

OUR SAVIOUR'S UCC

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RIPON, WI 54971

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OUR SAVIOUR'S  
UNITED CHURCH OF CHRIST

FAITH FAMILY FRIENDSHIP

# THE MESSENGER

Vol. 102, No. 3

March 2026

Ripon, WI.

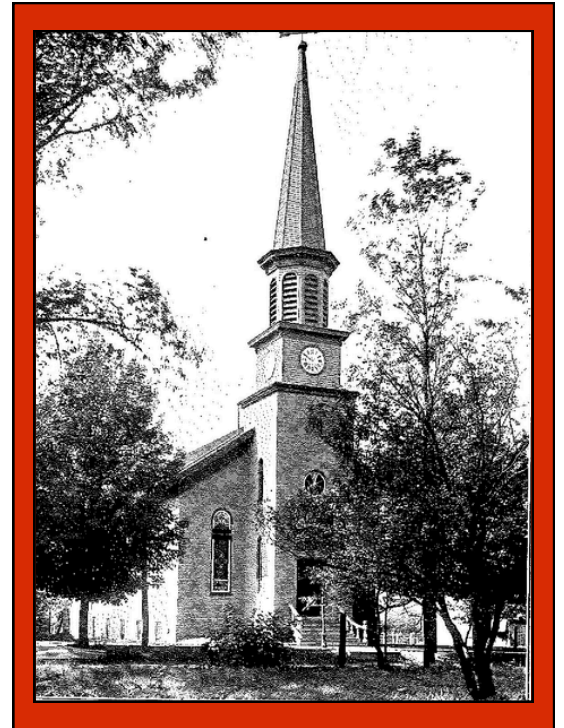
March



# Welcome to The Messenger

*Published by Our Saviour's UCC since 1924*

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## Join us for Worship In-Person, Virtually, or by Radio!

Worship Services are Thursday at 6:30 pm in the Chapel and Sunday at 9:00 am in the Sanctuary. Both services are Livestreamed to Facebook, YouTube, and our website. On Sunday at 10:50 am you can also tune in to 1600AM WRPN to listen to the radio broadcast of the 9:00 am worship service.

For those who worship through our online opportunities, if you live in the greater Ripon area and would like Rev. Mundell to come by in person to visit and bring you communion, please call our church office at 920-748-2544 to set up an appointment. He is very happy to do that for you!

## Deadline for the April 2026 Edition of The Messenger:

Events to be included on the calendar, committee updates, articles, etc. should be submitted to the office by **March 21st** via email to the Church office, [osuccripon1@gmail.com](mailto:osuccripon1@gmail.com), or you may drop your information in the office, or submit it using the the QR code at the right and filling out the short form that is automatically sent directly to the office email. Thank you.

QR Code



**Our Saviour's United Church of Christ**  
**343 Scott Street, Ripon, WI 54971 | 920.748.2544**  
**[www.OurSavioursUCCRipon.com](http://www.OurSavioursUCCRipon.com)**



<https://bit.ly/OSUCCFacebook>



<https://bit.ly/OSUCCYouTube>

# From the Pastor's Desk



Rev. Dr. Kevin Mundell

We are in the season of Lent, which started on Feb. 18<sup>th</sup> this year with Ash Wednesday and will help prepare us for our Easter celebration in April. Lent is a forty-day experience, minus Sundays, which symbolizes Jesus' forty days in the wilderness at the beginning of his ministry.

Our goal is to focus on repentance, spiritual reflection, and preparation for the promised resurrection. Most of us think about lent as a season of fast, which it is, especially when we see the fasting as taking something away in our lives to use the extra time and space to love God and neighbor more fully. So let me suggest some ways to think about fasting that are a little bit different than how we usually think.

For some, a way to fast might be a digital detox/silence experience. Turn off all radios in the car, stop "doomscrolling" on social media, stop listening to music or streaming shows, or using your computer for anything other than work-basic necessities. Instead, use the silence created for prayer, for time with family or time with friends in ways that do not involve technology.

Instead of fasting from food, fast from behaviors such as complaining, gossiping, overthinking, hitting the snooze button on your alarm clock. Get a jar or box and every time you violate your fast, place a one-dollar bill in the container and then bring the container into to donate at church at the end of lent or to your favorite charity.

