

The Messenger

The monthly newsletter of First Congregational Church UCC of North Ridgeville

November 2019

Pastor

Rev. Arik Borstad

Director, Christian Education

Mary Karlovec

Music Director

Kerry Davis

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Roy Dreger

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Nancy Franks

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Kelsey Veliconia

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Co-Chairs, Deacons

Diana Goode

Lynne Petroff

Chair, Outreach

Nancy Franks

Chair, Trustees

Pete Veliconia

Treasurer, Secretary

Linda Matis

From the Pastor's Pen

November has always been a time when we come together in our world. Whether it be around a Thanksgiving dinner table, bundled up around a fireplace, or cheering on our favorite sports team, the end of Fall presents us with one last opportunity to join together as a community before winter sets in.

It is with this unity in mind that we are looking ahead to what this next month will bring. On November 3, while many of the women of the church will be away on their retreat, we will be lifting up those who have gone on before us during our All Saints service in worship. Even though we may be physically apart from one another now, we will take time to lift up those who have departed from us, knowing they remain with us in our hearts and lives.

Then, on November 17 we will be joining together for our Congregational Meeting following the second service. Though we have many ideas for the future of our congregation, we can only achieve things when we come together. You are invited to join us as we discuss the next year's budget and look ahead to what the future can bring.

The following Sunday, November 24, we have our Thanksgiving service in our church and in our community. We will take time to set aside our differences and lift up those things in our life for which we are truly thankful.

Wouldn't you know it, the moment Thanksgiving passes Advent rolls in on our calendar as we prepare for the birth of Christ into our world. To help us with this transition, we will be hosting our Advent workshop on the last Sunday of November (the 24th) following the second service. This is an intergenerational event that provides us with a great opportunity to join together as a community as the Christmas season descends upon our world. Without a doubt, things are moving forward at breakneck speed toward the end of the year. However, in the midst of all the business, I want to invite each and every one of us to take time to reflect upon where we are in life and what our hopes are for the future. As we approach the end of the year, let us rededicate ourselves to what is important to us as we envision what waits for us at the turning of the year.

Blessings and Peace,
Pastor Arik

BE KIND
be thoughtful
be genuine
but most of all
BE THANKFUL



Moderator's Moment – Roy Dreger

November brings Thanksgiving and a time to give thanks for those traditional things such as family, friends, food, etc., all things that we like. While recognizing our blessings is important, I wonder about giving thanks for things we don't necessarily like. For instance, as I have grown older I have come to dislike the cold. When I was younger it didn't bother me at all, but now it is a different story. And yet, after giving it a little thought I have come to the conclusion that it should be counted among my blessings. I know it sounds crazy, but...The cold weather kills some of the insects that like me a whole lot more than I like them. While most insects can make it through the winter, the cold will help to keep numbers somewhat lower than in warmer winters. With warmer winters you can expect larger populations of insects in the summer. But if you think the cold kills many of them, remember, Alaska summers produce enormous swarms of mosquitoes, and Alaska has some very cold winters.

And speaking of mosquitoes, I suppose I should be thankful for them also. They are an important food source for birds, bats, turtles, some fish, dragonflies and a few other species. I admit, however, that it is difficult for me to be truly thankful for an insect that can cause so much misery, not to mention spreading some diseases. I need to work on this one.

Also, if we didn't have the cold weather there couldn't be any snow. Snow provides the opportunity for outside activities that many people enjoy. I think a new cover of snow is one of nature's prettiest events, especially when it coats the branches of trees (but hopefully not the power lines). It is like a blank slate where everything is white and looks somehow new.

Well, you get the idea. While it is easy to be thankful for things we like, there are things we don't care that much for that may deserve a closer look. I hope you have a truly THANKSgiving.



Christian Education Corner – Mary Karlovec

As you receive this newsletter, 32 women from our church and Cuyahoga Falls UCC are probably experiencing "JOY" at Punderson State Park. We will share with you pictures and some of our materials when we return.

Thank you to all the adults who came out and supported TRUNK or TREAT at Northridge Health Center. The Board of Christian Education was excited to collaborate with this facility to provide a special Halloween activity for MANY families.



With it being November, Advent is just around the corner. This year the CE Board is sponsoring an **ALL CHURCH** Advent Workshop on Sunday, November 24. Bring a bagged lunch to eat during coffee hour and join in the festivities beginning about noon. After an introduction there will be 10 stations to rotate through to provide resources for your "family" to



utilize during Advent. Some of the activities are one per family while others are for each individual to make. A "family" consists of one person or 10, whoever is in your family! We will conclude in the sanctuary with a short time for music and scripture. Everyone should be on their way by 2:45 at the latest! **Please sign up for this event outside my office by November 17. No reservations will be taken after that date.** (*Note! We have decided to do an Advent Workshop this year in place of the gingerbread house building*)

And finally...nothing that has to do with CE but...the Craft Fair is right around the corner and the CAFÉ needs your help with monetary donations! I have found that asking for a monetary donation is much more cost effective and results in a higher profit because I can purchase exactly what we need in the right quantities. Our biggest expense is the meat so all contributions would be greatly appreciated! Please make checks payable to First Congregational and put in the offering plate! Thank you for your help!



