

# IMMANUEL UNITED CHURCH OF CHRIST NEWS

July 2009

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## FROM YOUR PASTOR

Grand Rapids, Michigan at the end of June and early July can be very warm, at least according to the people that live in Michigan. Upon my arrival at the United Church of Christ (UCC) General Synod in Grand Rapids, people were apologizing for the warm temps – it was in the mid 80's. I explained that when I left Missouri the heat index was 105. Now that's hot! Apparently the Michigan folk didn't take my willing acceptance of their "warm spell." They had to show me what they meant. The last day of my stay, the high was in the mid 60's.

The mild weather was just one of the great parts at the 27<sup>th</sup> General Synod. The beautiful setting along the Grand River, the hospitality of the host city, the chance to reminisce with friends and colleagues, studying and voting on issues along with the rest of the Missouri delegation affecting the future of the UCC, the shuttle buses, worshiping God with thousands of other UCC'ers, saying thank you to Reverend John Thomas for his ten years of service as president and general minister of the UCC, witnessing the election of the new president and general minister (Reverend Geoffrey Black), experiencing delicious restaurants and having a few homemade cookies are all additional highlights. It was a remarkable General Synod.

A few days prior to leaving for General Synod, folk gathered at Immanuel to talk about the proposed resolutions and other Synod business on the agenda. On Sunday August 2 we will gather right after worship to review what actually happened with the resolutions and check on other Synod highlights. If you didn't make it to the first session you can still plan to attend this one. Bring a brown bag lunch and questions. You never know where our conversations will lead. We might even end up talking about the weather. Hope to see you on the 2<sup>nd</sup>.

Pastor Brady

Pastor's Report – Immanuel United Church of Christ - Council Meeting – Monday July 6, 2009

**Worship** – Service of Holy Communion was Sunday July 5, 2009. Funeral service for Leora Schupp is Saturday July 11 at 11:00 at Immanuel. Carol Barnes is the guest musician on July 12.

**Pastoral Care** – Calls continue as needed for homebound, hospitalized, and other members.

**Community Activity** – Food 4 Kids continues to be strong. Through July 4 nearly 2300 hundred meals have been served at all three locations with 1319 meals served at Immanuel.

**Committee Meetings** – Health and Wellness is meeting July 20 at 4:00 p.m.

**Congregational Activity Review** – “Camp Immanuel – God is with Us” Vacation Bible School will be July 13 – July 19 at Immanuel. The schedule is from 5:45 – 8:30 p.m. We are still in need of volunteers. Even for people that might only be here one night that would be helpful. The VBS pizza party will be held Monday night July 27 at 6:30 for all volunteers.

All church flower Sunday is July 26. Please sign up to sponsor flowers and help deliver flowers.

**Congregational Goals for 2009** – Continue to prayerfully discern where God is calling us to be as a faith community. Continue adult Christian education programming (General Synod discussion group has met and will meet again August 2 after worship).

**UCC Update** – General Synod was a fun, terrific, faithful, and educational experience. It was held June 26 – June 30 in Grand Rapids, MI with over 3500 delegates attending from across the UCC. This was General Minister and President John Thomas' final Synod as he is completing 10 years of service in that office. We will be scheduling a General Synod follow up session at Immanuel very soon to review action taken on resolutions.

Check out the Missouri Mid-South Conference website for details on the Habakkuk Task Force report that will be voted on the conference biennial meeting. We are in need of delegates for this meeting. It would probably work for the delegates to attend the meeting on Saturday.

**Personal** – Thanks to Reverend Julie Pigg for preaching will I was at General Synod. Thanks to Gary and Carol Case for all the yard work and landscaping around the parsonage. Thanks to Wayne Baslee and Tom Smith for the maintenance work at the parsonage.

## COUNCIL MINUTES (unapproved)

Council President Leora Bremer called the meeting to order at 7 pm. Those in attendance were Leora Bremer, Wayne Baslee, Gary Case, Carol Knight, John Kritos, David Moore, Carole Weese and Pastor Brady Abel.

Pastor Brady opened the meeting with a prayer and shared scripture from Proverbs 16: 1-3, 8-9 and a devotional from "The World According to Mr. Rogers". Pastor Brady thanked the council for their leadership of the church.

