

OUR SAVIOUR'S UCC

343 SCOTT STREET

RIPON, WI 54971

Non-Profit
Organization

U.S. POSTAGE

PAID

RIPON, WI

Permit No. 31

ADDRESS SERVICE REQUESTED

OUR SAVIOUR'S
UNITED CHURCH OF CHRIST

FAITH FAMILY FRIENDSHIP

THE MESSENGER

Vol. 100, No. 9

September 2024

Ripon, WI.

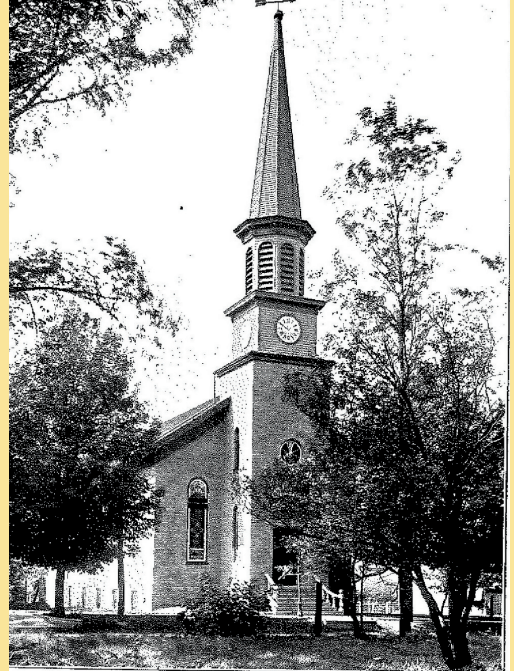


SEPTEMBER

Welcome to *The Messenger*

Published by Our Saviour's UCC since 1924

- Page 2 From the Pastor's Desk**
- Page 3 Committee News**
- Page 4 More Committee News**
- Page 5 Ministries, Projects, and News**
- Page 6 More Ministries, Projects, and News**
- Page 7 From Our Parish Nurse**
- Page 8 September Duties Schedule**
- Page 9 September Calendar**



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 11:00 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 October 2024 Edition of The Messenger:

Events to be included on the calendar, committee updates, articles, etc. should be submitted to the office by **September 14th** via email to the Church office, 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



<https://bit.ly/OSUCCFacebook>



<https://bit.ly/OSUCCYouTube>

From the Pastor's Desk



Rev. Dr. Kevin Mundell

This summer has been filled with many unexpected moments and some expected ones, all filled with both joy and sorrow. We were able to sit with a friend that Kelly has known since high school and learn that they almost died from cancer this year and that one of their mutual friends did die from cancer this year. We lost another aunt on my mother's side bringing, the living from fourteen down to two, with my mom being one of the two. Our first grandchild was born, bringing new life and new love into our lives.

It has been a gift to have that grandchild enter my life while I am at an age where I am starting to see people I grew up with die, or come close to dying, and seeing the generation just older than mine approach their end time with the living. This gift is the reminder that we are not here to simply love the easiest people in our lives-- the ones we grew up with because of our small neighborhood which made our relationship convenient, or those who were in same classes at school with us which made our relationship convenient. The gift of this child is a reminder that we are here to love as God loves us, which means learning to love new people at different ages as they come into our life, especially if they are not family.

I have been gifted over the years to walk with many people who struggle late in their life because all their immediate family has passed on and they are the only one left in their generation. For some, they never had any children and felt very alone. They have lost all their friends from growing up as well and don't seem to know what to do. For some, they stopped trying to love at an early point in their life and simply aged with those they cared about, and now those people are gone.

I have also been blessed to be walking with people who never stopped adding new people to their life, learning to love people beyond their family, people of all different ages. Their grief seems to be different when they become the last, as they never seem to see themselves as alone. They set aside the natural patterns of life to love in new ways and found themselves with many different people loving them when they needed it most near their end of life.

Grief for me is not a reminder of loss as much as it is a reminder of love given and love received. I don't know that I would want to go through life without grief because for me that would mean that I went through life without deeply loving. When I am holding my Grandson, that child does not really know grief or much of anything, but somehow he elicits love from a whole bunch of people--especially when they hold him. Just his presence in my life draws love out of me in a good way. Isn't that what the cross is about, God showing us love in the hope that we would receive it and then turn around a share it?

In the book of James 1:2-4 it says, "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." I am wondering if the best way to think about this is that our completeness is being loved and loving, in a Christ-like way, as many people as possible. This would match Paul's words in Ephesians where he tells the story of what God is doing, which has to do with creating a people to love and be loved and live their daily lives treating others with love. Is there anything else that God really wants from us than to love and be loved? Let us step into God's hope for us.

