

CUCC

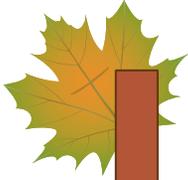
-1837-

Highlight

Increasing Our Love for God & Neighbor

THE CONGREGATIONAL UNITED CHURCH OF CHRIST

St. Charles (Campton Hills) • cuccstc.org August 28, 2014 • Issue 9



United Fall Fest

In less than two weeks, on September 6th, our church will be hosting the 4th Annual United Fall Fest, providing a couple thousand of our friends and neighbors a day filled with food, music, and family fun. All proceeds from the fest go to fund our church's mission budget - really helpful in these tight budgetary times.

So, a successful Fall Fest is only possible with your help. It's a thrill to look up from your labors and see your church family in a sea of matching t-shirts working together for such a great cause! You don't want to miss it!

Many of you have already heeded the call and we are so grateful! But there are still many slots available. We are in pretty desperate need of helpers in the kitchen and in Kid's Corner. There are also still slots open for pork pullers, sno cone makers, face painters, photo booth helpers and clean-up crew. Check the sign up in Fellowship Hall. Please remember to include your contact info. You can also sign up online at www.SignUpGenius.com/go/10C084AABAC23ABF49-fall/19545412

In addition, last year the United Fall Fest smoked sausage debuted. For many, this was the highlight of the event! If you tried it, you might agree. Once again, this sublime sausage, created for us by Randy Ream of Ream's Elburn Market, will be available to sample and pre-order on Sunday, August 31 after church, with pickup the following Sunday, September 7. The sausage is \$6.00 for a one pound shrink-wrapped package of 4 links. These freeze beautifully!

Bottom line? Volunteer. Pre-order some sausage. Pray for sunshine!

Thank you so much!
The Fall Fest Committee

SATURDAY • SEPT. 6 • 3PM - 10PM

KIDS

Play. Take a hay ride. Win an ice cream eating contest. Watch puppet shows. Jump. Bounce. Laugh. Throw things. Do firefighter stuff. Listen to bands. Dance. Have a great day

FREE

Kids at heart might want to bring a few bucks

Live Music • Bags • Classic Car Show • Food Tent • Beer & Wine
Kids Corner: Games, Costume Photos, Entertainers, Contests

United Fall Fest

Congregational United Church of Christ • LaFox Rd & Fox Mill Blvd • Campton Hills

Family. Friendly. Fun.



**Pray for each other so
that you may be healed....
James 5:16 (NIV)**



Please Pray for

Melinda Burton

Marc DeSilva

Marla Hecht

**David Hinderliter
(Barb Fairbairn's son)**

Katelyn Keck

Barney Lykins

Hannah Nieman

**Sympathy to Sue "Flower" Peterson on the
death of her sister, Nancy**

Connor Speck

Ruth Warren passed away on July 17th

Cynthia Withey passed away August 12th

Dee Zimmerman

FAMILY CAMP

Thank you to everyone who attended Family Camp 2014! Three new families joined seven returning families in the beautiful Blue Ridge Mountains of Blowing Rock, NC. It was wonderful to experience the interaction among all the individuals, from baby through grandparents, as we enjoyed diverse activities during the week (hiking, rafting, games, zip-lining, a campfire, meals together, and more!).

In the fall we will start planning Family Camp 2015. Stay tuned for more information.

- Lisa Sidor

Thank you for your prayers and inquiry regarding the exploratory surgery for our four-year-old great grandson, Gunnar, after a dark spot was discovered in one of his lungs. He had been coughing and trying to clear his air passage since last December. The surgery revealed the dark spot to be mucus that had solidified and he was unable to cough it out. The consensus is that it is asthma related. Currently he is on a high dosage of prednisone and is as active as ever if not more so. Over the years our experience has been that our worse fears have not materialized, but that did not stop us from thinking of them. As we anxiously waited for word from the surgeon, we were comforted with the knowledge that Gunnar and, yes all of us, were in the thoughts and prayers of our wonderful Church family.

Rozella, Bill and the rest of the family



Our own Fran Gustafson, aka Mrs G, is turning 100 years old on September 30. Fran's family would like to invite our entire congregation to celebrate with her on Saturday, September 27 from 2-4 pm in Fellowship Hall. There will be birthday cake and lots of reminiscing and celebrating! Please pass the word to anyone who has known Fran over the years. The more the merrier. Plan to be there!

**Women's Fellowship Meeting
Wednesday, September 3**

Join us on Wednesday, September 3 for the first meeting of our program year. All women of the congregation are invited and encouraged to participate as we plan our programs and activities. We enjoy getting to know each other better as we work together to fund projects within our church, our community and around the world. Our principal fund raising activity is the annual rummage sale, to be held the week of October 20.

We meet at 9am in the parlor for socializing and begin the meeting at 9:30am. We hope to see you then.

Carol Ludemann

**Highlight Newsletter Copy Deadline
Monday, September 15, BEFORE NOON**

Adult Work Camp 2014

Sign up for this year's Back Bay Mission adult work camp. The dates are November 8 - 15. As usual some will be flying and some driving. Mark your preference when you sign up on the Mission Board. We only have 4 spots left, so sign up soon!



Food on the 4th

SEPTEMBER 28— the theme is lunch please bring peanut butter, jelly, canned tuna, mayo, mustard, ketchup, sandwich bags, or cookies for the St. Charles Salvation Army Food Pantry and the Elburn Food Pantry.

Planning for Rev. Rodgers' Retirement

Shared Ministry Committee Update

IMPORTANT DATES: *Sept. 14 – Informational meeting after worship; Sept. 21 – Congregational vote*

All members should have received a mailing at home with more information about the pastoral transition following Rev. John Rodgers' planned retirement.

On September 21, at a special Congregational Meeting after the 9:30 service, the Congregation will vote on whether to approve the Shared Ministry transition model for calling a new Senior Pastor when Pastor Rodgers retires. You must be present to cast your ballot. We share some more questions and answers below.

Q: Why not have a new minister start right away after Rev. John retires, with no overlap period?