The minutes of the last meeting were amended to correct two typographical errors in the second paragraph and to note that the carpet bid was obtained from Carpet Plus. Carol Knight moved to accept the minutes of the last meeting as amended, Carole Weese seconded and the motion carried.

### Financial Reports-

Pastor Brady reported that contributions to OCWM were showing a \$300 deficit year-to-date. He noted that we could make up the difference in the remaining six months. Giving to OCWM year-to-date is \$2107 (2009) vs. \$2477 (2008).

Gary reported that as we are

at 6 months we should be at 50% of budget in all accounts. In total income we are at 49.88% with committed giving up, and 'regular givers' slightly down. The loose offering continues to help and we are well above budget in that account. Gary noted that the \$200 fee collected for the scheduled fall wedding had been partially refunded as the bride and groom have since joined Immanuel. The (\$150.00) adjustment is located in the 200 series. Gary noted that the 100 series includes payment of health insurance, liability insurance, and pastor's pension which is paid quarterly accounting for this series being over at approximately 55 percent of budget, as we have already paid the 3<sup>rd</sup> quarter. The bottom-line shows total expenses at 52.82%. Profit is showing a deficit of (\$8059.29) vs. a budgeted deficit of (\$9673.00).

Carol Knight reported that the Memorial Fund CD accrued interest of \$124.86 with no additional receipts or disbursements. Total balance for the memorial fund is \$20,199.06.

Wayne reported for Improvement & Maintenance noting that they took in \$229.66 in income last month. The total balance is now \$18,681.16. Disbursements included a new ex-

haust fan in the parsonage, a new valve in the stool, mowing the yard, furnace filters, a door seal and GFCI plug.

David Moore moved to accept the financial reports, seconded by Carole Weese and the motion carried.

**Pastor's Report-** See Report

### Committee Reports-

**Fellowship**—Leora reported that the planning will soon begin for the German Dinner. The council established the date for the German Dinner which will be October 24, 2009.

**Improvement & Maintenance**—Wayne reported that the bug man was here and everything was okay. Wayne will research the energy savings program from KCPL on a programmable internet controlled thermostat. Concerns were discussed about the water leaking into the kitchen, and the drain on the east side of the church which is visibly clogged during heavy rain. Wayne and Don will look into the problem. Discussion was held about improvements to the lounge, including painting and carpet.

(cont'd on page 4)

Wayne will contact Mary McLaughlin for consulting. Discussion was held about purchasing chairs. Leora suggested the need to replace the rubber treads on the steps to the basement.

**Evangelism-No Report**

**Outreach**—A meeting was held June 8. Souper bowl Sunday will be in January 2010 and collection will be for distribution at the Open Door. August 30 will be Christmas in August and the collecting for holiday food packs will start at this time. We will sing Christmas carols in worship on that Sunday. Reading and Writing packets for festival of sharing will be collected through the end of September.

**Worship & Music**—No Report

**Stewardship**—No Report

**Christian Education**—Carole Weese reported that they are getting ready for Vacation Bible School which will be held later this month. Money raised by the kids will go toward the Camp MO-VAL scholarship.

**Health & Wellness**—Leora reported that the committee will be meeting this month.

**Technology**—The Camera has been purchased and works well. Tim is working on troubles with the Laser printer in the office. The damaged drum is \$208.00 to re-

place; Tim thinks we can buy a printer/copier combo for \$500-\$600. He is looking for printer copier combos for possible purchase. We will need to make a decision in September regarding the copier as the current maintenance contract will expire.

**Pastoral Relations**—No Report

**Food 4 Kids**—No Report

**Executive Committee**—No Report

**New Business:**

Dee submitted her recommendation for a council member to replace Kevin. She has nominated Kathy Smith. Kathy has been asked and agreed to serve. Wayne moved to accept the nomination, John seconded and the motion carried.

**Old Business:**

The Biennial Missouri-Mid South Conference meeting will be Oct. 30-November 1, 2009. We need to select delegates so they can become familiar with the issues that are to be discussed at the meeting. There are suggestions for restructuring and reorganizing the conference

**New Business:**

Gary will give a mid-year con-

gregational update on financial reports in services June 19<sup>th</sup>.

Leora shared the candle cloth we received from our 'sister' church.

Health inspector was here for Food for Kids. Green beans that were 'home-canned' were discovered in the cabinets. We are not to have home canned items in the kitchen. Contact paper in the drawers needs to be replaced and he recommends not replacing that as a need to avoid bugs.

