

The Church Mouse - October 2019

First Congregational United Church of Christ 715-479-8501

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Pastor's Corner



Some days ago, my husband Dave and I attended a Climate Change Awareness Event in Minocqua. We walked over the bridge with many other concerned citizens (my poster said, "We are called to be Stewards, NOT Plunderers"), then heard from speakers on the issue. It was a beautiful day!

However you may feel about the issue of Climate Change, you would have been amazed at the variety of people that were there. From 2 babies in a stroller, children, teens, parents, all the way up to elderly persons, many ages were represented. People of many occupations attended. I met the teen daughter whose Mom is a Botanist and Dad is an Animal Researcher; an author, a painter and two other clergy. There were adult and teen speakers who spoke of their passion and concern for the environment.

As I walked, I found myself thinking about our church. I am thankful that I am coming to know many of you more deeply each day. Thank you for sharing your stories! Our church is also made up of many ages and occupations, many passions, interests and opinions! It is my prayer that the Spirit will continue to blow through our church as we continue to work together in partnership with God.

DON'T FORGET to breathe in deeply the autumn air and feel the sunshine.

God's creation is **awesome!!!!**

I am blessed to share the Northwoods with **YOU!**

Pastor Jane

PLAN to ATTEND THE ANNUAL MEETING ON SEPTEMBER 29TH following the 9 a.m. service.

Greetings All!

Your Church Council president played hooky in September and missed the Church Council meeting while enjoying a fun vacation in Colorado, New Mexico and a tiny bit of Texas. Mark Johannsen easily filled the void and led the September meeting in my absence.

I share here, notes that he passed on to me.

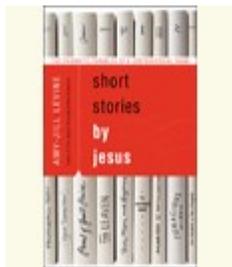
- ◆ Council discussed the “Please, no guns in God’s house” sign that was removed from the Division Street door. The previous council had approved posting it, and the current council confirmed it should go back up. Also discussed was putting a similar sign inside the door on the west entrance, possibly set on the table.
- ◆ Paula Hendrickson shared the proposed 2020 church budget for council’s review. After review and discussion of the 2020 budget, the Council recommended that the budget be accepted and approved by the congregation at the Annual Meeting on Sept. 29th
- ◆ Council also approved the October collection of items for the Weekend Backpack Program. (See separate article in this month’s Mouse.)

Mark also recognized Council members Nancy Diepenbrock and Sally Kemp who complete their terms on the board at the end of September. Both have provided valuable insight and ideas during their tenure and have been dedicated to our church and to God’s work through the church. I add my thanks to both. I will truly miss working with them.

One reminder: Pastor Jane’s installation service is planned for 3 p.m. Sunday, October 20. Please plan to attend.

Until next time ...

Barbara Helmick
Church Council President



Sunday Bible Study 8:45 - 9:45 in the Conference Room Led by Pastor Jane

Come when you can; each story stands on its own.
A sign up sheet is in the church office.
(coffee and snacks provided)

“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)

OCTOBER CHOIR SCHEDULE

Rehearse at 8:30 a.m.
on Oct. 6th & 20th for
10:00 service



The 2019 Ecumenical Advent - Christmas Cantata

I know what you're thinking!

"Every year we get the same announcement!

Why are you talking about Advent and Christmas?"

While last year's cantata had us whistling our way to Christmas, this year the theme seems to have turned into a longing for the coming of the peace and light of the Advent and Christmas season.

Also, and more importantly, rehearsals start in October;

Wednesday, October 23rd to be precise!

All rehearsals and the performance will be held at
First Congregational UCC - Eagle River.

Rehearsals will be Wednesday evenings at 6:00 p.m.

October 23rd through December 11th **except for Thanksgiving week** which has an optional rehearsal on Tuesday, November 26th.

Run - through rehearsals on Wednesday, December 11th and (hopefully) another date to be determined.

The performance will be Saturday, December 14th at 2:30 p.m.