A: There are two primary paths to pastoral succession in the UCC: the traditional and most prevalent Interim Ministry model, and the more contemporary Shared Ministry model. Eliminating the Interim period, without providing an overlap between the retiring and incoming Senior Pastors, loses all advantages of both established approaches, and is not supported by the UCC.

As a Congregational Church, we the members select our new Senior Pastor. This will be one of the most important decisions this Congregation will make in shaping the future of our church, and is quite a lengthy process: see also the Pastoral Search Committee article in this Highlight.

Under the Interim Ministry model, Pastor Rodgers would give the Council 90 days notice of his intent to resign, at which point a Search Committee would be formed to call an Interim Pastor. The search process cannot start until Rev. Rodgers gives his retirement date; it is not feasible to find a new Senior Pastor in such short order.

Both the Interim Ministry and Shared Ministry models provide for a period of transition, in different ways: the former via a time of separation between the outgoing and incoming ministers; the latter via the shared ministry overlap period, during which the new Senior Pastor will work with Rev. John. Having an abrupt change of leadership, with no transition, would be difficult for the staff, congregation, and Pastor.

In our conversations with members, this question appears to stem primarily from a concern about cost. The Church Council and past Presidents considered this issue when making our recommendation. Certain costs are entailed with either Interim or Shared Ministry (search expenses, salary, moving costs, etc.). The Interim model would have the extra cost of another search committee, for the Interim pastor; and the significant costs of extended disruption to the life of the church. The Shared Ministry model would have the added cost of a few months of overlap in salary and benefits during the transitional leadership period. The past Presidents and full Council concluded that the relatively small known monetary cost of Shared Ministry is preferable to the considerable cost of disruption to our church posed by the traditional Interim model. An abrupt change of pastor without interim or shared ministry is not supported by the UCC or our Church Council.

Q: What is the purpose of the shared ministry period / how will it work?

A: The purpose of the overlap period is to pave the way for the new Senior Minister to have as smooth a transition as possible. We will hire an experienced Senior Pastor who has the skills and vision to lead us. With Rev. John's help in sharing our congregation's history, the new Senior Pastor can begin working to shape our future. Rev. John will build a bridge of trust between the Congregation and the new Senior Pastor.

Q: How do I find more information about the transitional models? What if I have questions?

A: The Shared Ministry task force has compiled a variety of documents to educate members about the options. There are several informational binders available for check-out in the parlor library, and more material is on our church web site under Downloads > Pastoral Transition Documents (cuccstc.org/?p=1380).

A representative of the Shared Ministry Committee will be available on Aug. 31 and Sept. 7 to answer questions after 9:30 worship. Feel free to contact any member of the Committee (composed of Council members and past Presidents): Janet Bell, Ted Hardison, Mike Klopmeier, Rebecca Reber, Charlotte Surta, Lisa Sidor, John Speck, and Kathy Westman.

You may also submit questions or comments via the Shared Ministry Box in the parlor; we will address these during the Congregational discussion downstairs after worship on Sun., Sept. 14.

Remember: Only those present on Sunday, September 21st will have their ballot vote counted.

- Lisa Sidor

RELAX, REFRESH, RENEW!

Calling all women of the church.....young, young at heart, or however you classify yourself. Plans are being made for our Fall Get-away Weekend October 31 - November 2, 2014. There is an information and registration form in the Highlight and also available in the church office.

One item of interest..... We are aware that this is Halloween weekend and may conflict with women who have children that want to trick or treat on Friday evening. Because of this conflict, you will note on the registration form that we are offering a Saturday only option for \$30. It is our hope that this will accommodate moms and others that may be involved with Halloween activities.

Please consider attending this fun, relaxing, and thought provoking weekend. Questions? Contact Anne Graham

630-584-5352 or abgraham5352@gmail.com

Intentional Travel "Treasures of Northern Italy"

Brochures are now available for the September 2015 Intentional Travel experience to northern Italy. The dates are September 20 - October 3 and will include Milan, Verona, Venice, Lake Maggiore and the Cinque Terre area. Pick up a brochure in the church office or on the Intentional Travel bulletin board. Speak with John or Susan Rodgers if you have questions

Stretch your **body**

Calm your **mind**

Soothe your **spirit**

Change your **life**



Are you aware that yoga can help you manage your stress and emotions? Did you know that yoga can alleviate joint pain, muscle tension, chronic fatigue and insomnia? Would you like to gain strength, vitality, flexibility, balance, concentration and focus and add more Joy and Peace to your life?

If you feel our current yoga class on Monday mornings is too strenuous for you, please join me **Sunday September 7 at 11 in the sanctuary** and try a more therapeutic approach to the ancient practice of yoga. This workshop will modify traditional yoga postures in a safe and gentle manner, and will not require great limberness or stamina on your part, and is noncompetitive. Whether you are an older adult, or one who simple feels you have lost the flexibility, strength and balance you once had, this workshop is designed to show you how you can regain your health, comfort, range of motion and feelings of wellbeing. Our time together will include gentle stretches, strengthening, and balancing movements that can be done seated or standing with the support of a chair. Slow diaphragmatic breathing techniques that strengthen the respiratory and circulatory system will be shared. Lastly, we will practice step-by-step systematic relaxation for your body, mind and spirit to release tension, improve concentration, increase circulation and brighten your outlook on life. I'm looking forward to our time together!

Namaste
Donna Burg



Please pray
for them
on their
birthdays.