Do reverse alms giving by going into your closet or kitchen and remove one useful item that would be worth donating to a local thrift store that you haven't really used in a long time. At the end of the season, you should have forty quality items to give away to someone in need and more space in your house. And do not refill the created space.

Some other ideas to think about are: park in the farthest away parking space in front of the store or restaurant you are going to leaving the closer spaces for others and walk the extra distance for exercise. Perform forty acts of kindness within your community, one each day of the week. Check in on people you haven't checked in on in a while and take them out for coffee, a treat, or for a walk or a conversation. Maybe write and send a letter or card of gratitude each week to someone who has helped shape your faith journey.

These are just a few ideas of how to think about fasting during lent to expand how we see the spiritual discipline of the journey. At the heart of what path, you chose to take, make it about giving more space to God in your life and at the same time more space to the people around you to be in your life. Remember Jesus' teaching, that loving God and loving neighbor as oneself are not separable. Lent is letting the spirit of God walk with you toward God and toward others through Jesus' love for us revealed on the cross we celebrate at Easter.

# Committee News

## Altar Guild

The 2026 sign-up book is available on the stand outside of the church office. This sign-up is for each of the sponsorships. Altar flowers are \$80 for 2 arrangements and Organ flowers are \$50 for 1 arrangement. Radio Broadcasts are \$50 per sponsor & \$25 per sponsor per bulletin. All checks should be made out to OSUCC, with Altar Guild written on the memo line if you are sponsoring flowers, please. That makes the bookkeeping a whole lot easier!



We are happy to announce we will be ordering Spring Easter flowers from Fancy Foliage and Florals in Rosendale this year! We've been using Kassidy Miller for altar flowers and have been very pleased with both the quality and composition. The order forms for Easter flowers is in the March 1<sup>st</sup> bulletin and will also be available in the East Narthex and the counter across from the church office. The order deadline is March 22nd.

Our next full meeting is Sunday, March 15th after the worship service. We invite anyone that would like to join Altar Guild to attend our meetings and learn more. If you have any questions about what Altar Guild does and the team approach we use, please feel free to contact Tammy Widlake at 920-517-1192 or Caroline Retzlaff at 920-748-2367.

## Called to Care *Committee*

If you don't have one yet, pick up a Prayer Square or ask Nurse Emily to bring some along when she visits so you can choose one for yourself! These colorful, comforting hand-knit squares are made here at OSUCC.

Nurse Emily holds a Blood Pressure Clinic in her office that is open to all OSUCC members on the first Sunday of every month after the worship service. The next clinic is March 1st at 10:00 am.

We are in the process of organizing a Lenten Learning Event, and will share more with you as information becomes available.

Just a reminder that Nurse Emily holds a Mind, Body, & Soul Clinic for our members every Thursday morning from 9:00 am until noon. She can check your blood pressure then also. If you would like a home visit from Nurse Emily please call 920-748-2544 during office hours or email her at [osuccpnripon1@gmail.com](mailto:osuccpnripon1@gmail.com).

The next Called to Care meeting will be held Thursday, March 12th, at 9:30 AM in the conference room.



## *Christian Education Committee*

Our next committee meeting will be Monday, March 16<sup>th</sup> at 5:30 pm.

- **Adult Ed:** Sunday Adult Ed class meets from 10:30 am - 11:30 am, so do grab a coffee and treat beforehand.
- **Christian Ed Classes:** Sunday School classes meet from 10:15 am - 11:15 am.
- **Confirmation Class:** Confirmation class has begun, contact Rev. Mundell for more information.
- **Nursery:** We have a child/parent space available in the southwest corner of the West Narthex, adjacent to the back of the Sanctuary. There are restrooms nearby in the corridor leading to the Chapel that are outfitted with Koala Care changing stations for your convenience.

# More Committee News

## Evangelism Committee

The current issue of *The Upper Room* is available in the East Narthex, the North Narthex, and in front of the church office. There is no charge for this wonderful publication so please do take advantage of using it. There is a large print size and a small size available.