Let Nan (church office: 715-479-8501) know if you will be singing or email Lori Hunter at lori.lee.hunter@gmail.com

Come join us to celebrate the expectation of Our Savior and the glorious announcement of his birth, to all the earth!

October 13th: NATIVE AMERICAN SUNDAY!

**October 14th is Indigenous People's Day or
Columbus Day**



**Our worship on the Sunday before will honor and celebrate our
Native American sisters and brothers.**

**Join us for special music, singing, children's messages with gifts and more
at both the 7:30 and 10:00 services.**

WOMEN'S FELLOWSHIP met Tuesday, September 10th at 9 a.m. with 13 present. Linda Sanborn called the meeting to order with the UCC Mission Statement followed by a devotion by Sharon Breit. The treasurer's report was given by Marlys Lee. Discussion was held on camp scholarships and will be added to the October agenda.

UCC was well represented in the Prince of Peace Hymn Sing on September 8th. Cranberry Fest Luncheon (October 5th) was reviewed with most of the supplies having been purchased, donation lists almost filled. Prepared food can be delivered on Friday, Oct. 4th or early in the day on Saturday.

Other business discussed: rummage sale (no plans at the present time); college gift cards; quilting fabrics from Sandra Slagle with possible quilt designed for her. The meeting ended at 10:25 with the Lord's Prayer.



*Join us Tuesday, October 8th, 9 a.m. for our next meeting
with Myrna Wright leading.*

Saturday, October 5th

11 - 1 p.m.

CRANBERRY FEST LUNCHEON

Fellowship Hall



**Turkey casserole, cranberry salad,
cranberry muffins, dessert**

\$10 for adults, \$3 - kids under 8

Weavers and Fiber Arts Display

and sale 10 - 4 p.m. (upper level)

Free Admission

Greetings, Church Family!

The summer has gone fast in Eagle river! I have been your pastor for almost 3 months. Thank you for your welcome and support!

I'd like to be sure that church members and friends have my contact information for pastoral care and emergencies: cell phone: 309-502-9037 address: 4678 Dyer Road, Eagle River

Email: pastorjane@eagleriverucc.org

Looking forward to hearing from you! I am so enjoying getting to know you and "unpeeling the onion" (sweet) that is First Congregational UCC.

Your Sister in Christ,
Pastor Jane

Weekend Backpack Collection planned

During the month of October, First Congregational UCC will be collecting food items for the Weekend Backpack program which provides food for local children who might otherwise go without food during some or all of the weekend.

The Weekend Backpack project, coordinated by Prince of Peace Lutheran Church, regularly serves between 30 and 40 Northland Pines elementary students during the school year, and another 15 or so in the Land O Lakes area.

Each Friday, volunteers pack a weekend supply of food items for the students. In some cases, the children's parents work through the weekend, so the items need to be easy for the students to fix on their own.

The Weekend Backpack program is most in need of:

- | | |
|---|---|
| Peanut butter (small jars) | Mini-microwavable popcorn |
| Individual serving size boxes of cereal | Individual fruit cups |
| Individual serving-size juice packets | Granola bars, breakfast and cereal bars |
| Microwavable containers of macaroni and cheese or other pasta | |
| Individual packets of snack crackers | Oatmeal packages |
| Microwavable soups | Ramen noodles |

Please bring your donations to the church during October. We will collect these items and deliver them to the Weekend Backpack program at the end of the month.

Thank you for your help!
Barbara Helmick

Gathering of the FLOCK: THURSDAY, OCTOBER 17TH at 6:30 p.m. in the downstairs "Painting Room." *Bring simple snacks to share. See "ewe all" with your show and tell projects!*