Supplies needed for Christmas stockings

As part of the advent workshop on November 24, we are putting together 75 Christmas stockings for the independent living residents of The Northridge Health Center. To be able to do so, we are asking for donations of the following to be dropped off at the church on or before November 17:

- ❖ individual purse size packages of tissues
- ❖ starlight mints or candy canes (regular & sugar free)
- ❖ playing cards
- ❖ individual prepackaged little bags of snacks
- ❖ pens
- ❖ small spiral notebooks
- ❖ small hand sanitizers
- ❖ small word search or crossword puzzle books (large print)
- ❖ combs or small hair brushes

Outreach Committee News – Nancy Franks

November and autumn are upon us and the chill is in the air.

Speaking of which, it has come to our committee's attention through one of our Sunday school

teachers who teaches in Cleveland that her small class of children from Nepal are in need of heavy sweaters and coats for the soon arriving winter weather. If you can find a way to share boys and girls gently used sweaters and coats in sizes to fit kindergartners through 8th graders it would take a huge burden off these refugee kids and families forced from their homes this past year. This is a one-time collection for these kids and we hope it will make a huge difference to both the giver and the receiver. Place your donations in the box in the Sunday school wing.

Community Care's shelves are rapidly emptying. There are many mouths to feed especially at this Thanksgiving time of year. Bring your dry-bagged, canned and boxed food



items to church all month. Much needed items include:

- gravy
- mashed potatoes,
- canned sweet potatoes
- dressing/stuffing
- cranberry sauce
- corn meal and biscuit mixes
- \$\$ for fresh veggies and turkeys



We have a black cauldron in the Sunday school wing and Community Care boxes in the narthex and fellowship hall. Monetary donations should be marked for Community Care Thanksgiving and placed in the offering plate. *Thank you!*

The dining out fundraiser at Baker's Square netted the church \$139.54 for our organ repair and tuning fund.

The Neighbors in Need collection has raised \$527.00, the biggest total this year! Your generosity exceeds your loving giving spirit. Thank you!!

The Christmas giving tree will be up on December 1. The act of giving and receiving warms the hearts of all involved in this all church project. Our tree will hold gift ornaments meant to be removed, and requests purchased, wrapped and returned by the date specified so there will be joy in our special families' homes for Christmas. Thank you to everyone who helps make this all church project a successful one every year.

Wishing everyone a blessed Thanksgiving!

Food for thought

Let them thank the Lord for his steadfast love, for his wonderful works to the sons of men! For he satisfies him who is thirsty and the hungry he fills with good things. Psalm 107:8-9 In all things be grateful.

Deacons' Desk – Kurt Dornan

"Dr. Kurt's Corner"

Now that fall is definitely in the air, it is important to be on the lookout for illness, especially the flu. But what makes the flu different from the common cold? Both can cause fever, nasal congestion, sore throat, headache, and muscle aches. However, the flu usually has higher fever (greater than 102° F), and symptoms usually get very bad very quickly.

Generally, flu symptoms will get better in 4-7 days, but if you have any of these symptoms, make sure you call your doctor:

- Symptoms that last longer than 10 days or get worse
- Difficulty breathing
- Chest pain/pressure
- Feeling faint
- Confused or disoriented
- Severe vomiting
- Severe sinus pain
- Swollen gland in neck/jaw

There is no cure for the cold or flu, but it's important to take care of yourself if you get the flu (or a cold). Take Tylenol or Ibuprofen for aches and pains, drink plenty of liquid, and get as much rest as you can.

In order to reduce your risk for the flu (and colds) –

- Wash your hands!
- Eat healthy, exercise, and get enough sleep
- Cough and sneeze into you elbow (not hands!)
- Clean table, counters, toys, door handles, and bathrooms with anti-bacterial disinfectants
- GET VACCINATED! The best time is October and November.

Trustees' Turn – *Pete Veliconia*

I want to remind everyone to please consider your pledge for the next year. We do everything in our power to ensure that every dollar that is received is spent wisely. We also ask you to **please turn in your pledge card as soon as possible** as this gives us time to form our budget for the upcoming year. No one knows who pledged what; all we have are the total amounts for each category and we have to plan the upcoming year based on what we have.

We still have a couple of projects to finish this year. We have a company who will remove the front doors, strip the paint, repair them as much as they are able, and repaint them. We also want to solve the flooding issues in the undercroft by at least cleaning the gutters or if

the budget allows, putting gutter caps on to ensure they will not clog again and continue to flood the basement. The last is to install the new rear doors on fellowship hall. These jobs will hopefully be all done by Thanksgiving. We thank you for your continued patience as we complete these projects.



