Mequon United
Methodist Church
11011 North Oriole Lane
Mequon, WI 53092
262-242-4770
www.mequonumc.org

the Spire

August 2018

Grab your calendar!

Mark these dates for MUMC activities and events!

- Pastor Sue's Sermon Series "Grace vs Justice" — August 5, 12, & 19
- Investment Club guest speaker — everyone invited! — August 13
- Tasks for Gardening Angels — anytime!!
- Marsh Meadow Workday — August 11
- Parent Informational Meetings — August 19 & September 9
- "Imagine No Malaria" collects funds to kill the mosquitos — throughout August
- Walking Program — August 5 & 12
- "Meet and Greet" with Pastor Sue — August 9, 15, or 20
- Pick up a "Renewable Energy Gift Bag" — August 12
- Plant cool weather veggies in a garden plot — right now!

Renew your energy

Keep close to nature's heart — break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.

— John Muir

Pastor Sue's Message

Once at a seminar, I heard a speaker say, "The world can do almost anything as well or better than the church. You need not be a Christian to build houses, feed the hungry, or clothe the naked. But there is only one thing that the world cannot do; it cannot offer grace." Precisely! In fact, grace is what distinguishes Christianity from all other religions.

What is grace, anyway? Grace is what we have received from God freely, even though we don't deserve it. We don't earn it, but it is given to us as a gift. That is grace. We have received forgiveness and generosity freely from God. That is grace. And the grace of God is given to us not just to keep it to ourselves, but to share it with others.

As we look at the world today, we see a grace-deficient world, don't we? We do see the need to practice the grace intentionally toward both ourselves and others. That's why we will start a new sermon series simply titled "Grace vs. Justice." During the month of August, we will hear three wonderful stories from the Bible that reveal the heart of God. So come join us!

In Christ,
Sue

August Sermon Series: Grace vs Justice

One of the most frequently asked questions by many Christians is "What is grace?" The good news is that the Bible is filled with stories that show what the grace of God is all about. So during the month of August, Pastor Sue will preach on three stories from the Bible that illustrate the heart of God so that we may practice the grace of God in our daily life to live the life God intends us to have.

August 5:
David at the Besor Valley

August 12:
The Parable of the Workers in the Vineyard: Parables and Kingdom

August 19:
The Parable of the Lost Son: Father, Prodigal Son, Elder Brother.

How to contact Pastor Sue

If you need pastoral care,
you may call the church office at 262-242-4770.

If it is an emergency and outside of Office Hours
(Monday -Thursday, 9:00 AM - 1:00 PM),
you can reach **Pastor Sue Lee at cell 608-228-0066**.

For email, please use **pastor@mequonumc.org.**

Changes from past practice:

➡ **ONE email address:** In the past, there was more than one email address used to contact the pastor. Now there will be ONLY ONE. Please correct all of your address books or contact lists to reflect the email address given above for Pastor Sue.

➡ **NO home phone:** In the past, there was a phone at the parsonage. It was 262-242-2032. This landline has been discontinued. Pastor Sue will use only her cell phone. Please delete any contacts you have which list the old parsonage phone.

A/V (Audio - Video) training

Sunday, August 5
During church!

Become one of the team that handles the technology during Sunday morning worship service. For this training, sit in the back with Dain Shuler and receive hands on training for how to use the A/V system of slides and microphones. This includes the projected Powerpoint, the various microphones used during the service, and the audio recording of the service to put on the church website. When you are trained, you will sign up for an occasional Sunday to help out. Not complicated — very easy!!

Thank you to all the Gardening Angels!

MORE angels are needed!!

[a message from the "Head Angel" — Susan Yorio]

Sending a giant thank you to everyone who has been a GARDENING ANGEL over the past couple of months! The flower beds surrounding the front and sides of MUMC are showing improvement thanks to the helping hands that have pulled weeds and worked at cleaning out unwanted growth.

This is a constant need during the growing season so more GARDENING ANGELS are needed and would be appreciated. You can tackle this task on your own schedule and when you are able. If you are willing to weed but would like some guidance please contact Susan Yorio, and we can arrange a time to meet at MUMC.

You will need to bring your own gardening tools. Recommended tools include a trowel, gardening scissors, garbage bags for weeds, gardening knee pad, insect repellant, etc.

Again, thank you to all individuals who have been and continue to be GARDENING ANGELS! You are making a positive difference in the outside appearance of MUMC!

Contact Susan Yorio at 262-853-3933 (cell) or susanyorio9113@gmail.com.

Investment club to host speaker — everyone is invited!

August 13, 7:00 PM

The MEQUON MONEY MAKERS will host an open discussion on personal investing in the stock market. Topics to be discussed include: Stock Selection Guide, Portfolio Evaluation, stock comparison, evaluating companies, and understanding investment terms. The meeting will be held Monday, August 13th at Mequon United Methodist Church at 7:00 PM. Refreshments will be served and all are welcome. Bring a friend!