Committee News

Altar Guild

The 2024 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 \$25 and Organ flowers are \$16 each. Radio Broadcasts are \$50 per sponsor & \$25 per sponsor per bulletin. Checks for Altar and Organ flowers should be made out to OSUCC ALTAR GUILD. All other checks can be made out to OSUCC.



Our next meeting is Sunday, September 15th at 10:15 am. We welcome anyone new that would like to come and join our Altar Guild group. If you have any questions, please contact Caroline Retzlaff at 920-748-2367 or Iona Altnau at 920-748-5391.

Called to Care *Committee*

Nurse Emily holds the Mind, Body, & Soul Clinic every Thursday from 9:00 am until Noon. If you would like a visit from Nurse Emily, please call her at 920-748-2544 during office hours or email her at osuccnripon1@gmail.com.

Called to Care has been hoping to revive our Prayer Shawl Ministry, which was very appreciated by all those who received one of the handmade shawls in the past. We understand that it takes time to work up the shawls and that may present challenges to people who might otherwise want to participate. Nurse Emily and Jane Brady are experimenting with knitting Prayer Squares, which are approximately 4"x4" and can be decorated with a tassel or charm. We do have a pattern and they are lot less time intensive than a shawl. Neither Emily or Jane had been knitting in a long, long time but can manage these squares--that tells you how easy they are to do! We have some in the office if you are curious about them.

The next Called to Care meeting will be held Thursday, September 12th, at 9:30 am in the conference room. New members are always welcome to join us to help provide fellowship and support for members of our congregation. If interested please talk to Rev. Mundell, Iona Altnau, Julie Stellmacher, Dianne Heyn, Caroline Retzlaff, Pat Gittens, or Kathy Lang.



Christian Education Committee

Sunday School begins on September 8th at 10:15 am. Please pre-register your children before September 8th. We'll have the registration forms available for in the church office or on our website at <https://bit.ly/OSUCCSunSchIReg>

Do you love to work with little kids? How about pre-teens that act like little kids some times? Our Sunday School staff invite you to join our ranks as a teacher or helper to help us share the stories of Jesus. One Sunday per month is all we are asking for.

To learn more, talk with Barb Stracy, Jackie Bogucke, or Debbie Hahn. Thank you!

Our next committee meeting is scheduled for Monday, September 16th, at 5:30 PM.

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.



Our next committee meeting is scheduled for Monday, September 16th, at 6:30 pm.

Mission Committee

Sunday, September 15th, is Blanket Sunday. There will be special envelopes available if you wish to donate to Church World Services Blanket and Hygiene Kit program. This program provides emergency assistance to the US and many other countries.

As an example, on July 7, 2024, Hurricane Beryl struck the Texas coast as a Category 1 hurricane, bringing heavy rains, high winds and widespread power outages that left over two million people in the dark. In the immediate aftermath of the storm, CWS collaborated with Reach Out America in Pearland, TX, to distribute essential supplies to our neighbors in need. With support from the CWS community, we distributed CWS Blankets, Hygiene Kits and Emergency Cleanup Buckets to those affected by the hurricane. These supplies are crucial for families staying in temporary shelters, providing them with comfort and the tools needed to begin the cleanup process.

“These immediate responses are only possible because of generous congregations and donors who contribute to the CWS Emergency Response Fund and the CWS Kits and Blankets programs,”
Matthew Stevens, CWS Director of Congregational Campaigns.

Thank you to all who have brought in cards for St Jude’s Ranch for Children in Boulder City, NV! We are still collecting the front of any card except those from American Greetings, Disney, Hallmark due to Copyright. St. Jude’s uses the cards to help provide work and life skills to teens who have been victims of sex trafficking.

Missions Committee will meet next on Tuesday, September 17th, at 5:30 pm. Anyone interested in joining the committee is welcome to attend.

Worship Committee

Voices Ala Carte will be singing at the September 8th worship service. Come join us as we learn an easy song prior to worship on Sunday. It’s fun and is appreciated and enjoyed by our congregation!

Senior Choir is starting up again also although we don’t have the date that practices will resume yet. Keep an eye on your weekly bulletins for more information. This is a very enjoyable group to sing with and we welcome new members to join us!

Our search for a new Choir Director is ongoing. If you hear of someone who may be interested, please contact Barb Stracy at 920-229-1183.

The next meeting of the Worship Committee is Monday, September 16th, at 4:30 pm. Anyone interested in joining the committee is welcome to attend.

