

The Church Mouse - August 2019

First Congregational United Church of Christ 715-479-8501

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Or maybe more fitting: ‘**Notes From a Newbie!**’

The wonderful search committee from our church was a bit dismayed that my interview was in muddy, snowy March. I was assured that “Eagle River is like *heaven* in the summer season!” Amen to that!

I still also look forward to autumn leaves and smells, winter snowshoeing, creating snow sculptures, flickering fireplaces, green spring bursting forth after a long winter and so much more!

My most important goal for this summer is to become better acquainted with individuals and families (of all shapes and sizes) in our church, to be gifted with *your* stories, and to hear *your* memories and visions for 1st Congregational UCC. If you would like a visit, I’m open to invitations! Also, feel very welcome to ‘pop’ in to my church office to chat! My office hours are 9-NOON, Mon. – Thurs or upon request.

Here’s to: pines, deer, bears, squirrels, chipmunks, rabbits, birds and all of God’s creation – including *YOU!*

Pastor Jane



ANNUAL MEETING SET FOR SEPTEMBER 29TH

Please make plans to attend First Congregational UCC's annual meeting/budget meeting on Sunday, September 29th.

We'll be electing three new members to the Church Council, reviewing and approving a proposed budget for 2020, and hearing highlights from the last year in the life of our congregation.

It's also a wonderful time to gather together as a congregation and share food and fellowship. So, let's gather together at 9 a.m. for our Unity Sunday service. We'll follow with a potluck brunch in Fellowship Hall and then our meeting. Watch for more details in next month's Mouse.

Barbara Helmick
Church Council President

“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)



At
MOON BEACH CAMP
for
CAMP AWESUM
August 11 - 17th
(Sunday - Saturday)

Contact Phoebe Spier, Managing Director
phoebe@ucci.org 715-479-8255

AUGUST CHOIR SCHEDULE

Rehearse at 8:30 a.m.
August 4th and 18th
to sing at the 10:00 worship service.



COME JOIN THE CHOIR! There are many good reasons why you should want to join the choir. Here are five suggested reasons;

C haracter. Choir helps build character. People who sing in the choir give up one hour of sleep on Sunday mornings twice a month to rehearse at 8:30 a.m. prior to the 10:00 service. These people have real character! (Some members in the choir are real characters!)

H ealthy. Choir makes you healthy. How often do you exercise your lungs? Your lungs are important to living! If you really want to enjoy living and be healthier, come and sing with us.

O therwise. Otherwise it won't be as much fun if you're not here. Otherwise you'll miss many opportunities to offer God your expressions of praise and adoration.

I nteresting. You'll sing interesting music. You'll hear interesting comments about your singing. You'll meet some interesting characters (see letter "C"). Your interest in worship will increase and grow as you prepare to participate in Sunday's worship.

R elaxation. After a stressful week of decision-making --- should I buy this, sell that, watch this, cook that --- it will be so relaxing to have someone say to you, "Sing this!"



First Congregational United Church of Christ will enjoy worship with inspiring bulletin covers beginning in September! Designed especially for UCC congregations, these high-quality bulletin covers include a special UCC mission story or contemporary article related to the scripture readings for each Sunday! This will help connect us to our United Church of Christ wider family!

The bulletins cost \$6.17 per week. You are invited to sponsor our bulletins for a month at a cost of \$24.68 or \$30.85 (depending on the number of weeks in a month). The first two months are already sponsored!!

There is a sign-up sheet in the church office and also in the back of the sanctuary. Thank you for your support!

Thank you!

Dear Congregants,

Thank you so much for your very generous donation of baked goods to Caritas of Eagle River's Bake Sale. (July 6th) The sale was a huge success!

We fulfilled our budget goal for the project! Yay! Thanks so much for your contributions to this effort!

Thank you, again, for your incredible generosity. The proceeds from your donation will benefit many children and adults in our area.

Sincerely,

Janon Furlong

Co-Director, Caritas of Eagle River



Dear First Congregational UCC Eagle River,

Thank you for your generous gift of donated materials; towels, wash cloths, twin sheet sets and blankets that benefit many households on Pine Ridge Reservation. Over 500 families benefit from your gifts yearly. During the month of May, Re-Member supported 154 families and 371 individuals in 10 communities with material gifts. You are making a difference today!



First Congregation United Church of Christ Scholarship Committee,

Thank you so much for selecting me to receive the Jinny Paterson Environmental Scholarship! It means a lot to me to be chosen for this particular scholarship because my main goal is to help protect the environment. I plan to work hard in

college to earn my degree and ultimately help the world!

I was recently able to visit Northern Michigan University for three days for orientation. While there I made many new friends, became more comfortable navigating the campus, and learned what my class schedule will be this fall. Now I can look forward to taking biology, chemistry, and a few classes on Native Americans! Classes start on August 26th, and I am very excited!

