

# The Messenger

The monthly newsletter of First Congregational Church UCC of North Ridgeville, Ohio

July 2019

**Pastor**

Rev. Arik Borstad

**Director, Christian Education**

Mary Karlovec

**Music Director**

Kerry Davis

**Moderator**

Roy Dreger

**Vice-Moderator**

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**Co-Chairs, Deacons**

Diana Goode

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**Chair, Outreach**

Nancy Franks

**Chair, Trustees**

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Linda Matis

**From the Pastor's Pen**

"Children aren't born knowing hate. We teach children to hate. But we can also teach children to love." – Roman Frayman, survivor of the Holocaust

This past month I had the immense honor of attending an all day workshop at the Maltz Museum that centered on learning more about the Holocaust, hearing from survivors, and what we can do to ensure that humanity will never travel down that dark path again. Going with Mary Karlovec and Heather Smith, it was an incredibly eye opening experience as we heard firsthand accounts from survivors, as well as hearing from experts as they described how such a thing came to pass. From educators to attorneys, and legal experts to experts on the genocide convention, each speaker showed us how legal methods were exploited to allow the Holocaust to come to pass, and how easy it could be for such a thing to happen again in our world today. Without question the workshop made a significant impact on me and the rest of our team. Looking ahead, we are exploring what we can do as a church to continue to educate ourselves and our communities over these lessons found in history and how we can respond faithfully to ensure that we will not remain silent bystanders in the face of history repeating itself once more.

If you have never been to the Maltz Museum before, I highly encourage you to consider taking an afternoon to visit this incredible institution and truly take in the lessons and history it has to offer. We will be trying to get groups together to go visit the museum in the near future as it has incredible resources and activities for both children and adults.

As we move forward into the summer months, it is my hope that we can reevaluate our role as bystanders in our world. In the face of injustice, will we choose to look away? Or will we stand up for what is right? When so much is at stake, the answer is not as easy as it may first appear. So let us consider where Christ is calling us to take a stand in our lives and in our world today.

Blessings and Peace,  
Pastor Arik



Teach your children two things and you have taught them well:  
To love the Lord with all of their heart.  
To have a heart of compassion for others.



## Moderator's Moment – Roy Dreger

Do you have a beach towel that looks like an American flag? How about those napkins for your Fourth of July picnic; do they look like the U. S. flag? How about that flag on a plastic holder that fits in your car's closed window? Because of July 4<sup>th</sup> coming up I thought I might share a few of the regulations from the U. S. Flag Code. While these are included in federal law, there are no penalties given for civilians improperly using or displaying the flag. A few selected items you may not have known:

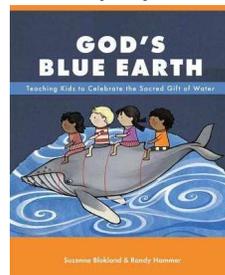
- *The flag should not be draped over the hood, top, sides, or back of a vehicle or of a railroad train or a boat. When the flag is displayed on a motorcar, the staff shall be fixed firmly to the chassis or clamped to the right fender.*
- *No other flag or pennant should be placed above or, if on the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea, when the church pennant may be flown above the flag during church services for the personnel of the Navy.*
- *The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard. Advertising signs should not be fastened to a staff or halyard from which the flag is flown.*
- *No part of the flag should ever be used as a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen, and members of patriotic organizations.*

There is much more found in THE UNITED STATES CODE, TITLE 36, CHAPTER 10 titled PATRIOTIC CUSTOMS which contains the full flag code as well as information about the national flower, motto, and march. This July 4<sup>th</sup> fly your flag proudly! Have a happy (and safe) 4<sup>th</sup> of July!



## Christian Education Corner – Mary Karlovec

**Water**, one of the sacred gifts God has given us, is the focus of our summer intergenerational activities. In June, we visited the story of Creation and discussed the vital role water plays in the life of our planet. Our **July**



**21<sup>st</sup>** session will explore different characteristics of water and we will learn more about the many bodies of water found on earth. Our theme is "Jesus Stills the Waves." Come prepared for "waves" with swim suit and

towel to change into that Sunday. Don't forget your brown bag lunch. This event will be TOTALLY at church. Our third event will take place on Sunday, August 18 at Pier Lon Park. We will gather at 1:00 for our themed activities "Gathering at the Well." After that we will have time for swimming, games and just relaxation. We will conclude with dinner at 5:00. The cost to enter the park is \$6.00 for those 4 years old and up. More information will be in the August Messenger and Sunday bulletins.

Ladies: Have you registered for the **Women's Retreat** which is November 1-3 at Punderson State Park? I need your reservations and deposit ASAP! PLEASE consider being a part of this wonderful weekend! See me with any questions! I need reservations by July 15 as I have to give Punderson a count of the number of rooms needed.