Ministries, Projects, and News

The Ripon Free Community Meals



We are so blessed by all the repeat volunteers! Thank you so very much! Together, we make others feel welcomed and comfortable. Last month we served 124 meals and diners left free will offerings totaling \$265. Wow!

The menu for the September 2nd meal will include Country-style pork ribs, real mashed potatoes and gravy, scalloped corn, and grape salad. We would like to include a variety of home-made desserts again with this meal. Those are always a HUGE hit with our diners. At the dessert table we've often heard diners say, "Your church serves the best desserts of all!" so let's see how we can excite and delight them this time!

There will be volunteer sign-up boards in the East Narthex again for the next few months of meals. Each month has food prep needs specific to the menu being served. There are different ways to be involved and your time is very much appreciated. Plus you'll have fun too!

The schedule for The Sharing Table meals is as follows:

- 1st Tuesday, 5 - 6 pm - Our Saviour's United Church of Christ - Fellowship Hall, elevator accessible
- 2nd Tuesday, 5 - 6 pm - Grace Evangelical Lutheran Church - Fellowship Hall
- 3rd Tuesday, 5 - 6 pm - Immanuel United Methodist Church - Fellowship Hall, elevator accessible
- 4th Tuesday, 5:30 - 6 pm - First Congregational Church of Ripon - Drive Thru on Ransom St. for boxed dinners
- 5th Tuesday, 5:00 - 6:00 pm, St. Catherine of Siena Catholic Parish, Parish Hall, lower level parking lot, handicap accessible.

Prayer Chain Ministry

IN OUR PRAYERS:

Tara Koller, Bob Krueger, the family and friends of Timothy Cluppert, 21 unspoken, and all others.



Feel free to use our prayer chain ministry by contacting Caroline Retzlaff at 920-748-2367.



Congratulations!

Please join us in congratulating Alyssa and Grant Schlieve on the birth of their second child, a son named Bennett Grant. Bennett was born on August 7, 2024 and was 8 lbs, 1 oz and 20.5" long. Mother and baby are both doing very well!

More Ministries, Projects, and News

Matthew 25: Ministries Pill Bottle Collection

3,546 Pill Bottles in 2024!

Thank you for all your donations! We are so grateful for the steady donation of pill bottles of every type and size. In July we sent 3 full shipping boxes of bunnies, make that bottles, down to Blue Ash. Let's keep them multiplying in the closet!

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.

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!



Pop Tabs for Ronald McDonald House

18,824 Pop Tabs in 2024!



Tabs 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.



Turkey Dinner 2024

We're fast approaching that time of year again, and we don't just mean Fall. It's also Turkey Dinner time!

This year's Turkey Dinner will be held on Saturday, October 26th, so mark your calendars please. The donation boards will be available toward the end of September. We'll have something in the bulletin to alert you to when those are out and where to find them.

We are again looking for apples and squash so if you have some or know someone who does, please contact Nancy Henning at 920-398-3535. Thank you!



From Our Parish Nurse

National Cholesterol Education Month

September is National Cholesterol Education Month. Why is this so important? High cholesterol is known as a silent condition because it has no symptoms itself. It does however lead to blockages in arteries resulting in heart disease, which is the leading cause of death around the globe. High cholesterol affects nearly 102 million Americans over the age of 20. National Cholesterol Education Month raises awareness about this potentially dangerous condition, and it urges people to get checked and make healthier choices.