Until classes start I plan to enjoy the summer at work and with friends. I have a service trip to Kenya to look forward to before packing up for college. Thanks again for all of your support!

Best wishes, Hadley Mills (*\$500 Jinny Paterson Environmental Scholarship*)

Looking ahead to SEPTEMBER!

WOMEN'S FELLOWSHIP

Tuesday, September 10th, 9 a.m. "Paint Room"

Planning for Cranberry Fest Luncheon on October 5th

TED TALKS

Tuesdays: Sept. 10, 17, 24th, 9:30 a.m. Fellowship Hall

NIGHTS AT THE READING ROUND TABLE

(Reading Group)

Thursday, September 19th, 7 p.m. Church Parlor

Join us to discuss books/movies for the coming season.

All are welcome!

Our General Synod's Resolutions

Submitted by Patti Roberts

On June 21-25, General Synod met in Milwaukee, Wisconsin. For those who are “new” to the United Church of Christ, General Synod is the national decision-making body of the United Church of Christ. The following resolutions were approved by General Synod:

- ◆ Abolish the growth and existence of private prisons
- ◆ Ecumenical relationship with the Iglesia Evangelica Unida de Puerto Rico
- ◆ Reaffirm the UCC's commitment to inter-religious relations and deplore religious bigotry
- ◆ Address the state of global forced migration
- ◆ Ban the use of Styrofoam
- ◆ Support for the Energy Innovation and Carbon Dividend Act of 2019
- ◆ Denounce acts of violence, hatred, and racism carried out in the name of neo-Nazi and white supremacist ideologies
- ◆ Support survivors of rape and sexual violence
- ◆ Call on the US to pull “back from the brink” and prevent nuclear war
- ◆ Call upon UCC Board to bring bylaw revisions that include non-binary gender language
- ◆ Declare support for the Green New Deal
- ◆ Protection of immigrant children and their families
- ◆ Recognize opioid addiction as a health epidemic
- ◆ A new conference in Southern New England
- ◆ Call for congressional hearings on violence in America

An interesting thing about the General Synod of the United Church of Christ is that it speaks to our congregations and not necessarily for them.

I wonder how we express our independence and unity with the larger UCC.

August is a messy month with skeeters, flies and fleas,
With thunderstorms and gale alarms and weeds up to your knees.

The mercury climbs up the tube and tempers start to snap.
Spirits wilt like lettuce leaves and even lovers scrap.

If I were Augustus Caesar resting in my shroud
and knew this month was named for me — I wouldn't feel too proud!

— Author unknown —



HAPPY BIRTHDAY

- Aug. 1 Holly Farrell
- Aug. 3 Nancy Smart
- Aug. 4 Lily Tyler
- Aug. 5 Jill Brunstad
- Debbie Preuhs
- Aug. 5 Kathy Breitzman
- Aug. 7 Linda Brainard
- Sam Welhoefer
- Aug. 8 Mark Holperin
- Aug. 11 Jo Langley
- Aug. 12 Joe Knowles
- Aug. 16 Julie Carlson
- Aug. 17 Pam Marion
- Aug. 18 Woody Chenault
- Tucker Wittkopf
- Aug. 21 Royce Remme
- Aug. 23 Sue Sharrow
- Aug. 24 Ken Fox
- Pat Mayo
- Aug. 25 Diane Gagliano
- Aug. 29 Ken Lynch
- Aug. 30 Deb Lauritzen
- Sept. 2 Carol Burgy
- Sept. 3 Gregg Nesbitt
- Sept. 4 Molly Korinek
- Sept. 7 Jane Eaton-Nyman
- Joe Turpin
- Sept 8 Grace Wittkopf

*Thank you,
Keenan Roberts
for keeping our lawns mowed
this summer!*



You are appreciated!

To Our Church Family,

Nature is God's song.

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



Do you or someone in your family have a birthday in August/early September 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! Thank you!*

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!



Our church IS accessible to ALL!

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



**August 25th: "UNITY SUNDAY"
SINGLE SERVICE AT 9 A.M.**

Thanks to all who contributed to the Local Missions/
Melody of Compassion July special offering.
Your weekly coins in the offering plates are also very
much appreciated. Keep the “melody” ringing!



NATH —- NEWLY ADDED
most needed items:

Baking dishes (aluminum or glass)

Casserole dishes

cookie sheets

Kitchen glasses

masking tape

Women’s deodorant

Benadryl (allergy meds)

Ibuprofen

toilet bowl cleaner

Postage stamps

2 pocket folders

Twin blankets

Air freshener

Hair brushes

Gas cards

Leaf blower

6 foot step ladder

Gathering of The FLOCK
Thursday, August 22nd, 6:00 p.m.
RSVP Claire at
doug.pagel@frontier.com
or 414-758-4591

Another pontoon boat ride —
bring something to share for a “light”
potluck dinner.