It is time to start thinking about **Fall Sunday School** and the Board of Christian Education needs TEAM TEACHERS for four classrooms. At the most, you are responsible for only two Sundays a month and an awesome curriculum is provided! Please talk to me if interested!



## Deacons' Desk – Diana Goode

It is great to hear the organ being played in the church once again. The restoration is complete so I thought I would give you an update on the funding of the project. As of June 25 we are short \$8,068.50 to fully repay

the capital improvement fund for the replacement of the magnets (which control the air flow in the organ). The decision to have this work done was made after the organ was removed and dismantled and it was discovered that the magnets were wearing out and would need to be replaced in the not so distant future. Rather than paying for the organ to be taken apart again, it was more cost efficient to replace the magnets now.

Additionally, we still need to have all the stops regulated. Regarding the stop regulation, right now, if you play up the scale on many of the stops, the pipes will make sounds that are different in color and volume. Compared to adjacent pipes on the keyboard, some pipes are loud. Some are soft. Some are bright. Some are dark. Regulation is making all the pipes the same volume and color of sound. The end result is a much more musical sound. Donations are still being accepted and a fundraiser will be planned in the near future to help with the funding.

Deacons also want to remind everyone that there will be a benefit Arts Afternoon planned on October 20 from 3-6 pm with music in the sanctuary and an art show and reception following in Fellowship Hall. Donations will be taken for Community Care. If you would like to share your talents--sing, play, or display--please contact a Deacon or the church office by August 20 so we can plan the day. Please notify the church office by September 10 of the music selections and art type to be displayed.

### **Trustees' Turn – Pete Veliconia**

Welcome to Summer! As I write this, work is progressing on the back entrance project and we hope to be finished very, very soon. It is shaping up very nicely and will be painted, the side rails installed for the steps, and the new light will be installed for safety purposes.

There have been a lot of water and sewer issues in the church lately which is to be expected, but we need your help with some things. Please do not flush anything down the toilets that you wouldn't at home; this includes wipes that say they are flushable. We had to

have the drain pipes snaked out and we don't want to do it again. The church has a very old system and we are trying to keep it as clear as possible. It is very expensive to clear out the drains and we have enough issues to deal with.

We are still looking for a company to sand blast or strip the paint from the front doors and possibly re-stain them. Let us know if you know a company that we can contact. We are running into dead ends when it comes to this and it is probably too big to do on our own. Any info is appreciated. Thanks in advance.

We wish to thank those who were able to help out during our yard spruce up day. It looks fantastic especially when compared to the construction nightmare that is Center Ridge Rd. This is another reminder to please be careful when entering or exiting the church grounds. We never know what entrance or exit will be opened or how wide or uneven it will be.

### **Outreach Committee News**

Summer Lunch Program: Approximately 10 weeks of prepared lunches need to be covering during summer vacation for the children of clients of Community Care. That amounts to five lunches per week per child (500 per week total). Please help provide part of the lunch by donation some or all of the following: **snack packs of individually wrapped fruit, pudding or J-ello cups, cheese and crackers, cookies, cupcakes, granola bars and/or Capri Sun juice pouches.** Bring your donations to church and put them in our Community Care donation boxes now through August. Thank you from all the kids being served. God loves a cheerful giver—that's us!

### **Parish Nurse Notes – Karen Dreger**

#### **Deprescribing**

What is Deprescribing? Deprescribing is the planned and supervised process of dose reduction or stopping of medication that might be causing harm, or no longer be of benefit. Deprescribing is part of good prescribing – backing off when doses are too high, or

stopping medications that are no longer needed. Medications that were good then might not be the best choice now.

Use of some medication, especially as people get older or more ill, can cause more harm than good. Optimizing medication through targeted Deprescribing is a vital part of managing chronic conditions, avoiding adverse effects and improving outcomes. The goal of Deprescribing is to reduce medication burden and maintain or improve quality of life.

Sometimes, when reducing medications, adverse drug withdrawal events can happen. These are like side effects of stopping medications. It could be as simple as worsening pain while reducing dose of a pain medication. Or, it could be more serious. Some medications need to be reduced slowly to avoid withdrawal effects. Deprescribing is best done with the partnership of a health care provider.

Conversations about Deprescribing among prescribers, pharmacists, other health care professionals and patients can be made easier when everyone is aware the benefits and harms of medications, how these can change over time and what to do about it.

-deprescribing.org



### Meet the Eatons

Jon, Amy, Ella

**Jon** is a territory manager for Apria Healthcare.

**Amy** is a nuclear medicine technologist for the Cleveland Clinic. **Ella** is 4 years old and is currently involved in karate and gymnastics.