Scott Behrendt	1	Mike Schif	15
James Reed	1	Joe Giamberdino	16
Emma Sidor	1	Sam Scorby	16
Alycia O'Connor	2	Hilda Gloege	17
Eric Pfothner	2	Kegan Haeseli	17
Chris Polloway	2	Mickey Lee	17
Erika Boltz	3	Richard Romke	17
Charles Caldwell	3	Debra Voirol	17
Bob Graham	3	Rob Ritchie	18
Ken Graham	3	Rich Vernon	18
William Russell	3	Tim O'Brien	19
Mallory Speck	3	Bruce Morton	20
Joyce Rhodes	4	Meredith Reber	20
Ryan Cameron	5	Ann Stewart	20
Jackie Koulback	5	Beau Blakeley	21
Rachel Neville	5	Bridget Flesher	21
Mark Stoner	5	Elizabeth Melton	21
Cara Cameron	6	Alex VenHorst	21
Alex Eichler	6	Rich Borst	22
Chloe Weidl	6	Mike Harland	22
Brian Caprini	7	Laurie Heise	22
Dalton Geni	7	Connor Tidler	22
Kristina Laurie	7	Molly Livermore	23
Abigail Oeltgen	7	Ralph Minard	24
Edward Kurtz III	8	Bryan Holing	25
Ava Lilke	8	Laurel Innis	25
Rachel Mastalski	8	Denice Koulback	25
Bev Piper	8	Pam McInnis	25
Jon Cain	9	Kelly Vernon	25
Stephen Cain	9	George Churchill	26
Bailey Cross	9	Ashley Swanson	26
Teresa Melton	9	Julie Butikofer	27
Amy Munz	10	Jacob Carlson	27
Carin Smith	10	Caden Colomb	27
Kristina Juszczuk	11	Wayne DeMaar	27
Russ Lorenz	11	Cassidy Lancor	27
Libby Reyes	11	Denise Pollack	27
Jake Schultz	11	Andrew Stewart	27
Kathy Westman	11	Gale Mack	28
Lexi Leifel	12	Spencer Mohr	28
Nick Campana	13	Wayne Roland	28
Steve Koulback	13	Michelle Santucci	28
Drew Occhipinti	13	Owen Behrendt	29
Steve Grimes	14	Collin Boltz	29
Sabrina Keck	14	Bob Brautigam	29
Matt O'Brien	14	Debi Greaux	29
Nicholas Warner	14	Jack Ridgway	29
Mia Bradley	15	Darren Tidler	29
Tom Burke	15	Alison Wessel	29
Bennett Gust	15	Emily Branca	30
Daniel Mateja	15	Amanda Nagy	30

Men's Fellowship Walking Group
3rd Saturday of each month, 7am
Contact George Mohn for information
and location. 847-488-9179,
sangeomohn@att.net

In Search of...

As we look to the future of the Church without Rev. John Rodgers at the Pastoral helm, we need to begin the process of preparing for a new Senior Pastor. One of the most important steps in this process is selecting a Search Committee to identify and interview potential candidates, and recommend to the Congregation a candidate to become our new pastor.



It is important that we organize a Search Committee that represents as much diversity as possible. All major areas of our church need to be represented: women and men, young and old, new and long-time members, all with involvement in varied aspects of church life, committees and groups. "All are welcome."

To serve on the Search Committee is an honor and a major commitment. Committee members will be responsible for the task of looking for a candidate that is best for the **entire** congregation. Search Committee members need to work with others, listening thoughtfully to all points of view, share opinions clearly and openly, make decisions by consensus, and understand that this is a serious commitment of time and energy. This process can take from 9-18 months and may involve weekly meetings. The search committee, working with the UCC Association Minister, will research many candidates, interviewing those they feel will be best-suited for the church, and ultimately bringing the congregation a candidate for all of us to select as our new Senior Pastor.

Church Council expects to select 10-15 people for the search committee. If you are interested in serving, please submit your name, along with a brief overview of your background here at CUCC (and previous Churches), and explain why you want to be part of this committee. If you know of someone that you would like to nominate to the committee, please provide their contact information and reasons why you think they would be an asset to the group. Not all nominees will be selected.

We ask that nominations be submitted by the **end of September**. A sub-committee within the Church Council will review all submissions and make a recommendation to the full Council for final selection. This process, in itself, is a lengthy task and that is why we are making this request now.

The results of the Shared Ministry vote on September 21st will determine the actual time frame a search committee is formed. We feel it is best to be prepared for all possibilities.

If you have questions about this process or would like to submit your or someone else's name for consideration, please contact me. You can leave information at the Church office, to my attention; email me directly at jspeck@promac.com; or submit online via the website (cuccstc.org).

Respectfully,
John Speck



Novel Approaches 2014-2015

September 12 - "*Goldfinch*" by Donna Tartt.
Location - Debby & Ken Graham.

Theo Decker, a 13-year-old New Yorker, miraculously survives an accident that kills his mother. Abandoned by his father, Theo is taken in by the family of a wealthy friend. Bewildered by his strange new home on Park Avenue, disturbed by schoolmates who don't know how to talk to him, and tormented above all by his longing for his mother, he clings to the one thing that reminds him of her: a small, mysteriously captivating painting that ultimately draws Theo into the underworld of art.

As an adult, Theo moves silkily between the drawing rooms of the rich and the dusty labyrinth of an antiques store where he works. He is alienated and in love--and at the center of a narrowing, ever more dangerous circle.

Goldfinch is a mesmerizing, stay-up-all-night and tell-all-your-friends triumph, an old-fashioned story of loss and obsession, survival and self-invention, and the ruthless machinations of fate.

November 7 - "*Edge of Dark Water*" by Joe Lansdale. Location - Kathy & Jim Mizgalski.



NEW BOOKS IN THE ADULT LIBRARY

The Everything World's Religions Book by Robert Pollock. The book has been written to help the reader discover the beliefs, traditions, history and cultures of ancient and modern religions around the world. Says Barnes and Noble, "Religion is as old as time itself. From Judaism and the ancient Eastern religions to the many facets of Christianity, many religions have stood the test of time, war, and cultural strife."

Have a Little Faith by Mitch Albom, author of *Tuesdays with Morrie*. The true story is written in hope that all faiths can find something universal in the book. Albom introduces the reader to two men: an 82-year old rabbi from his hometown who asks him to deliver his eulogy and a pastor closer to his current hometown, a reformed drug dealer and convict. The New York Times says, "Moving between their different worlds of Judaism and Christianity, Albom observes how these very different men employ faith similarly in fighting for survival: the older rabbi embracing it as death approaches; the younger pastor relying on it to keep himself and his church afloat. It is a book about a life's purpose; about losing belief and finding it again."