This month we are going to go ahead and roll out the new online church directory, Instant Church Directory. One of the great things about this directory is that it is a real-time directory that we can update with new photos and information at any time, and those changes are immediately visible to anyone who accesses it online.

There are two ways to access it online. One is through the mobile app, Instant Church Directory, available to download for free for both iPhone and Android phones in your App Store. The other way is online at [www.members.instantchurchdirectory.com](http://www.members.instantchurchdirectory.com). We'll get your login information out to you and will be holding Learning Opportunities during coffee hour starting March 22nd to help folks get logged in the first time and become familiar with all it's features. If you want to use online access you must have a valid email address in the directory.

For those who don't have an email address or don't want online access, we will have printed copies of the directory available to you. There is a sign up sheet in the East Narthex if you'd like to have a copy.

Our next meeting will be Monday, March 16<sup>th</sup>, at 6:30 PM and we welcome new committee members!



## Mission Committee

Missions Committee will meet Tuesday, March 17th, at 5:30 pm. This is a very active committee so if you are interested in joining us, we would be happy to welcome you!

Thank you again to all who donated soup for Souper Bowl Sunday! The two pantries were very happy to receive it for our community.

UCC's One Great Hour of Sharing will be Sunday, March 15<sup>th</sup>. There will be donation envelopes in the bulletin and also by the sanctuary doors. The UCC works with international partners to provide sources of clean water, food, education and health care, small business micro-credit, advocacy and resettlement for refugees and displaced persons, and emergency relief and rehabilitation. One Great Hour of Sharing also supports domestic and international ministries for disaster preparedness and response.

For Lent again this year we are collaborating with 3 other churches in the area and with United Way in Fond du Lac on their "Ripon Food for Thought" initiative. The progress gauges are up around the church and were seeded with \$90 that exceeded the \$2,500 needed for our portion of the program support. This is a wonderful program that helps ensure children in Ripon whose families struggle with food insecurity go home with enough food to keep them from being hungry during the weekend when they aren't in school.

## Worship Committee

We hope you will attend the Living Last Supper at Grace Lutheran on Maundy Thursday, April 2<sup>nd</sup> at 6:30 pm. Based on Da Vinci's iconic Last Supper painting, the production brings to life the Bible's account of the final meal Jesus shared with his disciples. This year we are partnering with Grace Lutheran for the performance and a number of our members are involved.

Our next regular committee meeting is March 16th, at 4:00 PM.



# Ministries, Projects, and News

## **Matthew 25: Ministries Pill Bottle Collection**

**1,355 Pill Bottles in 2026!**

And we begin again! Thank you for all your donations! We are so grateful for the steady donation of pill bottles of every type and size. Let's keep them multiplying in the closet like bunnies!

We are also grateful to several ladies here at OSUCC who volunteer their time to sort and pack the shipping boxes that we send out. Thank you, and you know who you are!

OSUCC is one of the last collection points in the area so this project is very important for helping keep the bottles out of landfills. We send them to Matthew 25: Ministries in Blue Ash, OH who ships the bottles to developing countries who need assistance in the improvement of available medical care and supplies.



Please continue dropping off pill bottles (with prescription labels removed) to the church office. If the office is closed, feel free to leave them in the brown plastic basket located on the table in the North Entrance vestibule. Thank you so much!

## **Pop Tabs for Ronald McDonald House**

**8,841 Pop Tabs in 2026!**



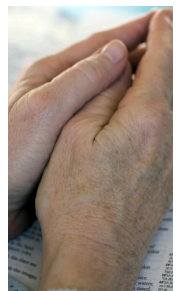
Tabbs can come from a variety of cans such as pet food, beverage cans, soup cans, tuna cans, etc. We appreciate all of those who have already donated their tabs, or are still working on their collection jar at home! We understand that even friends of friends have begun collecting and donating too, how exciting! Thank you all so very much!

The tabs collected are sent to Ronald McDonald House, who recycles them and uses the proceeds to help fund the general operations expense of the House--keeping it open to serve even more families. It's a win-win situation!

## **Prayer Chain Ministry**

In our Prayers: Sharri Dailey, Nancy Henning, Tara Koller, Emily McGuire, Elaine Mortenson, Ron Prellwitz, Mark Sabel, and 16 Unspoken.