First Congregational Church 200th anniversary – 2022

Do you like looking through historical records? If so, why don't you consider joining some of your fellow church members as we prepare to celebrate our church's 200th anniversary in 2022. Watch for announcements for the next committee's meeting!

11/2	Arik Borstad
11/5	Susan Dornan
11/6	Ric Sasse
11/8	Dave Ireland
11/11	Andrew Veliconia
11/14	Paul Wolanski
11/16	Keith Schoonover
11/17	Millie Anderson
11/18	Yung Do
11/24	Tracy Smoker

11/28 Yung & Annie Do



Ushers & Greeters

Nov. 3	Pete Veliconia, Lynne Petroff, Regenia Comerford
Nov. 10	Tess Anderson, Millie Gilly, Edie Phillips
Nov. 17	Vonnie Packard, Ann Olesen, Regenia Comerford
Nov. 24	Joe Pesch, Ric Sasse, Edie Phillips
Dec. 1	Shirley Sunyak, Becky Williams, Krista O'Neill

Acolytes

Nov. 3	Rhys Kyser
Nov. 10	Lexi Webb
Nov. 17	Dahlia Wolanski
Nov. 24	Abby Anderson
Dec. 1	Cady Kyser

Nursery

Nov. 3	Allison Borstad
Nov. 10	Shirley Sunyak
Nov. 17	Amy Eaton
Nov. 24	Ann Olesen
Dec. 1	Allison Borstad

Women's Book Club: All book club gatherings are at 7 pm unless otherwise noted.

Nov. 18: Where the Crawdads Sing by Delia Owens

Dec. 16: Shopping for a Baby's First Christmas by Julia Kent

Parish Nurse's Notes – Karen Dreger

You Can Use Your Five Senses to Reduce Stress and Anxiety

The stress and anxiety we experience daily can be debilitating and exhausting. We all know some common relaxing exercises such as deep breathing and yoga, but I found another practice that requires only your five senses.

- **Sight:** Look around and find five things to describe in detail as if you were trying to describe them to a blind person. Notice color, shapes, light, shadow, size, etc.
- **Hearing:** Close your eyes. Identify four sounds and describe them in detail. Slow down and listen carefully. These could be sounds at work, home, outside or some other place.

- **Touch:** Find three ways to interact with your environment using your sense of physical touch such as: air or wind on your face, putting your head on a soft pillow, feeling water, or the warmth from a fireplace or campfire.
- **Smell:** Seek out two things you can smell such as: coffee on your break, food at lunch, or the smell of your clothing.
- **Taste:** Safely taste something in your environment. This could be a drink of juice or coffee, a breath mint, or chocolate.

Maybe you would like to do these exercises in a private space, a special place, a safe place, or a happy place. If depression narrows our focus, what about fighting depression by expanding our view by using our five senses to appreciate the world around us.

Enjoy Thanksgiving with all your senses!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>November</h1> 					1 Women's Retreat	2 Women's Retreat Yoga 11 am Couples Recovery 6 pm
3 All Saints Sunday Communion Coffee Shop Svc. 9:00 Traditional Svc. 10:30 ←Women's Retreat Pledge cards due	4 AA Women 7 pm	5 CE 7 pm Trustees 7 pm AA 1 st Step 8:30 pm	6 Choir practice 6:30 pm	7 AA Women 6 pm AI-Anon 8 pm	8	9 Yoga 11 am Couples Recovery 6 pm
10 Coffee Shop Svc. 9:00 Outreach 9 am Traditional Svc. 10:30 November birthdays' celebration	11 AA Women 7 pm	12 AA 1 st Step 8:30 pm	13 Choir practice 6:30 pm	14 AA Women 6 pm AI-Anon 8 pm	15	16 Newsletter articles due Yoga 11 am Couples Recovery 6 pm
17 Communion Coffee Shop Svc. 9:00 Deacons 9:30 am Traditional Svc. 10:30 Congregational meeting after 2nd svc.	18 Book Club 7 pm AA Women 7 pm	19 AA 1 st Step 8:30 pm	20 Choir practice 6:30 pm	21 Council 7 pm AA Women 6 pm AI-Anon 8 pm	22 LCAS 6:30 pm	23 Yoga 11 am Couples Recovery 6 pm
24 Coffee Shop Svc. 9:00 Traditional Svc. 10:30 Advent workshop (lunch then workshop) Thanksgiving service 7 pm @ St. Peter's	25 AA Women 7 pm	26 AA 1 st Step 8:30 pm	27 Choir practice 6:30 pm	28 Thanksgiving OFFICE CLOSED AA Women 6 pm AI-Anon 8 pm	29 OFFICE CLOSED Hospitality with a Heart	30 Decorate church 9 am Yoga 11 am Couples Recovery 6 pm