- **What is cholesterol?** Cholesterol is a waxy substance found throughout the body. Your body needs it to build cells and make vitamins and other hormones. Cholesterol is not bad unless you have too much of it. Cholesterol comes from two sources. Your liver makes all the cholesterol you need to function and then the remainder of it comes from your food, mostly meats, poultry, and dairy products.
- **What are the two types of cholesterol?** LDL cholesterol, also known as the “bad” cholesterol contributes to fatty buildup in the arteries which narrows them and increases your risk for heart attack, stroke, and peripheral artery disease. HDL cholesterol, also known as the “good” cholesterol carries LDL cholesterol away from the arteries and back to the liver where it is broken down and eliminated from the body.
- **What behaviors can negatively affect your cholesterol levels?** An unhealthy diet, lack of physical activity, smoking or exposure to tobacco smoke, and being overweight or obese can all cause your body to produce more LDL cholesterol than it needs. Heredity can also play a role as some people inherit genes from their parents that cause them to have too much cholesterol, this is called familial hypercholesterolemia.
- **What can I do to prevent or treat high cholesterol?** When it comes to cholesterol it is important to know your numbers, then you can work with your health care professional to adjust your cholesterol levels as needed. A simple blood test can tell you if your cholesterol is high and if you’re in danger of heart disease. Starting at the age of 20, adults are encouraged to have this screening blood test done every 4-6 years. Those with high cholesterol or other risk factors may need to have the blood test done more often. Often changing behaviors can help reduce your numbers, but if lifestyle changes alone don’t improve your cholesterol levels, medication may be prescribed. Lifestyle changes include:
 - **Eat a Heart-Healthy diet** - Reduce trans and saturated fats, reduce your intake of red meat and fried foods, concentrate on low-fat or fat-free dairy products, and on a diet rich in fruits, vegetables, whole grains, and lean meats.
 - **Be more physically active** (if approved by your medical provider) - A sedentary lifestyle lowers HDL cholesterol resulting in less bad cholesterol being removed from the arteries. Physical activity is important and the recommendation is to complete at least 150 minutes of moderate-intensity aerobic exercise per week. That is enough to lower both cholesterol and high blood pressure.
 - **Quit smoking or avoid secondhand smoke exposure** - Smoking lowers HDL cholesterol and increases the risk of heart disease. By quitting, smokers increase their HDL cholesterol levels and also reduce damage to their arteries and improve their overall function.
 - **Lose weight** - Being overweight or obese tends to raise the chance of increased bad cholesterol and lower good cholesterol. Weight loss of as little as 5-10% may help improve cholesterol numbers and other heart disease risk factors.

Emily Burk, RN, OSUCC Parish Nurse



September Duties

Liturgist

September 1 Cal Fischer
 September 8 Rick Stracy
 September 15 Dianne Heyn
 September 22 Jeremy Schouten
 September 29 Phil Manthei

Gatekeepers

September 1 Emily & Dennis Burk, Sue Wrzinski
 September 8 Rick & Barb Stracy
 September 15 Kathy & Pete Schieler
 September 22 Pat Gittens
 September 29 Keith & Becky Mulder

Audio Operator

September 1 Phil Manthei
 September 8 Keith Mulder
 September 15 Kelly Mundell
 September 22 John Kwiatkoske
 September 29 Bob Meyer

Coffee Hour

After 9:00AM Worship with Coffee and Juice - For those who feel comfortable, feel free to join us!

Usher/Greeters

September 1 Team 4
 September 8 Team 5
 September 15 Team 6
 September 22 Team 1
 September 29 Team 2

Altar Guild Monthly Committee

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

Van Drivers

September 1 Ricky Prellwitz
 September 8 Rick Stracy
 September 15 Jackie Bogucke
 September 22 Tom Carr
 September 29 Bob Lueck

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

Bulletin Delivery

- Mailed out on Wednesday's
- Kay Quinn will deliver to Russell Manor
- Iona Altnau will deliver to Maplecrest Manor

Communion Servers

September 1 Dianne Heyn and Keith Mulder

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 am Worship Service with Communion 10:00 am Blood Pressure Clinic 6:30 pm Lego Club	2	5:00 pm Sharing Table Community Meal	4	5 9:00 am Mind, Body, Soul Clinic 5:15 pm Sr Choir 5:45 pm Lego Club 6:30 pm Worship Service	6	7
8 9:00 am Worship Service 10:15 am Sunday School 4:30 pm Pack Committee Meeting 6:30 pm Lego Club	9 1:00 pm Science Club 6:15 pm Puppets 6:30 pm Church Council Mtg	10 6:30 pm Pack 3735 Den Mtg	11	12 9:00 am Mind, Body, Soul Clinic 9:30 am Called to Care 5:15 pm Sr Choir 5:45 pm Lego Club 6:30 pm Worship Service	13	14
15 9:30 am Worship Service 10:15 am Sunday School 10:15 am Altar Guild 4:00 pm Den Meeting 6:30 pm Lego Club	16 4:30 pm Worship Mtg 5:30 pm Christian Ed Mtg 6:15 pm Puppets 6:30 pm Evangelism Mtg	17 5:30 pm Missions Mtg 6:30 pm Pack 3735 Den Mtg	18	19 9:00 am Mind, Body, Soul Clinic 5:15 pm Sr Choir 5:45 pm Lego Club 6:30 pm Worship Service	20	21 October Messenger Deadline
22 9:00 am Worship Service 10:15 am Sunday School 6:30 pm Lego Club	23 6:15 pm Puppets	24 6:30 pm Pack 3735 Den Mtg	25	26 9:00 am Mind, Body, Soul Clinic 5:15 pm Sr Choir 5:45 pm Lego Club 6:30 pm Worship Service	27	28
29 9:00 am Worship Service 10:15 am Sunday School 6:30 pm Lego Club	30 6:15 pm Puppets					