Feel free to add yourself or a loved one to our prayer chain ministry by contacting Caroline Retzlaff at 920-748-2367.



## **Quotes for March**

"March 4th, the only day that is also a sentence." -- *John Green*

"Spring is when you feel like whistling even with a shoe full of slush."-- *Doug Larson*

"Success is not final, failure is not fatal: it is the courage to continue that counts."-- *Winston Churchill*

# More Ministries, Projects, and News

## *The Ripon Sharing Table Free Community Meals*



Our February 3<sup>rd</sup> meal was well attended with 130 meals being served. Our diners enjoyed the option of a hot citrus punch and the amazing array of dessert choices, many of which incorporated cherries without any of the bakers even knowing what the other was making!

For our Tuesday, March 2<sup>nd</sup> meal we'll be serving a family favorite, Firehouse Chili Mac, dinner rolls, a tossed salad, pistachio salad, a pickle, Leprechaun Lime Punch, and of course more amazing desserts provided by our very talented bakers here at OSUCC. We're wondering if St. Patrick's Day will influence our bakers in a similar way that the cherries did last month! Hmmm. You'll just have to come and find out for yourself!

Why do we call it Firehouse Chili Mac, you ask? Is it really spicy? Do not be alarmed, it's not spicy. We called it that in honor of the Ripon Area Fire District who very generously shared chili with us from their chili fundraiser.

All are welcome to join us for our Sharing Table Free Community Meals. "March is God's promise of new beginnings" and so we hope to see you at 5 pm down in Fellowship Hall.

Thank you so much to all who continue to volunteer the time and talents supporting this mission project. You are so very appreciated! Thank you also to the Scott Street Puppets, who will be entertaining us on March 2<sup>nd</sup>!

## *WCUCC Annual Meeting 2026*

Have you wanted to attend our 2026 Annual Meeting of the Wisconsin Conference before but just didn't for what ever reason? Perhaps this is your year! The conference is being held earlier this year on April 10<sup>th</sup> and 11<sup>th</sup> at the Green Lake Conference Center. The agenda is still under construction, but you can follow it's progress at <https://wcucc.org/annual-meeting/>.

OSUCC is allowed to send 2 voting delegates to the convention and will pay for your meals. Let Rev. Kevin know if you are interested or have questions about what is expected as a delegate.

If you would rather get your feet wet first by volunteering at the conference there are many opportunities to do that, including helping at the Registration Desk, Hospitality, Ushers, Workshop Ushers and Golf Cart Drivers. To learn more about these opportunities and to sign up online, go to <https://wcucc.org/annual-meeting/volunteer-opportunities/>

## *Women's Wild Winter Weekend 2026*

WWWW was Friday, February 20 through Sunday, February 22<sup>nd</sup>, with some of our ladies heading up on Thursday. They missed the fun on Friday when Mother Nature decided winter wasn't over and presented us with a wild winter drive up until we got to around Wausau! We persevered though, and got safely to Moon Beach.

The camp was postcard beautiful with a lot of fresh, clean snow covering roofs, trees, and everything else. On Saturday, ladies were able to enjoy snowshoeing on freshly groomed trails both on land and frozen Moon Lake.

This year's camp theme was "Trust" and Camp Director Missy Miller, an ordained minister, guided us in exploring the dynamics of trust in our relationships with God, with ourselves, and with the people in our lives and beyond.

How was the food? It was both delicious and plentiful! Saturday's dinner was Olympic themed and offered dishes from several different countries. The chocolate fountain made it's appearance after dinner while we were enjoying board games of all types, accompanied by much chatter and laughter. All in all, camp was a wonderful experience!



# From Our Parish Nurse

March is National Nutrition Month! The Academy of Nutrition and Dietetics hosts an annual campaign teaching people how to develop healthy eating and physical activity habits. The theme for 2026 is “Discover the Power of Nutrition.” Here are the highlights of “Eat Right for Life”, where they walk you through recommendations for each decade of life.

## **Teens to 20s: Bone Building**

This decade is aimed at continued growth of strong and healthy bones. In your 20s, you’re still building up bone density, and the more you start off with the better as your bones will lose density in your later years. They recommend 1000 mg of calcium per day for those between 19 until 50. Calcium can be found in low-fat or fat-free dairy products, calcium fortified foods and beverages, and calcium rich foods such as beans, leafy greens, canned salmon and almonds.

