

The Messenger

The monthly newsletter of First Congregational Church UCC of North Ridgeville

February 2019

Pastor

Rev. Arik Borstad

Director, Christian Education

Mary Karlovec

Music Director

Kerry Davis

Moderator

Roy Dreger

Vice-Moderator

Nancy Franks

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Kelsey Veliconia

Renee Dornan

Co-Chairs, Deacons

Diana Goode

Lynne Petroff

Chair, Outreach

Nancy Franks

Chair, Trustees

Pete Veliconia

Treasurer, Secretary

Linda Matis

From the Pastor's Pen

February is here and with it we enter into the next chapter of this brand new year. To be perfectly honest, February has always felt a bit like a transitional month for me. January, even though it is often cold, is the start of the new year. There is something exciting about starting a new calendar year, and we carry that energy and excitement through that first month. We make resolutions, set goals, and look at the upcoming year with excitement and optimism.

But by the time we reach February, reality has come crashing down around us, reminding us that – as always – life gets in the way. Maybe our New Year's Resolutions falter or maybe we get back into the swing of things for our work or for school. Whatever it is, it always seems like the energy in our community seems to dip when we get to February.

So naturally, we look ahead to what the next month will bring – March! For many of us March is an exciting month! It means spring will be here shortly, and for students and teachers, it means Spring Break isn't that far away. March lands during that time of year when new life is springing forth in our world as the green grass and budding flowers start to make their presence known.

Therefore February in a lot of ways becomes this transition time for us. The excitement for the new year is over and March is still a month away, so we trudge along during this shortened month, eagerly looking ahead to what the future may hold. But you know what? Transition isn't always a bad thing. In fact, we live most of our lives in those places of transition. We constantly find ourselves in those moments "in between" – in the midst of what came before and what waits for us on the horizon.

While February might seem like a handful, don't forget that there is value to be had in appreciating those liminal spaces in life. If we are so focused on where we are going next, we lose out on what we can gain during the journey.

My friends, let us take time this month to appreciate those places of transition in our lives. While we forge ahead and make plans for our future, let us also give ourselves permission to appreciate the change as it happens around us. Let us grow alongside this year as we become the people God have called us to be.

Blessings and Peace,
Pastor Arik



Moderator's Moment – Roy Dreger

February may be the shortest month in terms of days, but sometimes it seems like the longest month of the winter to me. When I think of February, I think of drab, cold and dark days and nights. However, it is in reality a month to start preparing for your garden. I remember the cold frames that we had on the farm, and they would be set up in anticipation as the seeds that were planted indoors grew and the need for the cold frames grew closer.

February has Groundhog Day, and while the groundhog has proven to be less than accurate in his weather forecasting, the weather becomes important if you are preparing to plant a garden. If it stays cold, the ground will stay frozen and the ability to prepare it for planting will be postponed. If, however, it is warm and rains, the ground will warm and be ready to plant sooner. While this does not affect most of us, if you are gardening you need to be prepared.

Proper preparation is important and not just in gardening. I find that I need time to prepare myself for a church service. I need to find that place some call our "center" in order to fully involve myself in the experience. A while ago I noticed someone not taking communion and I felt comfortable enough to ask him if everything was okay. He responded that he did not feel as if he were in the proper frame of mind, that he would just be going through the motions. He thought he needed to prepare himself better.

We, the church, need to prepare ourselves for the work ahead of us. There are going to be some struggles in the years ahead. We need to be better able to support ourselves financially as well as spiritually. We need to do this if we are going to make it to our 200 year anniversary in 2022, which is something else we need to prepare ourselves for.

Christian Education Corner – Mary Karlovec

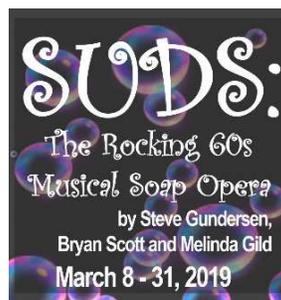
February is always the shortest month of the year but is always a busy one for Christian Education. **Sunday, February 3 is SOUPER**

BOWL of CARING Sunday. Our youth will be at the entrances to the sanctuary during the second service with their soup pots, collecting your change. This yearly event is nationwide and the monies collected goes to an outreach program of choice. Our money collected will be going to Community Care. Please help us fill our pots!



Sunday, February 3 is also Bible Sunday and our second graders will be receiving their first Bibles. We have seven second graders who will be receiving their Bibles during the 10:30 AM service. Families of second graders are encouraged to attend!

Set in a laundromat in the 1960's, **SUDS: The Rocking 60s Musical Soap Opera** is a delightful story of a young teenage girl and four



guardian angels who come to teach her about finding true love. The show is loaded with good clean fun, bubbling energy and over 50 well-known songs that topped the charts of the 60's.