Here If You Need Me by Kate Braestrup. The author is a minister working with law enforcement as a chaplain. Martha White of the Christian Science Monitor says, "This remarkable true story is told with uncommon candor, grace and humility...This is one search-and-rescue you won't want to miss."

How to Listen to God by Charles Stanley. The author's intent is "to help you understand that God does still talk to us today, but we must learn to listen for His voice. Stanley prays that this book will help the reader listen to God who wants to speak to you."

Labyrinths & Mazes by Jeff Saward. One reader says, "This book is an in-depth exploration of the world's most remarkable mazes and labyrinths – ancient and modern symbols that link mythology with New Age beliefs. While labyrinths are flat, circular pathways designed for the acquisition of inner peace, mazes feature patterns of barriers that challenge, confuse, and deceive the walker. Saward considers the innovative ways today's land artists and garden designers have recreated labyrinths and shows the complexity and diversity of mazes and labyrinths."

The Story of Edgar Sawtelle by David Wroblewski. This book was one of Oprah's Book Club Series and a selection for Novel Approaches. Barnes and Noble says, "Born mute, speaking only in sign, Edgar Sawtelle leads an idyllic life on his family's farm in remote northern Wisconsin where they raise and train an extraordinary breed of dog. But when tragedy strikes, Edgar is forced to flee into the vast neighboring wilderness, accompanied by only three yearling pups. The story is a riveting family saga as well as a brilliant exploration of the limits of language."

When "Spiritual But Not Religious" Is Not Enough by Lillian Daniel, senior minister of The First Congregational Church, UCC in Glen Ellyn and widely read author. Jericho Books writes, "Lillian Daniel tells stories of what a life of faith can really be: weird, wondrous, and well worth trying. The author shows us a portrait of church that is flawed, fallible—and deeply faithful. With poignant reflections and sly wit, Daniel invites all of us to step out of ourselves, dare to become a community, and encounter a God greater than we could ever invent."

Whose Land? Whose Promise? What Christians are not being told about Israel and the Palestinians by Gary M. Burge. The story is Burge's personal exploration of his feelings about the crisis in the Middle East. He wants to communicate with other Christians who share the same opinions he does and seek answers to the same questions Burge has. For example, "How to embrace a commitment to Judaism; how to celebrate the birth of the nation of Israel when one also mourns the suffering of Arab Christians who are equally my brothers and sisters in Christ?"

Volunteer Tutors Needed

If you have an hour a week to help an adult read, write and speak English, you will want to attend Literacy Volunteers Fox Valley's tutor training workshop starting Tuesday, September 9 at the St. Charles Public Library.

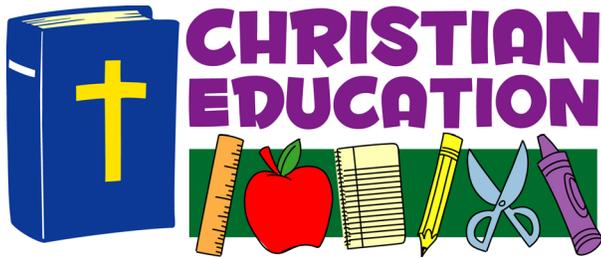
Literacy volunteers literally change the lives of their adult neighbors by helping them understand English more effectively. More than 40 adults are waiting to learn.

During the free workshop, you will learn methods used to teach adults English while discussing the issues people face when they have little knowledge of the American culture. You will explore cultural awareness, student survival skills, conversation techniques, practice drills and more.

Our learners live or work in St. Charles, Geneva, Batavia or Elburn. You can tutor morning, afternoon or evening as your schedule allows. Many tutoring locations exist including the St. Charles Public Library, Batavia Public Library, Geneva Public Library, Town & Country Public Library in Elburn, and many local churches.

Volunteer tutors do not need to know a second language or have a background in education to help.

To register or for more information about the workshop, visit www.lfv.org or call 630-584-4428.



Tassie Brautigam

Christian Education Coordinator

christianed@cuccstc.org

IMPORTANT: . Starting September 2nd, please use the following email to contact Tassie: christianed@cuccstc.org

MANY THANKS to the following who worked with our Children's Ministries during the summer!! Your time and talent teaching, doing Moments with Children, and taking care of the classrooms while I was gone is soooo greatly appreciated! It really takes the entire congregation! Faith Powell, Wyonne Hegland, Dawn and Linsey Turner, Deb Dieckman, Bridget Cho, Amy Tidler, Lynne Hardison, Mary Lou Bracken, Jennifer & Natalie Morgan, Bridget Flesher, Aimee Miller, Carie Schultz, Debby Graham, Lisa & Steve Sidor, Carol Ludemann, Susan Rodgers, Kathy Westman, Tara Moffitt, Brynn & John Moore, Jane & Rob Ritchie, Dennis Beiermann, Jeff Graham, Joy Shurts, Kim Oeltgen, John Speck, Miki & Scott Powell, Amy Bishop, Patti Molloy, Laura Milhousen, Rachel Innis, & Cheryl Gaydos.

THE START OF SUNDAY SCHOOL for ages pre-school through 7th grade will be September 7. While the 6th & 7th grades will continue to attend the entire

worship service on the first Sunday of every month, our preschoolers through 5th grade will have Jr. Worship in room 115 (new location) at 9:30 followed by Sunday school. Many thanks to everyone who has signed up to teach our kids. There are 174 slots that need to be filled of which 18 are open. If anyone would like to teach on one of these open dates, please contact me. Our overall theme this year is "Let It Shine" – let our love shine as we "Increase our love for God and neighbor".

PSALM READERS – Sign ups for Psalm reading during the worship service are now posted on the bulletin board in the Sunday school hallway.

ACOLYTES - Sign ups for acolytes are also posted on the bulletin board in the Sunday school hallway. This entails arriving at 9:20 to meet with the head ushers located just outside the center isle of the sanctuary. The ushers will let you know when to walk down the aisle to light the candles on the altar.