HAPPY BIRTHDAY

- Oct. 1 Sybil Saltenberger
- Oct. 2 Norda Gromoll
Ruth Hibbard
Iland Shepherdson
- Oct. 3 Tom Dunphy
- Oct. 4 Doreen Boxrud
- Oct. 5 Dick Deaver
Marian Griebenow
- Oct. 8 Diana Deaver
Tom Helmick
- Oct. 10 Doug Malinsky
- Oct. 11 Linda Sanborn
- Oct. 12 Helena Roerdink
- Oct. 15 Joy Turpin
- Oct. 16 Bernie Hupperts
- Oct. 17 Jim Sanborn
- Oct. 20 Ursula Charaf
Karen Rauer
- Oct. 22 Barbara Loar
- Oct. 29 Miriam Chenault
Gayla Newmeister
Tina Yakel
- Oct. 31 Jane Shadick
- Nov. 3 Linda Cole
Mary Ann Hansen
- Nov. 6 Marty Pietila
- Nov. 8 Connie Eaton
- Nov. 10 Sandra Slagle



to everyone who gave me flowers and plants and all who made phone calls and visited me, especially Pastor Jane with a gift and card from the church. All the pretty cards and notes made my days much brighter.

God bless,
Marlys Lee



THINK HAPPY
THOUGHTS AND
GOOD THINGS
WILL HAPPEN

To Our Church Family,

**“Slow down; God is still in heaven.
You are responsible for doing it all
yourself, right now.”**



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

Do you or someone in your family have a birthday in October/early November 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!*



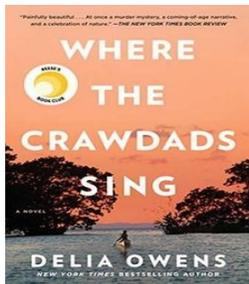
Our church IS accessible to ALL!

*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*



**October 27th: “UNITY SUNDAY”
SINGLE SERVICE AT 9 A.M.**

Nights at the Reading Round Table - UCC Book Group
Thursday, October 24th, 6:30 p.m. (note the date/time change)



“Where the Crawdads Sing” by Delia Owens

Kya is known in her town as the “Marsh Girl.” She grows up in a shack out in the marshes bordering a small village on the coast of North Carolina. Her mother and her four older siblings all leave to get away from their abusive father, leaving her behind to fend for herself. Eventually, her father disappears as well.

“Where the Crawdads Sing” is part bildungsroman (coming of age story from German for education and novel) and part crime drama, centered around Kya, a wild and unkempt girl. The book follows the ups and downs of her life. She lives a lonely life, but her story is a hopeful one as well. With a little help she’s able to survive and even learn to read.



IT'S THE RELAY FOR LIFE FALL CHEESE FUNDRAISER



ORDERS DUE THURSDAY, OCTOBER 24TH
AVAILABLE FOR PICK UP THURSDAY, NOVEMBER 14TH

Fresh cheese made in Wisconsin
Very reasonably priced
36 different varieties including 9 scrumptious spreads
Usinger Beef Summer Sausage
Cheese makes a great addition to Thanksgiving and holiday entertaining and a
Wonderful gift
Has an incredible shelf life, unopened in the fridge
Raises funds for a critically important issue

1/3 of the funds raised from the Fall Cheese Fundraiser benefit the American Cancer Society specifically for:

- *Support to fund and conduct research into better ways to prevent, detect, and treat cancer, how to improve the quality of life for people living with cancer, and to advocate for laws and policies that help further cancer research*
- *Programs to assist cancer patients and their families, easing the burden of cancer*
- *Programs that provide the public and health professionals with information and education to prevent cancer occurrence or to reduce the risk of developing cancer*
- *Programs that are directed at finding cancer before it is clinically apparent and that provide information and education about cancer treatments for a cure, recurrence, symptom management, and pain control*

Please support Team UCC as we pass it on to those who find themselves enmeshed in the crisis of cancer! Thank you!

When you're in trouble and your knees knock, kneel on them!

FAITH FORMATION KIDS CLUB

We had our first class on the 18th with four kids. We played games and enjoyed hot dogs, barbecues and ice cream cones.

Sunday, September 29th is American Indian Ministries Stewardship so we will be learning about our indigenous Indians in Vilas County.



Bible Study continues on Wednesdays at 1:00 p.m.



Wreath sales. Order now; pay when delivered the Sunday after Thanksgiving.

24" - \$15.00

36" - \$25.00



We still need snacks for the kids pretzels, juice, packaged fruit.

THANK YOU FOR YOUR SUPPORT!

CALLING YOUNG PEOPLE IN 7TH - 12TH GRADES!! and their parents!!!