## **20s to 30s: Baby on Board**

For women who are pregnant or plan on becoming pregnant in this decade, folic acid and B-vitamins are key in helping prevent neural tube defects such as spina bifida. They recommend to aim to get 400-800 micrograms of folic acid per day. Many breads, cereals, and grain products are enriched with folic acid, but many doctors recommend folic acid supplementation for those trying to become pregnant. Another key during this decade is chronic disease prevention. A well-balanced diet can help reduce the risk of diabetes, heart disease, and certain types of cancer.

## **30s to 40s: Keeping Score**

This decade is aimed at getting plenty of fruits, vegetables, and fiber. Fruits and vegetables contain health-promoting vitamins, minerals, and antioxidants, and adults should try to get at least 1.5-2 cups of fruit and 2.5-3 cups of vegetables per day. Another important nutrient is fiber. Fiber may help protect against heart disease and some forms of cancer. They recommend 25-31 grams of fiber per day for those between the ages of 31-50. Most adults get about half of that amount.

## **40s to 50s: Mindful Eating**

For women, perimenopause and menopause create hormone fluctuations that cause changes to metabolism and body weight. The recommendation is to focus on mindful eating and regular physical activity while working on accepting your changing body. Men also have changes during this time, around the age of 40, calorie needs start to decrease. The recommendation is to decrease consumed calories and increase physical activity to help with weight maintenance. Adults are recommended to get a minimum of 150 minutes of moderate-intensity exercise per week. Another important nutrient during this decade is vitamin D. It is essential for bone health, and it is also believed to reduce the risk of some cancers, heart disease, and infectious diseases. For those between the ages of 19-70 the daily recommended amount of vitamin D is 600 IU.

## **60s and Beyond: Protein Power**

As we age, we need fewer total calories, but higher amounts of certain nutrients (i.e. calcium and vitamin d), so it is important to focus on nutrient dense foods to make every calorie count. They also do not recommend fad diets or drastic weight loss in the golden years, as this can lead to loss of lean body mass which is the exact opposite of what older people need for good health. Protein, along with regular strength building activities, is essential for maintaining lean muscle mass. Also, consuming enough protein may be linked to better bone health.

The recommendation for those over 60 is to get 5-5.5 ounce-equivalents of protein rich foods daily, and it should be spread throughout the day. What counts as an ounce-equivalent in the protein food group? That would be 1 ounce of meat, ¼ cup of cooked beans, 1 egg, 1 tbsp of peanut butter, or ½ ounce of nuts. Good sources of protein include beef, chicken, fish, pork, lamb, eggs, beans, tofu, nuts, milk, yogurt, and cheese. Vitamin B12 is another vital nutrient during this decade. It helps the body make red blood cells and it keeps the brain and nervous system healthy. As people get older, they can lose the ability to absorb vitamin B12 in the gut, so it may be necessary to speak with your doctor about B12 supplementation.

If you have any questions or would like more information you can visit: <https://www.eatright.org/health/wellness/healthful-habits/eat-right-for-life>

**Emily Burk, RN, OSUCC Parish Nurse**

# March



# Duties

## Liturgist

- Mar 1 Dianne Heyn
- Mar 8 Cal Fischer
- Mar 15 Rorie Nitz
- Mar 22 Jeremy Schouten
- Mar 29 Jackie Bogucke

## Gatekeepers

- Mar 1 Rick & Barb Stracy
- Mar 8 Dennis & Emily Burk, Sue Wrzinski
- Mar 15 Pat Gittens
- Mar 22 Keith & Becky Mulder
- Mar 22 Rick & Barb Stracy

## Audio/Visual Operators

- Mar 1 Bob Meyer/Kelly Mundell
- Mar 4 Bob Meyer/NA
- Mar 8 Kelly Mundell/Phil Wepner
- Mar 11 Keith Mulder/NA
- Mar 15 John Kwiatkowske/Phil Wepner
- Mar 18 Keith Mulder/NA
- Mar 22 Keith Mulder/Kelly Mundell
- Mar 25 Keith Mulder/NA
- Mar 29 John Kwiatkowske/Judy Lueck

## Worship Bulletins

Bulletins are mailed out on Wednesday's and are also available in the North Narthex for pickup.