CALENDAR DATES :

October 18 – 4th Grade Bible program

October 19 – 4th graders receive Bibles during Moments with Children

December 7 – Advent Faire

February 1, 8, & 15 – Communion classes for 2nd graders

May 17 – Last day of Sunday school before summer Sunday school starts

June 22 – 25 – Vacation Bible School

Hoping you all had a wonderful relaxing summer. Look forward to a fun, shiny year. If you have any questions about the above or anything, please feel free to contact me (using the above email).

Followers Of God



**Followers Of God
Puppeteers to begin!**

We are excited about our new puppet troupe season and want to invite all 5th graders and older to join us:

1. Monday nights 5:00 – 7:00.
2. Beginning Oct 20th. Parents come at 6:30 that night for a short meeting.
3. Church Fellowship Hall. (Except Oct 20th. Due to the rummage sale we will meet in the Parlor).
4. Schedules will be discussed and passed out on the 20th.

Calling All Past and Present Puppeteers!!!

We have been asked to again perform at the Fall Fest. We will probably do songs from the Mother's Day musical and this summer's VBS. Also, included – those of you who were in VBS puppets this summer and those who have been in puppets but are not planning on participating this 2014-2015 season.

1. Sept 6, 2014
2. Perform 4:15-4:45 with a 15 min set up and clean up at each end.
3. Be in the puppet room at 3:00 at church to get puppets and directions. You will be finished at 5:00.
4. Wear regular clothes. No need for puppet troupe uniforms.
5. R.S.V.P. soon. Songs chosen and speaking parts will depend on who can help.
6. Looking forward to seeing you soon.

If you have any questions call or text me at 630-229-3494. Or you can email me at humkegrp@aol.com. Looking forward to seeing all of you!

Jeanne Humke



Patti Molloy, RN
Parish Nurse
nurse@uccstc.org

As some of you know, my dad is a ventriloquist. One of his most popular puppets (I can't bring myself to call her a dummy!) is a little old lady he named Fanny. Dad and Fanny often talk about Fanny's husband Fred. "He does a lot of talking about the hereafter" she says in her sweet little old lady voice my dad so expertly gives her. My dad replies, "He talks about dying, does he?" "Oh no, not that", Fanny says. "He walks into a room, stands there for a few seconds and then says, 'What am I here after?'" His audience always erupts with "Yes, I've been there" laughter!

Forgetting, momentarily, why you headed to the den, is one thing. Dementia and Alzheimer's disease is something else and not at all a laughing matter.

So far, no one has found a magic bullet to stop Alzheimer's disease. There may, however, be some ways to help you keep a clear head for as long as possible.

1. Watch your blood pressure. There's a wealth of evidence that high blood pressure is a risk factor for late-life cognitive impairment. People who have high blood pressure in their 50s and 60s have a higher risk of dementia or cognitive decline when they're older. The likely cause of this are small, silent strokes caused by a lack of blood supply to a small area of the brain which eventually dies. Many researchers believe that the small strokes that happen silently are what drives cognitive impairment. The good news: you can lower your blood pressure with diet, exercise, weight loss, and, if necessary, medication.
2. Cap blood sugar and insulin. Type 2 diabetes and metabolic syndrome or pre-diabetes are very strong risk factors for dementia likely in part to the fact that diabetes damages small blood vessels, thus causing the small strokes referred to above. High blood levels of insulin also seem to play a part in the development of dementia. Over time, high levels of insulin in the blood may shrink the number of receptors for insulin in the blood-brain barrier, allowing less to enter the brain. Insulin is thought to help keep the brain healthy. The key to lowering sugar and insulin in the blood-and presumably raising insulin in the brain---drumroll please---is to lose excess weight and exercise more. Studies show that a diet low in saturated fat and carbs doesn't cause a bump in blood sugar, therefore insulin levels in the cerebrospinal fluid (which bathes the brain and spinal cord) were raised.

3. Get moving. Yep! Exercise appears to not only benefit body function but is also good for brain health. Studies show that healthy adults 60-75 years of age did better on executive function tests (planning, making decisions, correcting errors and reacting to new situations) if they had a daily walking routine than those with a sedentary lifestyle. Most studies find a lower risk of dementia over time for people who exercise versus those that don't. Why, you ask? One thought is microscopic blood vessels. If you're sedentary, blood doesn't get to the far reaches of small vessels that support the kind of executive function that's vulnerable to aging. To quote one researcher, "What's so beautiful about exercise is that it affects insulin, blood flow, mood, stress level, physiologic stress, and more. Here we have this intervention that affects many different systems that all work together to support brain health".
4. Use it or lose it. Many studies find a lower risk of dementia in people with more education, more literacy, professional or managerial occupations, and more involvement in mentally stimulating activities like reading, playing games, or attending classes.

So, the next time you head to the den, you were "here after" the newspaper for the crossword and Sudoku puzzles!

Peaceful Heart Yoga



with Donna Burg
New session beginning Sept. 8
12 weeks, Mondays from 9-10:15am.
Sept. 8-Dec. 15, no class Oct. 13 & 27, Nov. 24.
\$120 for 12 weeks, \$12 per week (drop in)
Pay at class. Sign up on Congregational Life Bulletin Board.

Fox Mill 5K



Register to run/walk in the Fox Mill 5K event the morning of the United Fall Fest, September 6, 2014. Strollers welcome. There is a 1 mile option available. Registration and more info at www.foxmill5K.com



MEAL MINISTRY

If you could provide an occasional meal for a church member, please contact Patti Molloy at nurse@uccstc.org or Mary Lou Bracken at marylou1206@att.net or sign up on the Parish Nurse bulletin board.



AED AUTOMATED EXTERNAL DEFIBRILLATOR
located near office door. Look for overhead AED sign.
Phone is on the adjacent wall.
To call for help, press an outside line and dial 911.

Parlor Art

About the Parlor Art Gallery Exhibit

*"You know me. I am your daughter, your pastor.
You nurtured me, encouraged me, ordained me.
Yet I cannot tell you my name. For me the risk is still too great.
I work and pray for the day when I am free to say who I truly am."
- Anonymous stole*

The Shower of Stoles Project is an extraordinary collection of stoles representing the lives of lesbian, gay, bisexual and transgender (LGBT) people of faith. These religious leaders have served in over thirty denominations and faith traditions, and come from six countries on three continents.

