

The Church Mouse - September 2020

First Congregational United Church of Christ 715-479-8501

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Missing Worship? You're Not Alone!

In this unusual time, we have had to change our life styles very drastically. The church community is one of the things that is missed most. Our church council has been trying very hard to figure out safe ways for us to worship, but if even one of our members contracts Covid-19, the risk is too high.

They have, however, decided to try and hold two (2) outdoor worship services in September. The services will be held on September 13th and September 27th at 10:00 a.m. (The 10:00 start time will allow for the weather to get a little warmer.) The Annual Meeting will be held immediately following the September 27th service. Pastor Dale and Pastor Pat have graciously agreed to officiate the services. The service will be held in our lot across the street from the church.

For everyone's safety, we will be following all of the state health guidelines such as physical distancing which is staying at least 6 feet away from everyone not in your household, requiring the use of masks and bringing your own chairs. We also ask that everyone return to their cars after the service. To strive for a "no contact" worship, there will not be an offering collection, children's sermon, singing, verbal responses or passing out of bulletins. All members and friends will receive the worship service bulletin through an email the week before the service. You then can either print it out yourself or use your device to follow along during the service. (If you are not able to print it out, please call the church office and we'll make sure you receive a copy.) Those who do not have email will receive the bulletin by regular mail. We will be able to have music to enhance the worship.

As you arrive, there will be a table with hand sanitizer and masks for anyone who needs one. Someone will be there to assist you. We will also have ushers to help show you where to set up your chairs and to also dismiss everyone after the service. It should also be mentioned that the church building will be closed, so no restrooms will be available.

In order to coordinate for social distancing, we will need everyone who is attending to call the church office --- 715-479-8501 --- and pre-register by the Thursday before each service. Please give your name and how many people will be attending from your household.

We are all praying for good weather --- dress for the weather --- but in case we do need to postpone the service due to rain, Amy will send out an email by 8:30 a.m. that morning to all who are pre-registered. Those who normally do not get emails will be called.

There will be an email sent out the week before the services with a reminder of the guidelines and any added information. We are excited to be a part of coordinating these services. If you have any questions, please feel free to talk with any one of us.

In Christ,
The Organizing Committee

Tobi Johannsen: 920-450-1402

Patti Roberts: 715-479-6191

Joy Turpin: 715-479-6560

Lori Hunter: 715-272-1240

“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!

This is my last newsletter article as Church Council President, so let me jump right in with any and all news I have to share.

1. **OUTDOOR WORSHIP:** Tobi Johannsen and a small team of people (Patti Roberts, Lori Hunter, and Joy Turpin, with technical assistance from Mark Holperin) are working diligently to plan two outdoor services in September. One on Sept. 13, the other on Sept. 27 before the Annual Meeting. Please see the front page in this edition of the Mouse for more details.
2. **ANNUAL MEETING:** Our Annual Meeting will take place immediately after the 10 a.m. service on Sept. 27th. It will be outdoors — weather permitting. If it rains, we will need to reschedule the meeting. You will be receiving a packet of information about the meeting, including absentee ballots should you choose or otherwise be unable to attend on the 27th. Again, please see the separate article in this edition of the Mouse for more details.
3. **VIRTUAL WORSHIP:** Sunday, Aug. 23, marked the first day for us to receive our virtual worship service from Rhinelander First Congregational United Church of Christ. If you have questions about how to access the virtual Rhinelander service, please contact Amy Mehlhoff at church. If you need a printed copy of the bulletin/sermon, contact Nan Pophal at church.
4. **EMERGENCY PASTORAL CARE:** The Rev. Pat Tucker, the Rev. Dale Bishop, and the Rev. Topher Mehlhoff have each agreed to respond to emergency requests for pastoral care. Pat and Dale are both members of our church, so I would suggest you contact them first. Pat’s number is 715-891-5051; Dale’s number is 715-891-5052. If neither of them is available, please reach out to Topher at 801-647-7780.
5. **VINE FAMILY TRUST BEQUEST:** The Church Council learned recently that the church will receive \$200,000 in unrestricted funds from the Vine Family Trust, established by Pat Vine and Betsy Simms, two longtime summer residents of the area who found a church home at First Congregational UCC here. Both are now deceased. It is unknown exactly when the church will receive the bequest. On the recommendations of the church’s Gifts and Endowment Committee the money will be invested upon receipt until Council can decide how it should be used. The family has indicated they would appreciate it if a portion of the money is used to benefit youth as a legacy to Pat and Betsy, both retired teachers.

After nearly three years of reading my Mouse missives, you have all likely realized that I am rarely short on words! But on this next point — my Mouse adieu — I will be relatively brief.

I am honored to have served as your Council president. It has been a challenging few years, but that time has taught me much about myself and about many of you. I will forever be grateful to those of you who shared a smile, a laugh, or a word of support during my tenure. No words can adequately express how much they meant to me

I wish each of you and this congregation as a whole nothing but the best. Be kind ... to yourself and to others.

