



262-628-2319

Chapel Bells

St. Paul's U.C.C.-Erin

www.StPaulsErin.org



January, 2021

Do You Feel Different Now Than You Did Before COVID?

It May Have a Purpose

By Cathy Wille, retired pastoral/mental health counselor

Have you been feeling tired, sad, empty and lack energy more than usual? Are you feeling some disorientation and are unable to focus? Are you feeling abandoned? At the end of the day, do you feel overwhelmed or like you have not accomplished anything? This note is written to let you know that you are not alone.

Psychologists know that being connected with one another is part of our DNA. Community, collaboration, and networking are all ways we connect with one another, and at their very core give us greater feelings of security and safety. Unfortunately, that is what COVID-19 has taken away from us at many levels. Our physical safety is challenged with the possibility of illness. Many of us are challenged financially. And, of course, our relationships – family, friends, colleagues, fellow worshippers – have all been limited, with some of us experiencing total isolation from our social interactions.

These changes cause us stress and trigger anxiety and depression, for some people one of these phenomena and for others both. Both of these mental conditions are often viewed with negative expectations – “pull yourself up by your boot straps” – “you obviously don’t have enough faith.” Those of us who have struggled with anxiety and depression have heard these platitudes, along with other comments which try to shame us into feeling differently. These feelings are real!

I would like to offer another perspective. God created us with anxiety and depression as mental states which insure our survival. I remember when my Dad, following his cancer prostate surgery, became depressed. I called the doctor, concerned. His doctor responded and said, “Depression helps us to slow down and manage the stressors in our life. In your Dad’s case it is appropriate for him to be depressed, because his body needs time to heal, and the depression will slow him down so that can happen.”

Our anxiety has the job of alerting us to a danger which could threaten our survival. Fortunately, we also have the thinking part of our brain that can help us mediate the anxiety. So, if we are walking through the woods and we hear a rustling in the leaves, we have the ability to recognize that we saw a squirrel several feet back and make the decision not to run away. A deer that hears the same thing immediately runs away. On the other hand, if we are sleeping, wake up startled (anxious) and smell smoke, we know we need to move and get out of the house. Fortunately, the thinking part of our brain allows us to discern whether or not we are in danger.

Both mild to moderate depression levels of anxiety can be managed. At the top of the list of interventions is self-care. Eating well, getting enough sleep, exercising, even if it means doing exercises we can do in a chair, tapping into our creativity, engaging our hobbies, perfecting a skill we haven’t had a chance to do previously, limiting watching the news, limiting social media, slowing down, spending time reading, listening to music, playing games with family, taking walks, taking time to reflect/meditate/pray and giving ourselves time to

“veg” are ways which allow our bodies to deal with the stress we are experiencing. As people of faith we also have the comfort of the scriptures. In Isaiah 54:7-8, Isaiah shares that God said: “For a brief moment I abandoned you, but with great compassion I will gather you. In overflowing wrath for a moment I hid my face from you, but with everlasting love I will have compassion on you, says the Lord, your Redeemer.”

The theologian, Walter Brueggemann says: “In its season of abandonment, Israel had not forgotten – and always remembered – that the performance or covenantal fidelity – even amid abandonment – consists in radical, restorative neighbor actions for those left behind. To the familiar triad of ‘widow, orphan, immigrant,’ the prophet adds ‘the poor.’ Action toward the left behind who are treasured by God is a primary strategy for resisting despair in abandonment.” Brueggemann suggests that we continue to do justice and this will give us a sense of purpose and meaning which is so important in countering depression and anxiety.

All that being said, mild to moderate levels of depression and anxiety are manageable, and there are ways we can reduce the stress. But, certainly, for those in which depression and anxiety become more acute, know that there are therapists and/or doctors who can help people with talk therapy and/or medication which helps bring a person’s ability to function to a point again of managing the stress. As we navigate the pandemic during this holiday season, know that we are not alone. All of us, at some level, have suffered some or all of the above feelings. Know that God so loved the world that God gave us God’s only son, that who so ever believes in him will not perish, but have everlasting life. (John 3:16) Know that Christ’s church is there and is willing to support one another as members care for one another in the midst of this struggle. Know that there are ways to manage our depression and anxiety. Know that there are professionals who are there and willing to encourage us. Know that God has compassion for God’s people and has been with us, is with us and promises to be with us as we move forward during this unprecedented time. Especially at this Advent and Christmas time, Jesus will be born in us again.