NEEDED! NO experience needed!

**People to do 7:30 and 10:00 announce-
ments prior to the worship service!**

Thank you for volunteering! Sign up sheets
are in the church office and we appreciate
your help!

IT'S THAT TIME OF YEAR!



CRANBERRY FEST LUNCHEON

Saturday, October 5, 2019

WE NEED MANY HANDS PLEASE SIGN UP!

1. Shoppers
2. Cook turkeys, shred for casseroles
3. Food prep celery, onions, etc.
4. Bakers: bars and muffins
5. Cranberry salad makers
6. Set up/take down tables, decorate tables
7. Prepare center pieces
8. Hosts and hostesses
9. Wait staff
10. Table bussers
11. Kitchen staff
12. Beverage staff
13. Relish and dessert table staff
14. Dish washers

Sign up sheets will be available in the church office and the sanctuary
on Sundays.

*We are one in the spirit; we walk hand in hand;
we work side by side because of our love for each other
and this church.*



SUNDAY BAKERS

Date	7:30	10:00
August 4	Barb Mattes	Mary Lou Congdon Nancy Diepenbrock
August 11	Barb Schroeder	Molly Jaeger Margaret Surpluss
August 18	Gwen Scharf	Ursula Charaf Kamie Kolb
August 25th	UNITY SUNDAY - single service at 9 a.m. Char Thomson Arlene Turk	

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!

August Scripture Readers

	7:30	10:00
Aug. 4	Marilyn Preisler	Molly Jaeger
Aug. 11	Chuck Kemp	Marty Rosenthal
Aug. 18	Joy Turpin	Joseph Knowles
August 25	UNITY SUNDAY 9 a.m. SERVICE	

August Announcements

	7:30	10:00
Aug. 4	Joan Temme	_____
Aug. 11	_____	_____
Aug. 18	Trista L. Tyler	_____
August 25	UNITY SUNDAY 9 a.m. service	

Acolytes are not used during the worship services in June, July and August.
Thank you!

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

Don't get tricked by these 3 heart-health myths.

The food you eat can play a major role in your risk of heart disease. Here's what you need to know to avoid popular misconceptions.



Healthy You

To reduce your chance of heart disease, you should avoid eggs and take an omega-3 supplement, right?

Not exactly!

Heart disease is the number one cause of death for both men and women in the U.S. And a potent weapon to keep it at bay is to eat a healthy diet that gives you the vitamins, minerals and energy you need while keeping your weight, cholesterol and blood pressure in check.

But beware of these popular nutrition myths that could steer you down the wrong path.

The argument: Coconut oil is extremely high in saturated fat — about 50 percent more than butter. But despite that saturated fat is known to raise cholesterol levels, linked with heart disease risk, proponents believe that some saturated fats in coconut oil (called medium-chain triglycerides) are less harmful and may actually raise levels of beneficial HDL cholesterol.

The reality: Coconut oil has been shown to raise cholesterol levels — the good and the bad kinds — more than other plant-based oils like olive or canola. And in truth, medium-chain triglycerides make up only a small amount of the fatty acids in coconut oil.

Plus, while other heart-healthy fats like olive oil, canola oil, or omega-3 fatty acids in nuts and seafood have been supported by a large body of evidence, coconut oils supposed benefits still haven't been proved in large-scale human research.

The argument: Egg yolks contain lots of cholesterol. So, logically, eating cholesterol leads to high cholesterol. Right?

The reality: Most of the cholesterol in the body is made by the liver, not delivered through diet. And while diet does matter, research has found that cholesterol levels have more to do with the fat you eat, namely saturated and trans fats, than cholesterol. And eggs contain healthy nutrients, including vitamins A and D, as well as protein. Long-term population studies show that eating an egg a day hasn't been linked to higher rates of heart attack or stroke. But beware the side of bacon and cheese, which can raise your risk.

The argument: Eating fish may lower your risk of dying of heart disease thanks to the unsaturated fatty acids in seafood, which may reduce inflammation and lower levels of blood fats called triglycerides. But if you don't eat fish regularly (or at all), reaching for an omega-3 or fish oil supplement seems like a good shortcut.

The reality: A major review of studies including nearly 80,000 patients found no link between omega-3 supplements and heart disease. The takeaway: while supplements probably aren't harmful, you may be better off getting your omega-3s from your diet, rather than a bottle.

—Mayo Clinic Health News —

The world has enough beautiful mountains and meadows, spectacular skies,
and serene lakes.



It has enough lush forests, flowered fields, and sandy beaches.
It has plenty of stars and the promise of a new sunrise and
sunset every day.