YOU are invited to a **KICK-OFF** pizza and brainstorming party!!!

PLEASE: Bring your appetites, energy and **calendars!**

WHEN: Sunday, October 27th

TIME: 4-6 p.m.

WHERE: We'll meet in Pastor Jane's office, then travel the church building!

COME FOR: Yummy pizza, painting, games, **BRAINSTORMING** and friends!

WE CAN'T WAIT TO SEE YA'LL!!

Sharon Breit and Pastor Jane



SUNDAY BAKERS

Date	7:30	10:00
Oct. 6	Cranberry Fest Luncheon remaining "goodies"	
Oct. 13	Sally Kemp	Kelli Burrill Sharon Adler
Oct. 20	Mary Ann Hansen	Mickey Jensen Jo Langley
Oct. 27	"UNITY SUNDAY" (single service at 9 a.m.) Joy Turpin Barb Helmick	

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!

October Scripture Readers

	7:30	10:00
Oct. 6	Paula Hendrickson	Marty Rosenthal
Oct. 13	Chuck Kemp	Bernie Hupperts
Oct. 20	_____	_____
Oct. 27	UNITY SUNDAY 9 a.m. SERVICE Sandra Mettler	

October Announcements

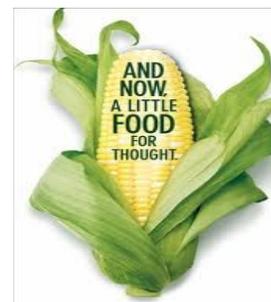
	7:30	10:00
Oct. 6	Paula Hendrickson	Bernie Hupperts
Oct. 13	_____	_____
Oct. 20	Joe Turpin	Tobi Johannsen
Oct. 27	UNITY SUNDAY 9 a.m. service Sandra Mettler	

ACOLYTES ARE NEEDED!

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

What is high-fructose corn syrup? What are the health concerns?

High-fructose corn syrup is a common sweetener in sodas and fruit-flavored drinks. As use of high-fructose corn syrup has increased, so have levels of obesity and related health problems. Some wonder if there is a connection.



High-fructose corn syrup is chemically similar to table sugar. Controversy exists, however, about whether the body handles high-fructose corn syrup differently than table sugar. At this time, there's insufficient evidence to say that HFCS is any less healthy than other types of sweeteners.

It is known, however, that too much added sugar of all kinds --- not just HFCS --- can contribute unwanted calories that are linked to health problems, such as weight gain, type 2 diabetes, metabolic syndrome and high triglyceride levels. All of these boost your risk of heart disease.

The Dietary Guidelines for Americans recommend cutting back on added sugar, limiting it to no more than 10 percent of total daily calories. The American Heart Association recommends that most women get no more than 100 calories a day of added sugar from any source, and that most men get no more than 150 calories a day of added sugar. That's about 6 teaspoons of added sugar for women and 9 teaspoons for men. If you're concerned about your health, the smart play is to cut back on added sugar, regardless of the type.

--- Mayo Clinic Health News ---

Prescription for Happiness

- * Make up your mind to be happy. Learn to find pleasure in simple things.
- * Make the best of your circumstances. No one has everything and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears. Don't take yourself too seriously.
- * You can't please everybody; don't let criticism worry you.
- * Don't let your neighbor set your standards.
- * Do the things you enjoy doing, but stay out of debt.
- * Don't borrow trouble. Imaginary things are harder to bear than the actual ones.
- * Since hate poisons the soul, do not cherish enmities, grudges.
- * Don't hold post-mortems. Don't spend your life brooding over sorrows and mistakes.
Don't be one who never gets over things.
- * Do what you can for those less fortunate than yourself.
- * Keep busy at something. A very busy person never has time to be unhappy.



**Daylight Savings Time ends
Sunday, November 3rd.
Turn your clocks BACK one
hour before you go to bed
Saturday night!**

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.