The Board of Christian Education is sponsoring **SUDS** at Clague Playhouse on **Saturday, March 23** and ticket orders are NOW available. Tickets are \$20 for adults and \$10 for children 10 and under and include the show and snacks during intermission. Tickets will be distributed starting March 1 but seating will be based on when orders are received. There are two wheelchair accessible seats. This event is open to all church members, family, friends and the community. It is appropriate for our 3rd graders and up too! Please order tickets and support Christian Education!

Due to weather conditions, our youth did not go to the Maltz Museum on MLK Day. We are definitely rescheduling this event and a letter will be going home to parents soon with information about this event.

Looking ahead to the next few months...

April 13: INTERGENERATIONAL Lenten Workshop 4-7 pm

May 5: Ladies Tea 2 pm

June 23, July 21, August 18: Vacation Bible School

Nov. 1-3: Women's Retreat at Punderson Lodge
Stay Warm! Happy Valentine's Day!

Outreach Committee News – Nancy Franks

Happy Presidents' Day, Happy Valentine's Day, and look out for the groundhog!!

The fundraiser at Fiesta Jalapenos was well attended last month. We'll see how much we raised in about three weeks, in time for the next newsletter. Thank you for making it a success.

Our next Hospitality with a Heart meal will be on Friday, February 22 beginning with set up and food prep at 3-5:00, with serving dinner at 6:00 and clean up about 7:00 (both in the kitchen and in fellowship hall). We need your help in all areas so plan on joining our happy staff. YOU are needed especially at time of clean up. Everyone who has cooked and served our dinner guests are needing a break by then. Thank you in advance for considering the need and volunteering your time to help.



One World Shop will be coming to our church on Sunday, April 28 to offer a wonderful variety of gift items made by artisans of many third world countries for yourself and others. The monies from the sale of the goods help these talented people raise their standard of living and provide shelter and education for themselves and family members. This is a hand-up, not a hand-out program that gives dignity to those working within its guidelines. Another way our church can assist our neighbors in the world.

Remember our military serving around the world. If you have the name of someone serving, please pass the name, rank, serial number and address on to our liaison contact members Skip and Linda Spayd. Then they can help to process a box from home filled with items and well wishes they'll be happy to receive from a mailing center at St. Vincent de Paul Parish in Elyria.

Save your treasures for our upcoming rummage sale on Saturday, May 18. This will be

an all-church fundraiser to benefit Habitat for Humanity. It will take ALL OF US to make it a success! We will be accepting items between Mother's Day (May 12) and May 17 ONLY. More information will be coming closer to the event.

"We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal." 2 Corinthians 4:18

Deacons' Desk – Kari Dlugosz

Who's sick of winter??? I know that I am!!! So, let's look forward a few months and mark our calendars for some fun!!! First Congregational UCC is holding an Organ Repair Fundraiser at Bullfrogs Sports Café on Saturday, April 6 from 3-6 pm. Tickets are \$25 each or \$45/couple and include pizza, wings, rigatoni, domestic draft beer, tea, & pop. We will also have raffle baskets and 50/50. This should be a fun day that our church family can celebrate together!!! All are welcome, so please invite family and friends. We hope you can come & see me for more details!!

Trustees' Turn – Pete Veliconia

As winter is in full swing, please be careful walking on all sidewalks and through our church parking lot. Everyone works hard to ensure all areas are as safe as possible but it's not easy and there is always ice and snow around.

We hope to have a beehive of activity soon and we ask for your cooperation in staying away from all roped off areas; these are put up for everyone's safety and security. Also, watch the little ones - they are full of curiosity and it is up to all of us to watch them.

We ask once more for your help in finding contractors to have on file in case they are needed. It is far easier to call someone with whom we have a current relationship than a stranger. We are also looking for persons to join the trustees. We need ideas; and if you think that you can't contribute, you are incorrect.

The year ended up better than expected financially and the upcoming forecast is promising. Thank you to all of the boards for once again watching the budgets and only spending what is really needed.

Parish Nurse's Notes - Karen Dreger

February is American Heart Month. It's a good time to give your heart the attention that it deserves. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ✓ Watch your weight.
- ✓ Quit smoking and stay away from second hand smoke.
- ✓ Control your cholesterol and blood pressure and get checked regularly.
- ✓ If you drink alcohol, drink only in moderation.
- ✓ Get active and eat healthy (i.e. lower your intake of sugar, salt, and trans fat).