## Usher/Greeters

- Mar 1 Team 3
- Mar 8 Team 4
- Mar 15 Team 5
- Mar 22 Team 6
- Mar 29 Team 1

## Van Drivers

- Mar 1 Rick Stracy
- Mar 8 Dennis Burk
- Mar 15 Jackie Bogucke
- Mar 22 Bob Lueck
- Mar 29 Ricky Prellwitz

*Call Church Office by 12PM Thursday before the following Sunday to reserve a seat!*

## Altar Guild Committee

Emily Burk, Dianne Heyn, Kathy Lang, Caroline Retzlaff, Sue Wrzinski

## Communion Servers

Mar 1 Judy Maguire and Rick Stracy

## Coffee Hour

Everyone is welcome! Come enjoy coffee, juice, and baked goods after the 9:00 AM Worship Service.

Interested in hosting coffee hour? The signup book is on the counter by the microwave in the East Narthex.

# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:00 am Worship Service with Communion <b>9:30 am Blood Pressure Clinic</b> 10:15 Sunday School 10:30 Adult Education 6:30 pm Lego Multiverse	<b>2</b> 6:15 Puppet Practice	<b>3</b> 5:00 pm Sharing Table Community Meal, OSUCC 6:30 pm Pack 3735 Leader Meeting	<b>4</b> 6:30 pm Lenten Service	<b>5</b> 9:00 am MBS Clinic 5:15 pm Sr Choir Practice 6:30 pm Worship Service 6:30 pm Lego Multiverse	<b>6</b>	<b>7</b>
<b>8</b> 9:00 am Worship Service 10:15 Sunday School 10:30 Adult Education 6:30 pm Lego Multiverse	<b>9</b> 6:15 Puppet Practice <b>6:30 pm Church Council Mtg</b>	<b>10</b> 5:00 pm Sharing Table Community Meal, Grace Lutheran 6:30 pm Pack 3735 Den Meeting	<b>11</b> 6:30 pm Lenten Service	<b>12</b> 9:00 am MBS Clinic <b>9:30 am Called to Care</b> 5:15 pm Sr Choir Practice 6:30 pm Worship Service 6:30 pm Lego Multiverse	<b>13</b>	<b>14</b>
<b>15</b> 9:00 am Worship Service <b>10:00 Altar Guild Meeting</b> 10:15 Sunday School 10:30 Adult Education 6:30 pm Lego Multiverse	<b>16</b> 4:00 pm Worship Comm <b>5:30 pm Christian Ed Comm</b> <b>6:30 pm Evangelism Comm</b> 6:15 Puppet Practice	<b>17</b> 5:00 pm Sharing Table Community Meal, Immanuel UMC <b>5:30 pm Missions Comm</b> 6:30 pm Pack 3735 Den meeting	<b>18</b> 6:30 pm Lenten Service	<b>19</b> 9:00 am MBS Clinic 5:15 pm Sr Choir Practice 6:30 pm Worship Service 6:30 pm Lego Multiverse	<b>20</b>	<b>21</b> April Messenger <b>Deadline</b>
<b>22</b> 9:00 am Worship Service 10:15 Sunday School 10:30 Adult Education 6:30 pm Lego Multiverse	<b>23</b> 6:15 Puppet Practice	<b>24</b> 5:00 pm Sharing Table Community Meal, <b>1<sup>st</sup> Congregational</b> 6:30 pm Pack 3735 Den meeting	<b>25</b> 6:30 pm Lenten Service	<b>26</b> 9:00 am MBS Clinic 5:15 pm Sr Choir Practice 6:30 pm Worship Service 6:30 pm Lego Multiverse	<b>27</b>	<b>28</b>
<b>29</b> 9:00 am Worship Service 10:15 Sunday School 10:30 Adult Education 6:30 pm Lego Multiverse	<b>30</b>	<b>31</b> 5:00 pm Sharing Table Community Meal, St Catherine's 6:30 pm Pack 3735 Den meeting				