Pastor Brady led the council in prayer, sharing the prayer from the candle cloth.

The meeting was adjourned at 8:10.

John Kritos,  
Secretary

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**SPECIAL THANKS** and **CONGRATULATIONS** to the Vacation Bible School students for raising \$546.07 during Camp Immanuel. The goal was \$500. The money goes to the Camp Mo-Val Scholarship Fund. Pennies, nickels, and dimes do add up!

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## PARRISH NURSE NEWS

### Detox Products - Are They Safe?

I have seen a lot of advertising lately about “colon cleansers.” Proponents of these products claim that colon cleansing is necessary to clean out toxins that cling to the colon wall and cause an assortment of ailments. There is no evidence that this happens. Normal bacteria in the colon is necessary for stool formation. But colon cleaning does carry health risks such as, side effects from the ingredients, dehydration, impaired bowel function and disruption of normal, protective intestinal flora. Some laxatives can worsen heart failure or kidney failure. Your body detoxifies itself through your kidneys and liver. My advice would be to avoid these cleansers and consult with your health care provider if you feel you have a need for this type of product.

### Beat the Heat This Summer

Summer will be here for a while and we will be having some more rather warm, sunny days that require caution when engaging in outdoor activities. Remember some of the ways to keep cool on summer days.

- Take frequent breaks in a shady area
- Drink plenty of water
- Avoid liquids that contain alcohol, caffeine or lots of sugar - these drinks actually cause you to lose more fluids.
- When exercising start slowly and gradually increase your level of activity relative to the temperature and humidity - what is normal for you on a cool day might be dangerous for you on a hot day.

- Wear sunscreen and reapply every few hours
- Wear loose fitting, light color clothing - cotton or perspiration-wicking fabrics will help to keep you cooler

### Take a Day of Rest

Although I am retired some of you may have heard me say that I like to have a “day-off” each week. If I am not careful every day of the week can become filled with things that I need to do and I begin to feel as though I am constantly “doing” something 24/7.

I strive for one day a week where I do not go anywhere; I just stay at home. This reduces my stress because now the day is mine; though I may be doing things it is at a slower pace and without the urgency of a time table for completion. This is my time for “being,” a time when I can stand at the window and watch the birds vying for a place at the feeder or sit on the porch and listen to their beautiful songs. A time to read a thought provoking book, or to think about the weekly “Words to Ponder” from Pastor Brady. “In the relentless busyness of modern life, we have lost the rhythm between action and rest, the more our life speeds up, the more we feel wary, overwhelmed and lost...The whole experience of being alive begins to melt into one enormous obligation.” are points made by Rev. Wayne Muller, author of *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. I have read Mr. Muller’s book and would recommend it as a good read to help find Sabbath time in your life.

I recall growing up in a home where my parents worked long hours on the farm for six days a week. Sunday was reserved for church, and an afternoon ride to see the countryside, a visit

to friends or a nap. Sunday was the Sabbath, farm work other than feeding and tending the livestock was put aside. The hay may spoil before being baled, the tomatoes may become overripe for canning but the Sabbath was reserved for rest.

Jesus withdrew from the press of the crowds and retreated to a place of quiet and rest. He was not simply taking a well-deserved break from his useful but exhausting ministry. He was honoring a deep spiritual need for a time dedicated not to accomplishment and growth, but to quiescence and rest. Even the disciples had difficulty understanding that Jesus needed time alone even when he had much work to do in healing and teaching.

When our lives seem to go faster each day and we feel we are getting further behind, maybe it is time to follow Jesus’ example and observe a time of Sabbath. A day a week may not be feasible, but try for a Sunday afternoon or possibly a few hours some day during the week. I hope you will find rest, renewal, and delight in this quiet time.

Leora Bremer, R.N.  
Parish Nurse

Source: Muller, Wayne, *Sabbath-Finding Rest, Renewal, and Delight in our Busy Lives*, Bantam-Books, 2000



## View from the Open Door

Food Pantry - Once again our talented gardeners have shared their harvest. A million thanks!! Total donations for the period = 486 lbs; our annual total is 4,016 lbs. We worked 22 hours this month; total for 2009 = 258 hours.