They enjoy listening to all kinds of music, going to “the big pool” and playing tag.

**Best thing about First Congregational Church:** “The welcoming atmosphere.”



### **Women’s Book Club**

On July 15 we will meet on Krista O’Neill’s patio and discuss The Last Runaway by Tracy Chevalier.



By the time you read this newsletter, the new Peace Pole should be in place near the east parking lot under the big tree. Also, there will be a bench for you to take some time to sit and pray for world peace.

“The Peace Pole reminds us to keep peace ever-present in our thoughts. As we learn to honor one another, our environment, plants, animals and all creation on Earth, the vision of global peace will gradually become a natural way of life, a true culture of Peace.” -“The Peace Pole Project” Peace Pole Makers USA

### ***Ushers & Greeters***

<b>June</b>	
<b>30</b>	Vonnie Packard, Ann Olesen, Regenia Comerford
<b>July</b>	
<b>7</b>	Joe Pesch, Ric Sasse, Edie Phillips
<b>14</b>	Shirley Sunyak, Becky Williams, Krista O'Neill
<b>21</b>	Nancy Findlay, Lynne Petroff, Millie Gilly
<b>28</b>	Linda Matis, Pete Veliconia, Tess Anderson

### ***Acolytes***

<b>June</b>	
<b>30</b>	Mackenzie Pero-Luter
<b>July</b>	
<b>7</b>	Jillian Smoker
<b>14</b>	Abigail Packard
<b>21</b>	Claire Wolanski
<b>28</b>	Beth Dornan

### ***Nursery***

<b>June</b>	
<b>30</b>	Shirley Sunyak
<b>July</b>	
<b>7</b>	Linda Matis
<b>14</b>	Renee Dornan
<b>21</b>	Ann Olesen
<b>28</b>	Shirley Sunyak

7/3 Sebastian Smoker  
 7/6 Joan Bier  
 7/6 Dahlia Wolanski  
 7/14 Sage Borstad  
 7/14 Bob Karlovec  
 7/15 Jenn Anderson  
 7/15 Edie Phillips  
 7/22 Anita Packard  
 7/25 Diana Goode  
 7/25 Andrea Summer



7/3 Bob & Nancy Franks  
 7/4 Greg & Kim Cromwell  
 7/12 Kurt & Renee Dornan  
 7/18 Bob & Mary Karlovec  
 7/21 Brian & Barb Zinsmeister  
 7/22 John & Dawn Alpine  
 7/24 Mark & Jen Murphy  
 7/25 Arik & Allison Borstad

Our new online giving solution is up and running! Whether you want to make a one-time payment or set up a recurring payment, our new giving platform is quick and easy!

Giving can be done in any of the following ways:

- Visit [fccalive.org/](http://fccalive.org/) and click the "Give" button at the bottom of the homepage
- Go to [pushpay.com/g/fccalive](http://pushpay.com/g/fccalive)
- Text FccAlive to 77977 on your phone!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 AA Women 7 pm	2 CE 7 pm Trustees 7 pm AA 1 <sup>st</sup> Step 8:30 pm	3 4-H 7 pm	4 INDEPENDENCE DAY- OFFICE CLOSED  AA Women 6 pm Al-Anon 8 pm	5	6 Yoga 11 am Couples Recovery 6 pm
7 Communion Worship service 10 am Coffee hour 11 am	8 AA Women 7 pm	9 AA 1 <sup>st</sup> Step 8:30 pm	10 4-H 7 pm	11 AA Women 6 pm Al-Anon 8 pm	12	13 Hall rented - Community Care luncheon 11:30- 2:30 Yoga 11 am Couples Recovery 6 pm
14 Worship service 10 am Coffee hour 11 am July birthdays' celebration	15 Book Club @ Krista's 7 pm AA Women 7 pm	16 Newsletter articles due AA 1 <sup>st</sup> Step 8:30 pm	17 4-H 7 pm	18 Council 7 pm AA Women 6 pm Al-Anon 8 pm	19	20 Hall rental noon-5 (Karlovec) Yoga 11 am Couples Recovery 6 pm
21 Worship service 10 am Coffee hour 11 am  Vacation Bible School	22 AA Women 7 pm	23 AA 1 <sup>st</sup> Step 8:30 pm	24 4-H 7 pm	25 AA Women 6 pm Al-Anon 8 pm	26 Hospitality with a Heart LCAS 6:30 pm	27 Yoga 11 am Couples Recovery 6 pm
28 Worship service 10 am Coffee hour 11 am Deacons 11 am	29 AA Women 7 pm	30  AA 1 <sup>st</sup> Step 8:30 pm	31 4-H 7 pm			