	

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.

March OPEN dates: 4, 18, 25

February sponsors:

Feb. 4: Linda Cole, Bob Cole and Uncle Tom in honor of Leta's 13th birthday on Feb. 3rd

Feb. 11: Sharon Breit, in loving memory of her mother Phyllis McFaul

Feb. 18: Marilyn Preisler

First Congregational UCC Contact People - 2018

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

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

Clerk - Marilyn Preisler, 715-479-4331

Director of Christian Education: Sharon Breit, 715-477-2163 youth_ministry@eagleriverucc.org

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

CHURCH COUNCIL

President: Barbara Helmick 715-337-0133

Vice President: Kathy Holperin 715-617-2424

Carlton Schroeder: 715-272-1837

Mark Johannsen: 920-475-7576

Sally Kemp: 715-479-3116

Nancy Diepenbrock: 715-479-2498

Joy Turpin: 715-479-6560

Pastor Parish Relations Committee - Donna DePape, 715-617-1710

Women's Fellowship - Linda Sanborn, 715-479-8091

Sanctuary Arts Group (SAG) - Mickey Jensen, 715-479-7504

Performing Arts Music - Bernie Hupperts, 715-479-9468

Director of Music - Lori Hunter, 715-493-8078

Organists/pianists - Linda Brainard, 715-479-5043; Lori Hunter, 715-493-8078, Norma Yaeger, 715-477-1984



Is multigrain the same thing as whole grain? Which is the healthier choice?

“Multigrain” and “whole grain” are not interchangeable terms. Whole grain means that all parts of the grain kernel — the bran, germ and endosperm — are used. In contrast, multigrain means that a food contains more than one type of grain, although none of them may necessarily be whole grains. The same goes for other variations, such as the term “seven grain.” Whole-grain foods are a healthy choice because they contain nutrients, fiber and other healthy plant compounds found naturally in the grain. Look for products that list the first ingredient as “whole wheat,” “whole oats” or a similar whole grain.

While “whole grains” may signify one of many types of healthy grains, “whole wheat” labels the specific grain used. Either term may identify a food that’s a good source of fiber, several B vitamins and minerals. Healthy adults should eat at least three 1-ounce (28 gram) equivalents of whole grains a day as part of a balanced diet.

Can eating more whole-grain foods help lower my blood pressure?

It might. Eating more whole-grain foods on a regular basis may help reduce your chance of developing high blood pressure (hypertension).

Whole grain foods are a rich source of healthy nutrients, including fiber, potassium, magnesium, folate, iron and selenium. Eating more whole-grain foods offers many health benefits that can work together to help reduce your risk of high blood pressure by:

- * Aiding in weight control, since whole-grain foods can make you feel full longer
- * Increasing your intake of potassium, which is linked to lower blood pressure
- * Decreasing your risk of insulin resistance
- * Reducing damage to your blood vessels

If you already have high blood pressure, eating more whole-grain foods might help lower your blood pressure and possibly reduce your need for blood pressure medication. The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet both suggest including whole grains as part of a healthy diet. According to the Dietary Guidelines for Americans, as part of an overall healthy diet, adults should eat at least 85 grams of whole-grain foods a day — that’s about 3 ounces, or the equivalent of three slices of whole-wheat bread.

Which spread is better for my heart — butter or margarine?

Margarine usually tops butter when it comes to heart health. It is made from vegetable oils, so it contains unsaturated “good” fats — polyunsaturated and monounsaturated fats. These types of fats help reduce low-density lipoprotein (LDL), or “bad,” cholesterol when substituted for saturated fat.

Butter, on the other hand, is made from animal fat, so it contains more saturated fat.

But, not all margarines are created equal — some contain trans fat. In general, the more solid the margarine, the more trans fat it contains. So stick margarines usually have more trans fat than tub margarines do.

Trans fat, like saturate fat, increases blood cholesterol levels and the risk of heart disease. In addition, trans fat lowers high-density lipoprotein (HDL), or “good,” cholesterol levels. So skip the stick and opt for soft or liquid margarine instead.

Look for a spread that doesn’t have trans fats and has the least amount of saturated fat. When comparing spreads, be sure to read the Nutrition Facts panel and check the grams of saturated fat and trans fat. Limit the amount you use to limit the calories.

If you have high cholesterol, check with your doctor about using spreads that are fortified with plant stanols and sterols, such as Benecol and Promise Activ, which may help reduce cholesterol levels.

— Mayo Clinic Healthy Lifestyle

HOW MUCH DOES A PRAYER WEIGH?

There is a story about a grocery clerk who tried to weigh one. A tired-looking woman came into the store and asked for enough food to make a dinner for her children. The grocer asked her how much she could spend. The frail woman answered, “I have nothing to offer but a little prayer.”