This collection celebrates the gifts of LGBT persons who serve God in countless ways, while also lifting up those who have been excluded from service because of their sexual orientation or gender identity. The Project bears witness to the huge loss of leadership that the Church has brought upon itself because of its own unjust policies.

The Shower of Stoles tours constantly around the country, being exhibited in local congregations, universities and seminaries. If you are passionate about the full inclusion of LGBT people in every aspect of the life of the Church, both at the congregational and denominational levels, there are many ways to create change. Parlor Art Gallery hosts Shower of Stoles August and September. The exhibit acts as a powerful tool to create awareness in building an inclusive church it is meant to be - just, loving and extravagantly welcoming. For more information visit www.WelcomingResources.org

*Kathy Westman
Parlor Art Gallery*



What is Bright Stars of Bethlehem? Bright Stars of Bethlehem is an organization that supports Palestinians living in the Holy Land. Bright Stars is dedicated to helping people in the Holy Land have life and have it abundantly.

The members of our congregation who were on the Holy Land trip had the opportunity to visit the Christmas Lutheran Church in Bethlehem, where the Rev. Dr. Mitri Raheb is the pastor. It was because of the vision of Rev. Raheb that Bright Stars of Bethlehem came to be.

Bright Stars of Bethlehem promotes the many outreach ministries of Christmas Lutheran Church in Bethlehem that serve the educational, medical, professional and spiritual development needs of people living in Palestine. They work together to help and empower children and youth, college students, young families and seniors.

I am sure you can recall the fabulous art exhibit we had last year, which showcased Palestinian artists. Perhaps you were one of those who were able to hear Ruth Nelson talk about Bright Stars and their work in the West Bank during an adult education session.

For the past several months I have had the pleasure to work with a group of women and men to plan a fundraiser, *Room For Hope, Celebrating Palestinian Culinary Arts*, to be held on September 17 and 18. Featured will be opportunities to dine in one of two Palestinian restaurants as well as participate in a cooking demonstration put on by students of the Dar al Kalima University near Bethlehem.

All proceeds from this two day festival will benefit the work of Bright Stars of Bethlehem, a U.S. 501(c)(3) charitable organization.

To learn more, please see the Stars of Bethlehem website, brightstarsbethlehem.org.

Wyonne Hegland



**Pottawatomie
Partnership**

Volunteers are needed each Saturday at 8:30am.
#13, 1620 S. 13th Ave, St. Charles.



Who's in the Pews?

Kathy Westman

by Sue Peterson

Kathy (Goucher) Westman started attending our church in 1976 and joined in 1980 as a single mom with three young children. She met Rich Westman a few years later and married in 1989. They are celebrating their 25th anniversary this year. Kathy has three children, Amanda who is married to Greg Stinton, Luke who is married to Nicolle, and Ben. She appreciates how the church helped her children grow in their faith throughout the years especially later in the high school (GF) program. She and Rich have always loved the Christmas Eve service with the candle lighting. For herself, she has grown in her faith through listening to the sermons that make current events real and treat the Bible as a guide for life. She appreciates how the UCC is powerful on social issues.

Kathy has been involved in church in a variety of ways. She has taught Sunday school and was active helping with the children's activities. She was on the Congregational Life and Christian Education Committees and is currently on Church Council. She is co-chairing the Shared Ministry Committee with Lisa Sidor. Be sure to read the information and vote on September 21.

Besides the other church committees, Kathy has been organizing and displaying the Parlor Art for 10 years taking it over after Gretchen Koeppel died in 2004. She makes the contacts and hangs the art on a regular basis. Her passion is to share many social issues through the art work. You can read about the artists and their projects in the Highlight. Currently the Shower of Stoles project is up. In October Michael Dixon, Peace Corp volunteer, will display his Ukraine picture collection.

Kathy has a passion for social justice. Before she had children, she worked at an adoption agency in Chicago. In St. Charles, she was a social worker for home bound and run away children. She has two masters degrees, a women's studies graduate certificate, a leadership graduate certificate and almost completed her PHD - working on her dissertation. In 2001 she went full time as a professor at Waubensee College. She teaches Intro to Sociology, Racial and Ethnic Relations, Sex and Gender, Deviance, and Sociology of Family.

In January, for three months, Kathy is looking forward to the opportunity to teach in Canterbury, England teaching three courses - Civil Rights, American Culture and a Sexuality/ Gender Issues class. We will be thinking about you, Kathy. Can't wait to hear the stories.

For her hobbies, Kathy loves art and gardening. She enjoys going to the Fine Line Arts studio in St. Charles. She paints with oils and works with pottery. She also has a passion for gardening. Each year for the 25 years of their marriage, Rich and Kathy have gone to Door County to celebrate their anniversary in Sister Bay. Each of those years she has purchased flowering perennials from her now 88 year old friend in Sturgeon Bay. Then on the way home they stop at another friend's home on Lake Michigan to purchase filled pots from her gardens. She has 15 acres on the lake mostly all filled with perennials. Kathy has four huge perennial gardens in their yard at home from these purchases. I am looking forward to seeing those gardens! Here's a picture to give you a little glimpse of her yard.



Chancel Choir Resumes on Thursday September 4, 7:30 p.m.

Please consider becoming a part of this group!



For additional information e-mail music@cuccstc.org

Manna News

Thank you for your generous support of the Manna for Marklund fund raiser held July 20 and 27. Profit of \$288 is going towards a project that Grace Caldwell is heading to provide fleece blankets in holiday fabrics for each bed at Marklund Home.