Barbara Helmick
Church Council President

Annual Meeting set for September 27

First Congregational UCC of Eagle River's annual meeting will take place Sunday, Sept. 27, immediately after the outdoor worship service at 10 a.m. on the church-owned lot across the street from the church.

Considering the threat of Covid-19, we are attempting to make this meeting as safe as possible for all those who choose to attend. Mask and social distancing will be required. The safety procedures established for the outdoor worship service (see front page of Mouse) will be followed.

We understand that some people may not be comfortable attending an outdoor annual meeting at this time for any number of reasons. You will be receiving a packet of information within the first few weeks of September and members will receive absentee ballots. If you are unable to attend the annual meeting, please use the ballot to cast your votes and return it to the church. (Address and deadline information are on the ballot.)

The following topics will be voted on during the annual meeting.

Church Council Nomination State:

Terms of three council members expire this year: Barbara Helmick (president), Mark Johannsen (vice president), and Carlton Schroeder (at-large member)

Council recommends the following three individuals be nominated to serve three-year terms on council:

- * Mark Johannsen (second three-year term)
- * Cathy Palmer (three-year term)
- * Luke Aschbrenner (three-year term)

Additionally, council recommends the following council members serve as officers of the council:

- * Bernie Hupperts, president (Bernie is currently completing the first year of a three-year council term)
- * Mark Johannsen, vice president

Constitutional Amendment 1: Worship Team

Council recommends that "Worship Team" be added to the list of Support Teams listed in Section VIII of the church constitution. If approved, the following wording would be added to the Constitution.

WORSHIP TEAM

The Worship Team shall be responsible for:

- a. **working with the pastor to develop a philosophy of worship that models the initiatives of the UCC**
- b. **suggesting to the pastor ways that worship can be more inclusive**
- c. **fostering coordination among the ministries that serve worship (e.g. the Sanctuary Arts Group, choir)**
- d. **making recommendations to the pastor regarding ways in which worship can be strengthened/improved**
- e. **gathering input from the congregation regarding its worship preferences**

The Worship Team shall be chaired by a member who is not part of the church staff.

WHY: Council believes that worship is a focal aspect of our congregation's life and that it is essential that a Worship Team be in place to advise and collaborate with the pastor in order to enhance worship services and provide the best possible worship experience.

QUESTIONS: Contact Bernie Hupperts at marlynber@gmail.com or 715-617-9468

Constitutional Amendment 2:

Modifying the terms of Council President and Vice President

Council recommends that Article VIII of the church constitution be modified to change the terms of the Council President and Vice President from three years to two years. Should the congregation approve this change, the words in bold below would be added to the first sentence under the "CHURCH OFFICERS" section.

CHURCH OFFICERS

The officers of this congregation shall be a president and vice president. **Term for each shall be two years.**

(Church Officers — continued)

WHY: Council believes that three years is too long a period to expect an individual to effectively serve in either of these extremely intensive leadership positions. Two years is more realistic.

QUESTIONS: Contact Mark Johannsen at MarkJohannsen11@gmail.com or 920-475-7576

Approval of the 2021 Annual Budget

Proposed budget from the church Finance Team will be included in the Annual Meeting packet.

QUESTIONS: Contact Paula Hendrickson at paula@thecarshopeagleriver.com or 715-617-6501

Acceptance of the 2020 Annual Report

The 2020 Annual Report will be included in the Annual Meeting packet.

NOTE: A motion introduced at the 2019 Annual Meeting by Bernie Hupperts, seconded by Phil Jensen and subsequently tabled has been withdrawn by the parties who proposed it. That motion, if approved, would have required council to create a committee to establish criteria to evaluate the new form of government approved by the congregation in January of 2018.

A LESSON FOR THE FAITH FORMATION KIDS

from

Sharon R. Breit

Christian Education Director



Leonardo the Lonely Squirrel

Once upon a time, in the land of gray squirrels, there lived a little red squirrel named Leonardo. There were many gray squirrels, and they had a wonderful time chasing each other about from tree to tree, but Leonardo was the only little red squirrel in the whole forest. Every day he watched the little gray squirrels playing together, and he wished that he had someone to play with, too. But alas, the little gray squirrels never invited him to play with them.

Leonardo became very lonely. It is no fun to play all by yourself. So, one day he scampered up to the little gray squirrels and asked if he could play with them. They took one look at him and said, "Sorry, Red, you're the wrong color. We only play with gray squirrels. Go away, you're bothering us."

"Oh, yeah?" said Leonardo. "We'll see about that!" Before the little gray squirrels could blink, he ran up the tree they had been playing in and called over his shoulder, "Catch me if you can!"

Without stopping to think about what color Leonardo was, the gray squirrels took off after him. They chased him all afternoon and didn't give up until they heard their mothers calling them to come to supper. They just wanted to catch him. "We'll catch you tomorrow," they called out as they headed for home.

Leonardo smiled. He wasn't going to be lonely any more.

1 Peter 3:8

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart and a humble mind.