Please remember with your prayers, cards & calls:

- *LouAnn Evert, undergoing radiation therapy
- *Carl Roock, struggling with complications from COVID-19
- *Diane & Ron Smith, recovering from COVID-19
- *Dan O’Keane, recovering from recent hospitalization
- *Mary & Tom Guetzke’s son, Brock, recently diagnosed with kidney cancer
- *Camden Norbert Brehmer, baptized on Dec. 13; parents: Christy Dederich & Andy Brehmer; grandparents: Barb and Norb Brehmer
- *Russell Dieball as he progresses through Alzheimer’s
- *The entire Dieball family as we struggle with placing Rock in a care facility.

Know of Someone

in the Hospital?

If you know of someone in our congregation who is currently hospitalized or in need of pastoral care, please contact Pastor Glenn at SPPastor@yahoo.com or (414) 550.1553.

Pastor Glenn’s Contact Information:

Cell phone: (414) 550.1553 E-mail: SPPastor@yahoo.com



Annual Meeting of the Congregation February 7th

The Annual Meeting of the congregation will be held immediately following worship at 10:30 am on Sunday, February 7th. All members are invited and encouraged to attend this important meeting as we vote on the 2021 budget and recommendations from the Nominating Committee. **All committee reports are due to Bernice Dieball by January 17th. Please leave a copy at church or email to beafarmin@gmail.com.** Printed copies of the Annual Report will be available January 31.



Many thanks to everyone who participated in the Bundle Up Brown Street project. You helped make Christmas special for children who really needed it. Thanks also to the Nutty Knitters for generously donating hand made hats, scarves and mittens. Merry Christmas to all and a Happy, Healthy New Year.

The Mission Committee



Women's Guild Message

This Christmas prayer was received by our Women's Guild and we would like to share it with our entire church family along with our wishes for a blessed new year.



Dear Lord, in this season of giving and getting I so easily overlook Your gifts to me. Thank You for so many reasons to celebrate.

Thank You for a future filled with hope because it rests in Your hands. For peace of mind when I keep my eyes on You. For joy beyond all my circumstances.

I'm grateful for what I often take for granted. For a place to live, clothing, food, and all the good things that You daily provide.

Thank You for the beauty of Your creation. For sunny days, majestic sunsets, twinkling stars. What a wonderful world You've created.

I appreciate those people You've put into my life who know my faults yet still love me. Thank You for their love and support.

Thank You for being with me in life's trials, drawing me closer to Yourself. Teaching me to trust You more each day.

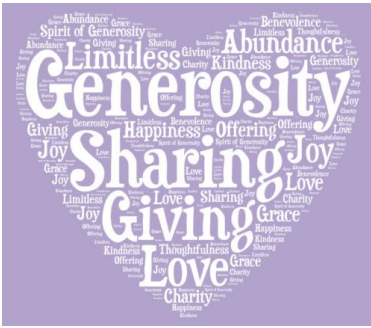
How drab, how empty life would be without all these gifts.

Most of all, dear Lord, thank You for coming to this earth, to live, to love, to die, to live again.

Thank You for becoming a man, closed in by a body that got tired and worn like mine, that suffered on the cross for me.

Thank You for promising that You are the Way, the Truth, and the Life. And through receiving You I may know You now and someday live in the Father's House forever.

O, Lord, thank You for all Your gifts to me.



Giving to the Church During the Pandemic

Please continue to practice good stewardship by mailing your weekly offerings and pledges to the church office at: St. Paul's UCC, attn: Financial Secretary, 495 St. Augustine Road, Colgate, WI 53017. Gifts can also be made online on our church website (<http://www.stpaulserin.org>), or by electronic transfer from your bank. Thank you for continuing to give as generously as you can!