When people talk about heart disease they are usually talking about coronary heart disease (CHD). It is also called coronary artery disease (CAD). This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries. Plaque is caused by:

- High blood pressure
- Smoking
- Too much sugar in the blood (diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

What is a heart attack? A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly. Some common signs of a heart attack include:

- Pain or discomfort in the center or left side of the chest or a feeling of pressure, squeezing, or fullness

- Pain or discomfort in the upper body-like arms, back, shoulders, neck, jaw or upper stomach (above the belly button)
- Shortness of breath or trouble breathing (while resting or being active)
- Feeling sick to your stomach or throwing up
- Stomach ache or feeling like you have heart burn
- Feeling dizzy, light headed or unusually tired
- Breaking out in a cold sweat.

Don't ignore changes in how you feel. Signs of a heart attack often come on suddenly, but sometimes they develop slowly – hours, days, or even weeks before a heart attack happens. Know your family history and talk to your provider about your personal risk of heart disease. Together you can develop an effective heart disease prevention plan. It's an important part of loving your heart. More information can be found at www.goredforwomen.org.

Children and Physical Activity -The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day. Not only does an active child reduce the risk of developing heart disease, studies show that children also do better academically if they get enough physical activity. Inactive children are likely to become inactive adults. More information about preventing heart disease can be found at:

www.healthfinder.gov; www.heart.org/diabetes;
www.NationalInstitutesofHealth.gov;
www.heart.org/hbp; www.heart.org/gettinghealthy
www.heart.org/riskassessment





“A gift of song is a gift of love.” - Mason Williams
 The choir is in need of more voices! There are so many more songs we could sing if we had more members. If you would like to give a gift of love to others, join the choir! Practices are on Wednesdays at 6:30 pm and Sunday mornings about 9:30 am.

Women’s Book Club

Below are listed our upcoming books. All meetings are at 7:00 pm at the church except when noted.

February 18: Pieces of Happiness by Anne Osby

March 18: Before We Were Yours by Lisa Wingate



Ushers & Greeters: If you would be interested in being added to the ushers/greeters rotation, please contact Linda in the church office (327-2921 or secretary@fccalive.org). It’s an easy job that consists of greeting worshipers, handing out bulletins, collecting the offering and helping clean up after the services.

Ushers & Greeters

February	
3	Millie Gilly, Linda Matis, Lynne Petroff
10	Tess Anderson, Vi Elrod, Vonnie Packard
17	Joe Pesch, Ric Sasse, Ann Olesen
24	Edie Phillips, Shirley Sunyak, Becky Williams
March	
3	Krista O’Neill, Nancy Findlay, Pete Veliconia

Acolytes & Junior Deacon

February		
3	Rhys Kyser	Will Schupbach
10	Cady Kyser	n/a
17	Lexi Webb	n/a
24	Ben Dorman	n/a
March		
3	Dahlia Wolanski	Abby Anderson

If a child is unable to serve as acolyte on their scheduled Sunday, please contact the church office.

Nursery

February	
3	Ann Olesen
10	Shirley Sunyak
17	Linda Matis
24	Renee Dorman
March	
3	Ann Olesen

- 2/2 Dawn Truskot
- 2/9 Jacob Chalkwater
- 2/9 Mary Karlovec
- 2/9 Sean Hannold
- 2/12 Renee Dorman
- 2/15 Harry Berg
- 2/17 Bob Elliott
- 2/18 Abby Anderson
- 2/18 Nancy Franks
- 2/19 Peg Hopkins
- 2/19 Claire Wolanski
- 2/25 Shirley McVeigh
- 2/26 Fred Scharmman
- 2/26 Henry Schutz
- 2/28 Daryl Von Benken



- 2/1 Bill & Regenia Comerford
- 2/14 Conrad & Carol Schubert

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Communion Outreach 9 am Coffee Shop Svc. 9:00 Traditional Svc. 10:30 Bible Sunday Souper Bowl of Caring Bible study noon	4 AA Women 7 pm	5 CE 7 pm Trustees 7 pm AA 1 st Step 8:30 pm	6 Choir 6:30 pm	7 AA Women 6 pm Al-Anon 8 pm	8	9 Yoga 11 am Couples Recovery 6 pm
10 Coffee Shop Svc. 9:00 Traditional Svc. 10:30 February birthdays	11 AA Women 7 pm	12 AA 1 st Step 8:30 pm	13 Choir 6:30 pm	14  AA Women 6 pm Al-Anon 8 pm	15	16 Newsletter articles due Yoga 11 am Couples Recovery 6 pm
17 Communion Coffee Shop Svc. 9:00 Traditional Svc. 10:30 Farewell party for Vi Elrod 11:30-2	18 Presidents' Day OFFICE CLOSED Women's Book Club 7 pm AA Women 7 pm	19 AA 1 st Step 8:30 pm	20 Choir 6:30 pm	21 Council 7 pm AA Women 6 pm Al-Anon anniversary 6 pm	22 Hospitality with a Heart LCAS 6:30 pm	23 Community Care's Soup for the Spirit at Tom's Country Place Hall rented 12-4 Yoga 11 am Couples Recovery 6 pm
24 Coffee Shop Svc. 9:00 Traditional Svc. 10:30 Deacons 11:30 am	25 AA Women 7 pm	26 AA 1 st Step 8:30 pm	27 Choir 6:30 pm	28 AA Women 6 pm Al-Anon 8 pm		

Swiss Steak Dinner

March 2 at 4:30 & 6:00
Help make this day a success!!