The Pantry is receiving very little food from the Central Missouri Food Bank in Columbia - - other than granola bars. Herman, Jane and I spent our work day (7/13) cutting labels from boxes of the bars. We are currently out of eggs but hope for more soon. Joan had a few food items to distribute and there

were bags of potatoes. An angel from the Boonville area brought 230 lbs of home grown tomatoes. What a windfall!!!

The "shopping list" for the Pantry is the same:

- Pasta products & sauce
- Canned veggies & fruit
- Canned meat & fish

Any nutritious item you care to give.

The Thrift Shop- There has been some confusion about our Thrift Shop duties on the 3rd

Friday. The last time I worked there, I was told my job was to put clothing on the racks, check the dressing rooms for items to re-hang, and be "visible" as a deterrent to shop lifting. Two other ladies would run the register and bag purchases. This was fine with me because I don't like to be trapped behind the counter and I like to take breaks when I want them. If you would rather run the register, let me know and I will speak to Betty to see what can be done. (Betty does not work Fridays, but she is still the "Boss") Betty Guth

**Camp Immanuel** had a busy week at Immanuel UCC. We had 55 registered campers for VBS this year. The campers started each evening with a light supper and then joined together for songs. They experienced science experiments, stories around the campfire, games and crafts. The offering collected will go to the Missouri Mid- South Conference camping scholarship fund. Sunday morning the children had the opportunity to redeem the tickets

### SUNDAY SCHOOL ACTIVITIES

they earned through the week at the camp store. They shared a camp song during the worship service.

**A BIG THANK YOU** to all the group and activity leaders, the song leader, those who helped in the kitchen, those who provided cookies/food, items for the store, decorations, prayers and all those who provided any support. All the support helped make Camp Imman-

uel-God is With Us, a great week at Immanuel!!

#### Upcoming Events:

**July 27 6:30** - VBS volunteer pizza party.

**August 1** approximately 4:00 - Movie afternoon.

**August 24 6:30**- Organizational Meeting for Confirmation which will begin in late September.

**Sept. 13** - Sunday School starts.  
Julie Bales

### THIS AND THAT

**ARE YOU INTERESTED IN WORKING AT THE OPEN DOOR THRIFT SHOP?** Our days at the Thrift Shop have been changed to the **first Friday** of each month. If you are interested in working this day, please let the church office know and we will make the Thrift Shop aware of this. Of course, you are wel-

come to volunteer any day at the Thrift Shop or the Food Pantry.  
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Your Heart is your **Love**,  
Your love is your **Family**,  
Your family is your

**Future**,  
Your future is your **Destiny**,  
Your destiny is your **Ambition**,  
Your ambition is your **Aspiration**,  
Your aspiration is your

**Motivation**,  
Your motivation is your **Belief**,  
Your belief is your **Peace**,  
Your peace is your **Target**,  
Your target is **Heaven**,  
Heaven is no fun without **FRIENDS**.

**BIRTHDAYS**

- |                     |                        |                     |
|---------------------|------------------------|---------------------|
| 3 - Chaundra Hoover | 16 - Daleah Wyne       | 25 - Darrin Hartman |
| 6 - Callie Leiter   | 17 - Jane Meisenheimer | Christian Brown     |
| 8 - Mary Bottoms    | 20 - Marlin Tegtmeyer  | 26 - Angela Collier |
| 12 - LaVerne Busch  | 21 - Henrietta Bremer  | 29 - Debbie Collier |
|                     | Leanna Horn            |                     |

**ANNIVERSARIES**

- |                            |                               |                            |
|----------------------------|-------------------------------|----------------------------|
| 1 - Edward & Amy Franke    | 13 - Marlin & B. J. Tegtmeyer | 19 - Wayne & Wilma Baslee  |
| Jeff & Becky Stetzenbach   | Michael & Donna Gawedzinski   | 26 - Charles & Nadine      |
| 4 - Kevin & Rebecca Bogert | 14 - Roger & Alverda Hill     | Hopkins                    |
| 5 - Steve & Dee Cain       |                               | 26 - Lloyd & Joann Edwards |

**EVENTS**

- |                               |   |
|-------------------------------|---|
| 1 - 4:00 pm- Children's Movie | 16 - Blood Pressure Sunday                        |
| 2 - Communion Sunday          | 1:30 pm - Worship Committee Meeting               |
| General Synod discussion      | 17 - 5:30 pm - Evangelism Meeting                 |
| 3 - 7:00 pm - Council Meeting | 24 - 6:45 pm - Parents of future confirmands meet |
| 7 - Open Door Thrift Shop     | 30 - Christmas in August Worship                  |
| 10 - Open Door Food Pantry    |   |