In Need of Assistance?

We know that many families are struggling financially and/or with mental health issues due to the pandemic. If you are in need of assistance, please contact Pastor

Glenn (414.550.1553 or SPPastor@yahoo.com).

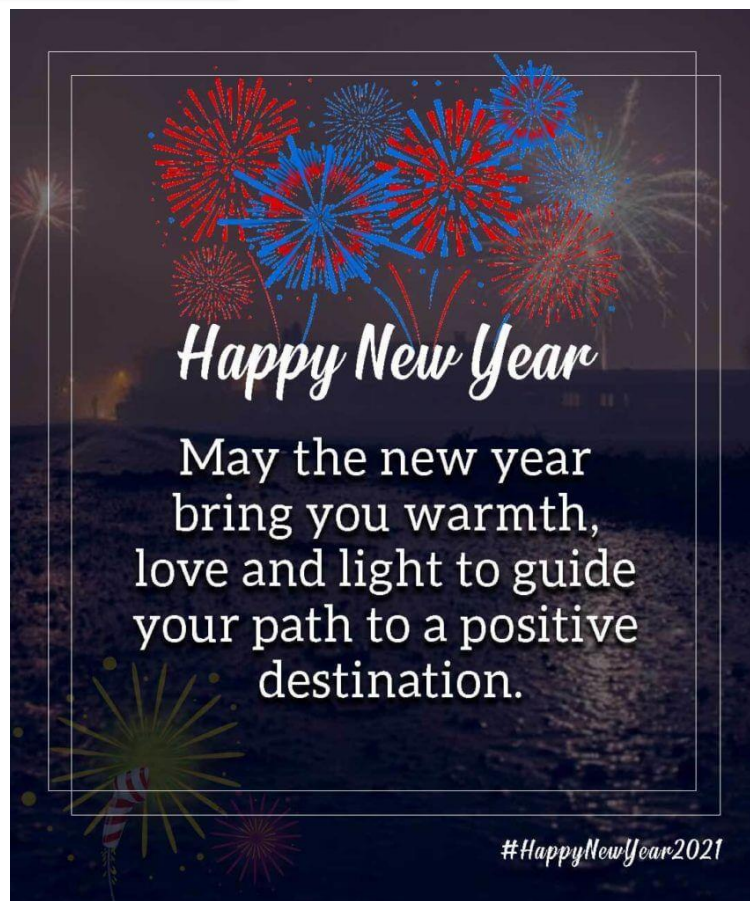


Sussex Food Pantry Update

Our Serving Day on the 3rd Saturday morning of each month at the Sussex Food Pantry has been temporarily suspended due to the pandemic. Jennifer Waltz, SOS Director, will let us know when volunteers are needed again.



*Carl wishes to thank congregation for their prayers and cards. And I want to thank my secret santas from the bottom of my heart for their generous gift.
Thanks/Jill*



St. Paul's UCC
Church Council Meeting Minutes
October 12, 2020

Attendance (Via Zoom): Pastor Glenn Danz, Jill Paddock, LouAnn Evert, Sue Miller, Connie Johnson, Curt Hulterstrum, Adam Staus, Cheryl Fischer, Lucy Krapfl

1. Opening Prayer

2. Sabbatical Proposal – Presented by Brett Miller – Pastor Glenn submitted a plan for a sabbatical starting April 12, 2021 through August 12, 2021. This will consist of 3 months of sabbatical, 2 weeks of continuing education and 2 weeks of vacation. It was stated this is allowed under the terms of his contract and has been recommended by the Personnel Committee and PPRC. The Council unanimously approved this request.

3. Approval of September Minutes – The September 2020 minutes were reviewed and unanimously approved. Jill moved and LouAnn seconded.

4. Approval of September Financials – The September 2020 financials were reviewed and unanimously approved. Pastor Glenn moved, Jill seconded.

5. Pastor's Report – Report presented and reviewed with Council. A request was made and unanimously approved for vacation from October 15th to 18th. Adam moved, Curt seconded.