Listed below are the various places that we need your assistance.

Please take a moment to find an area that fits you.

Circle the area(s) where you would be willing to help.

(#) is number of people needed

Dining Room

Decorate dining room
Hostess/ticket taker 4:30 seating (3)
Hostess/ticket taker 6:00 seating (3)
Salad table (1)
Beverage table (2)
Bus tables/pie orders 4:30 seating (5)
Bus tables/pie orders 6:00 seating (2)
Pie area (3)
Carry-out orders (2)

Kitchen

Food prep 3/1, 6 pm (10)
Make steak – 3/2, 10 am (3)
Make potatoes/veggies/etc. (2)
Salad/rolls set up – 3/2, 2 pm (2)
Serve food 4:30 seating (3)
Serve food 6:00 seating (3)
Scrape plates/dishwasher 4:30 seating (3)
Scrape plates/dishwasher 6:00 seating (3)
Clean up, 6:30 pm (10)

We would also appreciate any amount of the following to be donated so that the ticket sales will be clear profit.

155# potatoes	25 dz rolls	8# butter
15# onions	10# bacon	5# sugar
50# ice	2 gl milk	175# Swiss steak
1 gl lemonade conc.	coffee/tea bags	powder coffee creamer
2 - 24 pk each: Pepsi, Coke, Diet, Non-cola, bottled water		
\$\$ for salads, veggies, meat, carry-out trays, salad bowls		

“Sponsor-a-Pie” for \$10.00

Name _____ Phone _____

Amount of item donated _____

Drop off: Sun., February 24 in kitchen, or Mon.-Fri. 9-12.

Please have all supply donations at the church by 6 pm on March 1.

THANK YOU!!!

Questions? Contact Diana Goode 328-5297 or the church office.

Swiss Steak Dinner

Treat yourself to a home cooked meal...

Dinner includes salad, rolls, Swiss steak, mashed potatoes & gravy, corn, green beans, pie, and beverage.



Date:
Saturday,
March 2, 2019

Serving Times:
4:30 pm
6:00 pm

Place:
First Congregational
United Church of Christ
36363 Center Ridge Rd.
North Ridgeville, Ohio

ADULTS:

\$12.00

**CHILDREN
UNDER 12:**

\$7.00

**CARRY OUTS
AVAILABLE**

RESERVATIONS / PRE-SALE TICKETS ONLY by February 25

For reservations or to purchase tickets,
call the church office at 440-327-2921

Volunteers: Please see the sign-up sheet and select the area(s) where you would be willing to help out.

Donations: We would also appreciate **donations of the food items listed** on the sign-up sheets. Please fill in your name and the amount of food you will be donating. Or you may **donate money** for the other items needed that are not listed, i.e. salad bowls, carry out trays, etc. If you would like to make a monetary donation, please mark “SSD” and the amount on your offering envelope.

Pie Sponsors: Once again we are asking for “pie sponsors”. Pie sponsors simply donate \$10 per pie and we take care of the rest! Mark your check or envelope with “pies” and the number of pies you are sponsoring.

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The Board of Christian Education proudly presents

"A Night at Clague Playhouse"
Saturday, March 23 at 8:00 p.m.

The cost is \$20 for adults and \$10 for children age 10 and under. Ticket cost includes refreshments at intermission.

We have bought out the house so invite your friends, family, co-workers and neighbors!
 Appropriate for ages upper elementary through adult.

Make your reservations NOW!

Payment is due at the time of reservation.

Make checks payable to First Congregational Church.

Name: _____

Phone: _____

Number of adult tickets: _____ X \$20 = _____

Number of child tickets: _____ X \$10 = _____

Total amount enclosed: _____

Do you need a wheelchair accessible seat? Yes No

Did you know? The Western Reserve Association and the Eastern Ohio Association have merged into the **LIVING WATER ASSOCIATION** of Ohio North East. The Living Water Association is a community of 150 congregations who come together in the Holy Spirit to be the Church, striving to embody Christ in our 21st century world. Their calling is to:

- +**REFRESH - Refreshing** our souls, hearts and lives
- +**RENEW - Renewing** our congregations and church communities
- +**RESTORE - Restoring** the world to what God intended it to be, and their purpose is to be a resource and support for the health and wellbeing of our congregations so that we may grow into communities of healing and grace and embodying Christ in the world.