The Manna Team

MANNA MANNA

MANNA MANNA

No-Cost Fundraiser

MANNA MANNA

REPORT FROM THE TREASURER

Our church has done a great job of controlling expenses over the past 10 years. We decreased our total costs from \$642,400 in 2005 to \$582,800 (budgeted) in 2014. That's a reduction of 9% while at the same time adding five staff members to help our missions. A current breakdown of expenses is as follows:

Expense:	<u>Amount</u>
Building costs including mortgage, utilities, maintenance and insurance	\$ 214,960
Personnel costs including benefits	\$ 311,970
Office costs	\$ 14,500
Missions, Congregational Life, Education and Worship	<u>\$ 41,400</u>
Total Budgeted Costs	<u>\$ 582,830</u>
Total Cost per Giving Unit (members)	<u>\$ 1,216</u>

Unfortunately, we have also had a reduction in giving from members over this same time frame. Our revenue in 2005 from pledges, contributions and other revenue totaled \$600,000. Revenue in 2013 totaled \$584,041. Our current projected revenue for 2014 is \$551,700 unless something changes soon. We received 218 pledges in 2014 out of 479 potential giving unit members. Those pledges total \$423,761 at an average of \$1,934. We have another 100 giving units that we project to contribute another \$88,000. Other revenue to the church (including Fall Fest) will hopefully total about \$40,000. This leaves us short about \$31,000. We also have additional costs that will confront us in the coming years. We need to go through our ministry transition, we have deferred maintenance issues on the church, (such as the parking lot) and need to get a major repairs fund financed for long term issues such as a new roof in maybe 10 years. As our building ages we will need these funds available for major repairs.

The life of a church is in constant motion and the membership changes as families move in and out of the community. We belong to a church to provide us spiritual guidance and perspective, to apply our Christian values to our busy lives and keep us on our journey to understand the word of God and spread that word through our actions and words. There are many benefits this church gives us personally, as well as providing us a means to give back to worthy organizations through our missions. But with the benefits we receive from this church (any church), comes the responsibility, not only to give of our time, but of our purse. We all know that we need to contribute to our church. The Bible states this in many places. A few of my favorites are, Proverbs 11:24: "One gives freely and grows all the richer, while another withholds what he should give and suffers only want;" or Proverbs 21:26: "He covets greedily all the day long: but the righteous gives and spares not." The phrase I grew up with is "the more you give, the more you get." I have witnessed this in my life and most, if not all of you, will agree with this.

We have a great church with wonderful people. I know personally, I have been grateful for all that it has provided me and my family. There is no way to put a price on this. I am especially grateful for the youth program which assisted my wife and me in raising our two boys as good Christians who understand how lucky we are to have what we have and not feel entitled to it. They have both seen the power of God through their mission work and both donate their time and money for good causes. I personally enjoy and benefit from the sermons which assist me in keeping my life in check. My wife and I have also made wonderful friends with members of the church.

We all have our own reasons to be members of this church. We hopefully all share the common goal to improve our understanding of the word of God and want to become better Christians. For this Church to fulfill its missions and increase them, we need all members to contribute financially. No matter how small the gift, it is worth giving.

~ Tim O'Brien



New Members Received

September 21, 2014

An orientation evening will be held on
Tuesday, September 16 at 7:30pm.

Contact the church office for more information.

The Congregational United Church of Christ
15th Annual Women's Weekend
October 31-November 2, 2014
Pilgrim Park-UCC Church Camp

Near Princeton, Illinois (about 2-2¹/₂ hours SW of St. Charles)

Relax, Refresh, Renew!

Friendships, Nature, Yoga, Missions, Worship, Communion, Bonfire
Free Time-Walk, Read, Knit, Crochet, Stitching, Games, Chat, Chocolate!

\$150 per person includes:

- 2 nights lodging, 5 meals (4pm Friday arrival-10am Sunday departure)
 Friday night sandwich and salad supper provided by committee.
 Saturday Breakfast-Lunch-Dinner, Sunday-Breakfast provided by Pilgrim Park.
- Mission project supplies

(\$110 One night option-Saturday morning arrival)
 (\$30 Saturday only - lunch, dinner - mission; no overnight)

The following information will be provided by email:
 Directions to Pilgrim Park & transportation information.
 Things to bring along: snack or dessert to share, beverages,
 clothing appropriate for weather, etc.



Contact Anne Graham with questions and/or transportation information.
 630-584-5352, abgraham5352@gmail.com

Registration Form – Women's Weekend Oct. 31-Nov. 2, 2014

Name _____ Phone _____
 Address _____ Cell _____
 _____ Email _____

Roommate preferences _____
(Most upper conference center rooms have 3 new beds per room.)

____ Providing own transportation. ____ Need a ride
 ____ Willing to drive ____ Number of passengers Time Leaving _____
 ____ Riding with _____

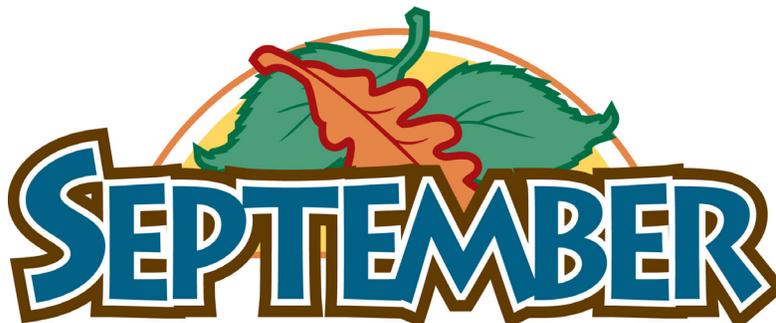
____ \$150 per person (____ \$110 one night option-Saturday morning arrival) (____ \$30 Saturday only)
 (Make check payable to Congregational UCC, return to church office by Oct. 24)
 (office information: paid date _____ check # _____)