What the world needs more of is people to appreciate and enjoy it!

Very important! Please
Keep the church office informed with
your address changes as you leave for the
winter months.

This also applies to email addresses and phone
numbers as they are changed at any time.



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.

Open: AUGUST 18th

July sponsors:

July 7th: Bernie Hupperts in honor of Marlyn's birthday

July 14th: Trisha Moore, Iland and Ayla Shepherdson in honor of Mark's birthday

July 21st: Molly Jaeger, in loving memory of Ed on what would have been his 94th birthday

July 28th: The Kaitchuck family in honor of mom Kay Stroud's 92nd birthday

First Congregational UCC Contact People - 2019

Pastor Jane Courtright Church: 715-479-8501

Church emails: Nan - office@eagleriverucc.org

HOME PAGE - www.eagleriverucc.org

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

Assistant Office Manager - Kathy Holperin, 715-617-2424

Clerk - Marilyn Preisler, 715-479-4331

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

CHURCH COUNCIL

President: Barbara Helmick 920-412-4782

Vice President:

Carlton Schroeder: 715-272-1837 Mark Johannsen: 920-475-7576

Sally Kemp: 715-479-3116 Nancy Diepenbrock: 715-479-2498

Molly Jaeger: 715-479-4505

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 Jaeger, 715-477-1984



Location:

UCC Road Trip !!

When: Tuesday, August 6, 2019
Depart UCC: 3:00 PM
Transportation: Drive/Car Pool
Where: Lac du Flambeau Ojibwe Museum and PowWow
Museum: 4:00 PM (Admission \$4 on down – payable at the door))
Dinner (on own): 5:00 to 6:30 PM
PowWow Show: 7:00 to 9:00 PM
Show cost: Youngsters - \$1.00; Youth - \$5.00; Adults - \$10.00;
Oldsters - \$5.00 (payable at the door)
Questions: Phil Jensen (715) 479-7504

flipdaflyr@msn.com

Join Us !



“Mac” Fell is turning 100!

“Mac” is a former summer resident and well-known in the 10:00 worship service.

His birthday is September 30th with a great celebration being planned. Please send him a greeting/birthday card between now and then and wish him a VERY HAPPY BIRTHDAY!

Malcolm Fell
905 Conway Ave. Apt. 11
Las Cruces, NM 88005-3774



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 - 1:00 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 Ranch for Children in Nevada 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.

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

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

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!



Keep cell phones coming in as well as hearing aids!

The boxes are located on the small table in the parlor.

Thank you!!!



Our website:

www.eagleriverucc.org

Check it out!

Pastor's office hours:

9 - noon

Monday - Thursday

pastorjane@eagleriverucc.org

715-479-8501

Nan's office hours:

Monday - Thursday, 7 a.m. - 3 p.m.

Friday: CLOSED ALL DAY

Email: office@eagleriverucc.org



Sharon Breit's office hours during school year

Wednesday: 1:30—5:30

Thursday: 10 - 2 p.m.

Email: youthministry@eagleriverucc.org

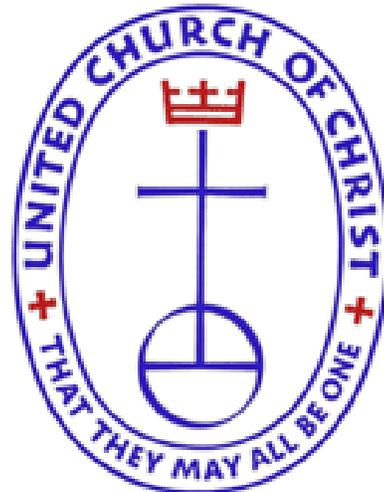
CANCELLATION POLICY Ever so often the weather alters our plans for a church event. Cancellation notices will be sent out via email to the congregation. If you know of someone who does NOT have email, please notify them. During church office hours, the secretary will have the information.

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



Church-wide Email Notifications



Emails to the congregation are being sent out on a regular basis by Kathy Holperin. If you are NOT receiving them and would like to be on the email list, please email her at kathyholperin@gmail.com



FISH NAMING CONTEST!!!!

Be sure to visit the fish tank community
in Pastor Jane's office! As you do so,
observe the fish and decide names for
one or two or more. The only rules:
#1: The name(s) must be from the Bible.
#2: You must tell WHY you wish to name the
fish(es) that particular name.

**WINNER'S NAMES WILL BE POSTED ON THE FISH TANK
AND
WINNING NAMERS WILL RECEIVE A "FISHY" PRIZE!**

*(Place this form in the offering plate or church office or give it to Pastor Jane.
Deadline is August 25, 2019*

Fish description: _____

Fish name: _____

Why that name? _____

Your name: _____