The storekeeper was not very sentimental nor religious, so he said, half mockingly, “Write it on paper, and I’ll weigh it.” So she did. The grocer placed the prayer on the weight side of his old-fashioned scales. Then he began piling food on the other side; but to his amazement, the scale would not go down. He finally became flustered and gave the woman a large bag of food. The grocer never saw the woman again, but he treasures the slip of paper upon which the woman’s prayer had been written: *“Please, Lord, give us this day our daily bread.”*

BOOKS For EVERYONE!



Take a walk down to Fellowship Hall and you'll see three full book shelves on the left as you enter. These books were once in the parlor and were pulled as non-sellers after a time, taken downstairs to spend forever in what was once the "rummage sale room."

With so many groups using Fellowship Hall, sharing the books seems like a good idea., leading to this: "You are encouraged to take a book -- or many -- and leave a donation ----"
(Donations help support our Local Missions Fund)



"Rock-a-bye Retreat"

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

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



11:30 - 1 P.M.

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!*




Nicolet Fitness Classes Fellowship Hall
Easy Pace Aerobics (Mondays & Wednesdays) 9 - 10 a.m.
 New class begins Monday, March 5th
Qigong (chee gung) Mondays & Wednesdays 10:15 - 11:15 a.m.
 New class begins Monday, March 5th
To register: 715-365-4493 or 1-800-544-3039 ext. 4493
nicoletcollege.edu

Order a yellow mum plant to beautify the sanctuary on Easter Sunday, April 1st. Fill out an order form and place it in the offering plate or leave it in the church office BEFORE March 15th.



Name _____ **Phone** _____

I would like to order ___ mum plant(s) at \$15 each. Total due _____

In honor of _____

In memory of _____

Orders (with payment) are due Thursday, March 15th.



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

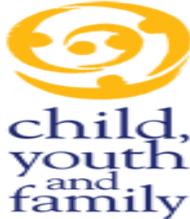
Nan's office hours:

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:

Wednesday: 1:30 - 5:30 p.m.

Thursday: 10 - 2 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

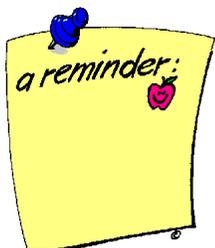
Phone: during church office hours, our secretary will have the information. When the church is closed a message will be on the answering machine.

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!

Service - Learning Trip to the Pine Ridge Reservation in South Dakota: Won't you join us?!

We have an opportunity to send six volunteers to learn and work with the Oglala Lakota people on the Pine Ridge Reservation in South Dakota from June 30 - July 6th, 2018.

The counties that make up Pine Ridge Reservation are the poorest of our nation's 3,141 counties. The poverty on Pine Ridge can be described in no other terms than "third world." It is common to find homes terribly overcrowded, as those with homes take in anyone in need of a roof over their head. Many homes are without electricity, running water, or sewer. Here are some deeply troubling statistics about those living at Pine Ridge:

- * Unemployment rate of 80-90%
- * Per capita income of \$4,000
- * 8 times the US rate of diabetes
- * 5 times the US rate of cervical cancer
- * Twice the US rate of heart disease
- * 8 times the US rate of tuberculosis
- * Alcoholism rate estimated as high as 80%

Our volunteers will have an opportunity to work across Pine Ridge, **but just as importantly**, they will have a chance to be immersed in Lakota culture as well, as we study their history, culture and spirituality. Each morning and evening we will meet with the elders to learn about the basic tenets of their beliefs. Growing in our understanding of their lives and culture is every bit as important as the physical labor that will be provided (building bunk beds, outhouses, trailer skirting, ramps and entry steps, structural repairs, and hauling/splitting/delivering firewood.)

Thanks to the **generosity** of our Board of Missions, our Women's Fellowship and the Northwest Association of the Wisconsin Conference, substantial scholarships are available to our volunteers. Please speak with Pastor Mary Anne if you are interested in being a part of this exciting and enriching trip. You will be blessed to be a blessing!



You are all cordially invited to attend the 2018 Relay for Life of the Northwoods
Kick-Off Rally

Tuesday, March 20 (First Day of Spring) 5:30 p.m.
Eagle Waters Resort Restaurant
3958 Eagle Waters Road, Eagle River

- ◆ Show your support for our very own TEAM UCC
Teams and individuals will be recognized for their 2017 fundraising efforts
- ◆ Enjoy tasty complimentary hors d'oeuvres and fellowship
Oh so good!
- ◆ Meet this year's Honoraries
Honorary Cancer Survivor & Honorary Cancer Caregiver
- ◆ Get the scoop on this year's Relay for Life Event
Scheduled for Friday, June 22 at the Northland Pine's HS Track
- ◆ Find out what Relay's all about — It's a GREAT NIGHT OUT!

Above All Else Join us as we go
Fishing for a Cure!

May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.
— Old Irish Blessing