**FOOD-4 KIDS continues the month of August**

**AUGUST 2009**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Lectionary Readings

August 2:

2 Samuel 11:26-12:13a  
Psalm 51:1-12  
Ephesians 4:1-16  
John 6:24-35

August 9:

2 Samuel 18:5-9, 15, 31-33  
Psalm 130  
Ephesians 4:25-5:2  
John 6:35, 41-51

August 16:

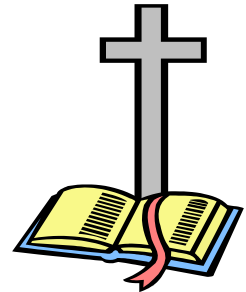
1 Kings 2:1-12;; 3:3-14  
Psalm 111  
Ephesians 5:15-20  
John 6:51-58

August 23:

1 Kings 8:(1,6,10-11), 22-30, 41-43  
Psalm 34:15-22  
Ephesians 6:10-20  
John 6:56-69

August 30:

Song of Solomon 2:8-13  
Psalm 45:1-2, 6-9  
James 1:17-27  
Mark 7:1-8, 14-15, 21-23



## SHARING OUR TALENTS FOR AUGUST 2009

### USHERS AND COMMUNION

Loretta Langkrahr Edwards  
Joyce Williams

### LITURGISTS

August 2 - Lynda Hartman  
August 9 - Joyce Williams  
August 16 - Dee Cain  
August 23 - Steve Cain  
August 30 - Phil Gerlt

### ACOLYTES

August 2 - Paige Staus  
August 9 - Megan & Allie Wilbanks  
August 16 - Madison Knight  
August 23 - Kylie Bales  
August 30 - Paige Staus

### GREETERS

August 2 - Don & Carolyn Barbour  
August 9 - Don & Betty Carpenter  
August 16 - Steve & Dee Cain  
August 23 - Melody Swearingen & Luann  
Stovall  
August 30 - Phil Gerlt family

### FLOWERS

August 2 - Henrietta & Jeff Bremer  
August 9 - Marlin & B. J. Tegtmeyer  
August 16 - Sam & Diane Mehan  
August 23 - Mary Bowlin  
August 30 - Sam & Diane Mehan

### NURSERY

CAN YOU HELP IF NEEDED???

A long time member of Immanuel, Leora Schupp, passed away on Thursday, July 2, 2009 in Sedalia, Mo. Pastor Brady officiated at her Christian burial on Saturday, July 11, 2009. Burial was in St. Paul's Cemetery at Lake Creek, Mo. Leora is survived by many nieces and nephews and her many friends at Immanuel UCC. She will be truly missed.

Several church members have been in the hospital this past month. Sunshine Gerlt was in the hospital two different times and is presently still there. Also Ralph Linhardt and George Hunter spent several weeks in the hospital. Both are currently home.

Aileen Brauer did not have to be in the hospital, but fell and broke ribs while at home. She is in a great deal of pain, but is home resting and trying to recuperate.

**CONGRATULATIONS** to Samantha Stetzenbach and Brian Riley on the birth of a son, Carter Jackson, born July 1. He weighed 8 pounds 4 ounces, 20 plus inches long and lots of dark hair. Congratulations also to the proud grandparents, Jeff and Becky Stetzenbach, uncle, Drake, and great grandparents, Don and Carolyn Barbour.



Please remember all in your thoughts and prayers and with a phone call or a card.

### Readin' & Writin" Packs

- 6 new pencils with erasers
- 2 ink pens (medium point)
- 1 pair child-sized metal scissors
- 12" ruler
- 2 spiral or tape bound notebooks (total 140 pages)
- 2" eraser
- 1 box of 24 crayons
- 1 pencil holder
- 6 folders with pockets

Place smaller items inside the pencil holder. **The church will have 2 gallon zip lock bags available to put all the items in.** These packs stay in Missouri and will be taken to the Festival Sharing on October 17, 2009. They will need to be brought to the church no later than **October 11, 2009.** Thanking you in advance for your generosity.

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**THANK YOU** for the birthday wishes, warm words, thoughts, prayers, cake, cards and gifts. I had a wonderful day celebrating. Thanks again.

Pastor Brady