6. Mission Match Day – Discussion was held and it was approved to participate in the Mission Match Day with a free will offering and a special offering on November 22nd to support the S.E. Mission Match Day. Curt moved, Sue seconded.

7. Anonymous Donation – Discussion was continued from September regarding an anonymous donation the church received. No decision was made.

8. Church Reopening Task Force Update – Hand sanitizer is still being collected. Volunteers are needed to record the service and run the projector.

9. Church Reopening Guidelines – Discussion was held regarding the church reopening guidelines established in September which include social distancing and wearing masks. Those unable to wear masks may sit in the lower level fellowship hall, without masks, on days when it is not in use by the Sunday School. Council members are to reach out via phone calls to the congregation to obtain feedback on whether the church should be open or closed.

10. Membership Review Update – Nothing to report at this time.

11. Liaison Reports – Curt talked to Jack Duehring; a solar panel needs a new control panel. It is under warranty and is to be fixed in a few weeks.

12. Stewardship Campaign – The Stewardship Committee is to meet.

13. Review Bids for Plowing – Discussion was held on using the same service as last year. Curt will check with Jack Duehring.

14. Budget Meeting Date to be Scheduled – The meeting will be held in December. Preliminary budgets will be the 1st week of December.

15). Next Meeting Date – The next Council Meeting will be November 9th at 6 p.m.

Motion to adjourn was made by Lucy, LouAnn seconded.

Respectfully submitted,

Lucy Krapfl, Council Secretary

St. Paul's UCC
Church Council Special Meeting Minutes
October 23, 2020

Attendance: (Via Zoom) Pastor Glenn Danz, Jill Paddock, LouAnn Evert, Curt Hulterstrum, , Adam Staus, Cheryl Fischer, Lucy Krapfl. Sue Miller was not present.

1. Opening Prayer

2. Church Survey Results – The meeting began with a review of the results of the phone survey of the membership. The majority of the responses were in support of in person worship.

2. In Person Church Services – Pastor Glenn informed the Church Council he was no longer willing to do in person worship at this time due to the rising numbers of Coronavirus counts in Wisconsin. The Wisconsin Conference is urging congregations to discontinue in person worship services. Discussion was held. No decision was made. The Council will meet again on October 27th to discuss this matter.

A motion to adjourn was made by Jill, Curt seconded.

Respectfully submitted,

Lucy Krapfl
Council Secretary

St. Paul's UCC
Church Council Special Meeting Minutes
October 27, 2020

Attendance: (Via Zoom) Pastor Glenn Danz, Jill Paddock, LouAnn Evert, Sue Miller, Adam Staus, Cheryl Fischer, Lucy Krapfl. Curt Hulterstrum was not present

1. In Person Church Services – After discussion, the Council voted to suspend in person worship and resume online worship. The Council vote allows for groups of 15 or less to continue to use the church. Adam moved, Lucy seconded. The motion passed by a vote of 4 to 2.

A motion to adjourn was made by Cheryl, LouAnn seconded.

Respectfully submitted,

Lucy Krapfl
Council Secretary



January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Bram Miller</i>	2
3 9:30 am Worship w/communion w/ Rev. John Helt preaching and lead- ing online worship	4 <i>Rick Guetzke</i>	5 <i>Bill Chase Bill Evert</i>	6	7	8	9
10 9:30 am Epiphany Worship Service	11 6 pm Church Council mtg. Payton Weber	12 Becky Duehring Katelyn Nelson Jack & Charmaine Duehring's Anniversary	13	14	15	16
17 9:30 am Worship Jim Swanson	18 January 18-25 Week of Prayer for Christian Unity	19 <i>Cliff Braden Polly Edgar</i>	20 <i>Rebecca Kluever</i>	21 <i>Women's Guild</i>	22 <i>Tyler Runte</i>	23
24 9:30 am Ecumenical Sunday Worship Service	25	26	27	28 <i>Jennie Harvey</i>	29 <i>Elliott Bruckbauer</i>	30
31 9:30 am Worship						