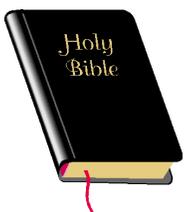
Prayer: Dear God, help us to always care for and love other people, regardless of their color. Thank you for loving us as we are. Amen.

HAPPY BIRTHDAY

- Sept. 2 Carol Burgy
Marilyn Preisler
- Sept. 3 Gregg Nesbitt
- Sept. 4 Molly Korinek
- Sept. 7 Jane Eaton-Nyman
Hayden Fox
Joe Turpin
- Sept. 9 Colyn Carter
Grace Wittkopf
- Sept. 11 Norma Yaeger
- Sept. 13 Robyn Yakel
- Sept. 16 Daniel Brunstad
- Sept. 17 Carl Nelson
- Sept. 21 Skyler Fox
Joyce Nelson
- Sept. 25 Dawn Guzman
Lyn Pietila
- Sept. 26 Nancy Diepenbrock
Ben Fox
Lois Steiner
- Sept. 27 Malia Remme
- Sept. 29 Tom Smart
- Sept. 30 Malcolm Fell
Matt Meyer
- 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

Do you or someone in your family have a birthday in September/October 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!



To Our Church Family,

"The great thing in this world is not so much where you stand, as in what direction you are moving."

If you know of someone who would benefit from a call or a card, please call the church office.



Amy's request.....

If you haven't done so already, make sure to give me your email address; I have been sending out emails regarding updates for the church. Send me an email at

amy@eagleriverucc.org and also make sure you are following our Facebook page for further updates.

[https://](https://www.facebook.com/FirstCongregationalEagleRiver)

www.facebook.com/FirstCongregationalEagleRiver

If you have any questions, please don't hesitate to send me an email. Thank you for your patience as we all figure this out!

Pass on the word of encouragement in an honest compliment

Pass on the look of encouragement in a generous smile

Pass on the touch of encouragement in a hearty handshake

Pass on the kindness of encouragement in a thoughtful deed

And let the encouragement of Christ flow through you.



SEPTEMBER SCRIPTURE READINGS

- Sept. 6 Ex 12:1-14 and Ps 149 Ezek 33:7-11 and Ps 1119:33-40
- Sept. 13 Rom 13:8-14 Matthew 18:15-20 **Remember, Restore, Renew**
- Sept. 20 Ex 14:19-31 and Ps 114 Gen 50:15-21 and Ps 103:(1-7), 8-13
- Sept. 27 Ex 16:2-15 and Ps 105:1-6, 37-45 Jon 3:10-4:11 and Ps 145:1-8
- Phil 1:21-30 Matt 20:1-16 **Road to Freedom**
- Phil 2:1-13 Matt 21:23-32 **Tensions in the Wilderness**
- God's Sustaining Presence**



Nutrition and Healthy Eating

The fundamentals of eating clean encourage you to consume more whole foods — such as fruits, vegetables, lean proteins, whole grains and healthy fats — and limit highly processed snack food, sweets and other packaged foods. An example of a meal containing all of these foods would be a spinach salad with grilled chicken, quinoa, avocado, walnuts and apple slices. Other tips for eating clean include:

- **Limiting highly processed, packaged foods** with a long list of ingredients, most of which are not natural. Ingredients listed on the food label should mostly be foods that you recognize, such as whole-grain steel cut oats, dried apple, flaxseed and cinnamon. Limit ingredients that you can't identify or can't easily pronounce, such as carnauba wax, soy lecithin and artificial flavor.
- **Cutting back on foods with added salt, sugar or fat.**
- **Avoiding foods that are drastically altered compared with their natural form**, such as apple juice versus a whole apple, chicken nuggets versus a fresh chicken breast, or vegetable chips versus fresh vegetables.

Sometimes processing can be a good thing for foods, such as pasteurization that makes eggs and dairy products safe for consumption. Also, frozen fruits and vegetables are OK because they are minimally processed and can sometimes contain more nutrients than fresh varieties since they are frozen at their peak.

- **Preparing and eating more foods at home.** Start with simple meals to help you get into the habit, such as Greek yogurt and fresh berries for breakfast, or a whole-grain roasted turkey and avocado wrap with red pepper slices at lunch.

Clean eating isn't black and white. There's room for flexibility and modifications, and it doesn't require avoiding any certain food groups — unless medically necessary.

Clean eating also doesn't mean that all foods must be consumed in the raw state. Cooking, pasteurizing and preserving are OK.

Replacing meals with store-bought protein shakes or sugary smoothies and juices is not an example of clean eating.

Mayo Clinic Health

First Congregational UCC Contact People - 2020

Church emails: Nan - office@eagleriverucc.org 715-479-8501

HOME PAGE - www.eagleriverucc.org

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

Info Tech - Amy Mehlhoff, 801-425-5214

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: Mark Johannsen 920-475-7576

Carlton Schroeder: 715-272-1837 Molly Jaeger: 715-479-4505 Bernie Hupperts: 715-479-9468

Trisha Moore: 715-617-1102 Shirley Thompson: 715-479-8753

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

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

Norma Yaeger, 715-477-1984