The Congregational United Church of Christ Calendar

September 2014

Visit cuccstc.org for current calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Bill Nagy Preach Summer Sunday School through 3rd Grade 8:30 AM - 9:00 AM Brief Worship (S) 9:30 AM - 10:30 AM Worship (S) 10:30 AM - 11:00 AM Coffee Fellowship (FH)	1 Labor Day Office Closed 9:00 AM - 7:30 PM Language Stars-Mandarin (112)	2	3 9:00 AM Women's Fellowship (P) 7:00 PM Swing Set BD Mtg (111)	4 9:30 AM Clergy Cluster Mtg (P) 6:00 PM Bellissimo Bell Choir Rehearsal (S) 7:00 PM - 8:30 PM NAMI (114)	5 1:00 PM - 5:45 PM Language Stars-Spanish (112)	6 3:00 PM - 10:00 PM United Fall Fest
7 Communion 8:30 AM - 9:00 AM Brief Worship (S) 9:30 AM Sunday School through 7th Grade 9:30 AM - 10:30 AM Worship (S) 10:30 AM - 11:00 AM Coffee Fellowship (FH)	8 9:00 AM - 7:30 PM Language Stars-Mandarin (112) 10:00 AM Prayer Shawl Ministry (P)	9 7:00 PM Mission Cm (O)	10 6:30 PM Worship Committee (O) 7:00 PM Christian Education Committee (114) 7:00 PM Congregational Life Cm (P)	11 6:00 PM Bellissimo Bell Choir Rehearsal (S)	12 1:00 PM - 5:45 PM Language Stars-Spanish (112)	13
14 8:30 AM - 9:00 AM Brief Worship (S) 9:30 AM Kroman Baptism (S) 9:30 AM Sunday School through 7th Grade 9:30 AM - 10:30 AM Worship (S) 10:30 AM - 11:00 AM Coffee Fellowship (FH) 10:45 AM Shared Ministry Conversations (115/117)	15 Highlight Newsletter Deadline NOON 8:30 AM Building Maintenance 9:00 AM - 7:30 PM Language Stars-Mandarin (112) 7:00 PM Church Council (P)	16 7:00 PM Mom's Group (114) 7:30 PM New Members Orientation (P)	17 9:30 AM - 11:30 AM Circle of Friends (P) 6:45 PM Lazarus House Homeless Shelter	18 9:30 AM Mail Highlight (O) 1:30 PM - 3:30 PM Fox Valley Justice & Witness(117) 6:00 PM Bellissimo Bell Choir Rehearsal (S)	19 Steel Beam Theater 1:00 PM - 5:45 PM Language Stars-Spanish (112)	20 7:00 AM Men's Fellowship Walking Group
21 New Member Sunday 8:30 AM - 9:00 AM Brief Worship (S) 9:30 AM Sunday School through 7th Grade 9:30 AM - 10:30 AM Worship (S) 10:30 AM - 11:00 AM Coffee Fellowship (FH) 10:30 AM Congregational Mtg (S)	22 9:00 AM - 7:30 PM Language Stars-Mandarin (112)	23	24	25 6:00 PM Bellissimo Bell Choir Rehearsal (S)	26 1:00 PM - 5:45 PM Language Stars-Spanish (112)	27 2:00 PM Fran Gustafson Birthday (FH)
28 Food on the 4th 8:30 AM - 9:00 AM Brief Worship (S) 9:30 AM Cameron Baptism (S) 9:30 AM Sunday School through 7th Grade 9:30 AM - 10:30 AM Worship (S) 10:30 AM - 11:00 AM Coffee Fellowship (FH)	29 9:00 AM - 7:30 PM Language Stars-Mandarin (112)	30 FRAN GUSTAFSON'S 100th Birthday	1 Swing Set Book Fair (113) 9:00 AM Women's Fellowship (P) 7:00 PM Swing Set BD Mtg (111)	2 Swing Set Book Fair (113) 6:00 PM Bellissimo Bell Choir Rehearsal (S) 7:00 PM - 8:30 PM NAMI (114)	3 Swing Set Book Fair (113) 9:00 AM - 9:00 PM Swing Set Fall Family Event (FH) 1:00 PM - 5:45 PM Language Stars-Spanish (112)	4 Set-up for Opportunity Expo (FH)



The Congregational United Church of Christ



CUCC

-1837-

No matter who you are, or where ever you are on life's journey, you are welcome here!

SUNDAY WORSHIP SCHEDULE

8:30am Brief Worship Service (1/2 hour)

A hymn, prayers, scripture and reflections on the scripture. Communion offered the first Sunday of each month. Nursery care. No Sunday school.

9:30am Worship Service with Sunday School

Sunday School for children through 3rd grade. Nursery care. Communion offered the first Sunday of each month.

cuccstc.org



YOU ARE WELCOME

Striving to increase our love for God and neighbor, we welcome persons of every age, health condition, race, marital status, economic status, sexual orientation and religious background.

We encourage you to become an active member of our church, sharing your God-given gifts in all areas of church life: worship, education, mission and ministry.



**Handicapped
Accessible**

MISSION STATEMENT

We, as a community in Christ, shall provide and administer a continuum of opportunities for worship, education, fellowship and outreach. It is our mission to serve individual, local, national and world needs.



CUCcStCharles

Church Office 630-584-0929 • FAX 630-584-1433

office@cuccstc.org • financial@cuccstc.org

Office Hours Mon-Thurs 8:30am-3pm, Fri 9am-12



Congregational UCC St. Charles

STAFF

Rev. Dr. John R. Rodgers—Senior Minister
Rev. Suzy R. Daly—Associate Minister
Rev. Patricia G. Kitner—Assistant Minister
Patti Molloy, RN—Parish Nurse
Tassie Brautigam—Children's Ministry
Kim Barth, Connections Coordinator
Tricia Steele-Trish Thompson, Office
Rosemary Kagel—Financial Manager
Dennis Beiermann—Music Director

john.rodgers@cuccstc.org
suzy.daly@cuccstc.org
chatwpat@att.net
nurse@cuccstc.org
christianed@cuccstc.org
connections@cuccstc.org
office@cuccstc.org
financial@cuccstc.org
music@cuccstc.org

Denise Beiermann—Bell Choir Director
John Speck—Council President
Susan Klopmeier—Congregational Life Chair
Steve Sidor—Christian Education Chair
Susan Rodgers—Mission Chair
Ginny Minard—Worship Chair
Bob Brautigam—Facilities
Carol Ludemann—Women's Fellowship President
Jeff Graham—Youth Director
Rev. William L. Nagy—Pastor Emeritus
All Members—Ministers



Our denomination is the
United Church of Christ
ucc.org

Swing Set Preschool

630-443-8570

Kim Barth, Director

kim@swingsetpreschool.com