NO openings in October

September Sponsors:

Sept. 1st: Anonymous donor in honor of Ken Lynch's birthday

Sept. 8th: Mike and Sandra Mettler in loving memory of Sandra's mom

Sept. 15: Jill Brunstad in honor of Daniel's 11th birthday and Thomas' first in heaven

Sept. 22: Linda and Leta Cole in loving memory of Noel Hope

Sept. 29: Marilyn Preisler, in loving memory of Duane

First Congregational UCC Contact People - 2019

Rev. 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 youth ministry@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 Yaeger, 715-477-1984



RESULTS OF CHURCH FISH NAMING CONTEST!!!
 (Be sure to visit Pastor Jane’s office & greet them by name!)
THANK YOU to those who named the fish!!!

Bottom feeder fish: **“Jonah Joseph”** named by **Rose Tyler** (“Because it’s a fish and the whale who ate Jonah lived in the ocean.”) and **Joy Turpin** (“Joseph, likeable and having experienced hard times. The one on the bottom skulking around ... probably a dreamer. Maybe all that’s dreamed appears in the life of the fish above. BTW: also my husband’s name ... just saying.)

Gold one: **“Asher”** named by **Malia Remme** (“It means happiness and I like happy names.”)

Yellow fellow: **“Gabriel”** named by **Joy Turpin**. (“Golden Glow, brilliant light of The Angel of special news.”)

The beautiful orange one: **“Vashti”** named by **Sandra Mettler** (“The story of Queen Vashti is inspiring, though sad. Her husband wanted her to come and dance in front of all his drunk friends. She said, ‘No way, Xerxes!’ So that creepy king banished her forever. But she was smart, as well as gorgeous, and stood up to him.”)

Big blue fish: **“Malachi”** named by **Izzac Spolarich** (“**Malachi** shared God’s news with the people!”)

2 purple fish wearing pink skull caps (look identical) **“Esau and Jacob”** named by **Joy Turpin** (“Isaac and Rebekah’s twin sons, first twins mentioned in the Bible. I’m thinking, being purple and wearing pink skull caps between brothers ... there’s bound to be trouble. Our son wore pink for some of his HS Graduation pics. At that time, REAL men wore pink. Also, purple, the color of HOPE in our Relay for Life.”)

Red one: **“Fire”** named by **Ayla Shepherdson** (“..for the fire that showed up to Moses!”)

Other red one: **“Moses”** named by **Pamme Williams** (“found food and water”)

Honorable Mention: **Jesus** named by **Pamme Williams**

NATH --- MOST NEEDED ITEMS



- | | | |
|-------------------------|--------------------------------|---------|
| Benadryl (allergy meds) | Night time cold meds | Tylenol |
| Women’s deodorant | Hair brushes | |
| Laundry detergent (HE) | Fabric softener (dryer sheets) | |
| Gas cards | Postage stamps | |
| Masking tape | Air freshener | |
| Twin blankets | Ear bud headphones | |
| Clorox wipes | Toilet bowl cleaner | |



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.

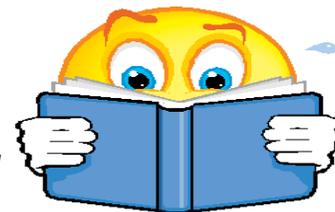
Qigong (chee gung) Mondays & Wednesdays 10:15 - 11:15 a.m.

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: 1:00—5:30

Thursday: 10 - 2 p.m.

Email: youthministry@eagleriverucc.org

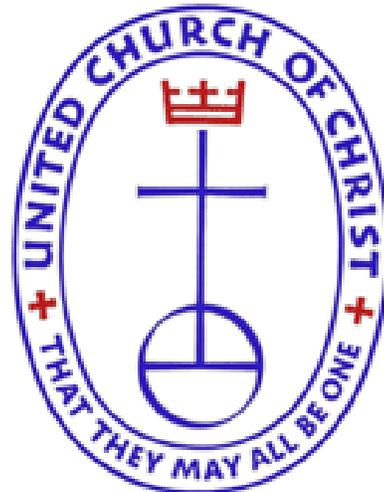
CANCELLATION POLICY Ever so often the weather alters our plans for a church event. Cancellation notices will be sent out via email to the congregation. If you know of someone who does NOT have email, please notify them. During church office hours, the secretary will have the information.

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