Mequon Money Makers, an investment club, is a group of like minded people who pool their money to make investments in stocks. Investment clubs are usually organized as partnerships. Each member actively participates in investment decisions. After the members study different investments, the group decides to buy or sell based on a majority vote of the members. We follow the Better Investing Investment Principles: Invest Regularly, Reinvest all Earnings. Invest in Growth Companies and Diversify.

Members regularly invest in stocks. Everyone shares in the results as determined by their individual contributions. Monthly reports are prepared to show results, profit and loss, percent ownership, and other measurement factors.

Mequon Money Makers is certified by Better Investing, a non-profit group dedicated to investor education and supporting local investment clubs.

The club meets the second Monday of the month at 7:00 PM in Fellowship Hall. For more information, contact Herb Ayres, 262-242-7703.

Marsh Meadow Workday

Saturday, August 11
9:00 am to noon

There are teasel plants poking their heads up in the Marsh Meadow that need to be dug. These invasive teasel plants were not spot sprayed as they were greening up in April or May, *sooooo* there will definitely be some to dig this summer! Bring leather work gloves, a long handle shovel, and by-pass clippers if you have them. Linda will provide snacks, water, and bug spray.

For more information contact Linda Mordy at 262-242-8091 or lmordy@sbcglobal.net.

Important Parent Informational Meetings

August 19 and September 9

Parents are highly encouraged to learn more about the spiritual opportunities for growth, support, and encouragement available to children at MUMC this fall by attending one of two parent meetings being held on August 19 or September 9, right after church in Fellowship Hall. Childcare will be provided.

Our programs will be changing this fall in exciting ways, and we need your input and commitment to make them possible. As a community of faith, we consider spiritual development among our most important tasks. Our children need a chance to grow in faith as they struggle in an ever-more complex world. MUMC wants to partner with families as they meet the challenges of parenting in faith.

Parents, please plan to join us on one of the two Sundays – August 19 or September 9 – to learn more. Pastor Sue will provide support and guidance as we begin a new school year together. It promises to be a year of wondrous new beginnings, and we want you to be part of it.

Imagine No Malaria

Collecting funds throughout the month of August at MUMC

August is *Imagine No Malaria* month at MUMC led by the Mission Outreach Team. Since 2010, the people of The United Methodist Church through its *Imagine No Malaria* initiative have focused on reducing malaria deaths in Sub-Saharan Africa. MUMC has been involved in this effort to "End Malaria in our Lifetime," for several years, and our contribution is making a difference. Measures funded through the efforts of *Imagine No Malaria* have included education, mosquito nets, and medication. These have saved 7 million lives and prevented 1 billion cases.

Funds have been used and will continue to be used in the following ways.

1. **Provided more than 4 million life-saving bed nets** — Insecticide-treated bed nets remains the most effective way to prevent malaria. Since The United Methodist Church began its effort, which has included bed net distributions, global mortality rates have fallen by an estimated 60 percent.
2. **Renovated 61 healthcare facilities** — Improved medical clinics and hospitals in Africa result in better diagnosis, case management and access to medication.
3. **Treated more than 2.7 million people with malaria** — Treatment works. Because of the global effort to fight malaria, an estimated 6.8 million deaths have been averted since 2001, according to the World Health Organization's 2017 World Malaria Report.
4. **Protected more than 175,000 structures with indoor residual spraying (IRS)** — IRS is the application of long-acting chemical insecticides to the walls and roofs of house and domestic animal shelters, a top malaria intervention recommend by the World Health Organization.
5. **Trained thousands of community health workers and volunteers** — Through education outreach, a grassroots network has been established with health workers and volunteers who deliver and install bed nets and teach people how to properly use and care for the nets. In addition to aiding with malaria prevention, these workers often assist in other health-related capacities that serve as a vital connection for communities.

Look for the crib with the doll and the mosquitoes caught on the net in the Narthex starting on August 5th. Kill a mosquito by removing it from the net and placing your donation in the envelop on the table next to the crib. Join us in making the "End of Malaria" a reality.

Walking Program concludes with two August dates

The Parish Nurse Ministry Team's summer walking program has been a success. Our last two dates are in August, listed below. We walk from 4:00-5:00 PM. Whether you are an experienced walker or want to begin a walking program this opportunity is for you! All parks have level walking paths and several have stairs or side trails as an option for those who want more challenge. We invite individuals, families and friends to join us and commit to improving your health and well-being.

Walking Schedule:

August 5: Highland Woods — Mequon
August 12: Lion's Den Gorge Nature Preserve — Grafton

- Join us!!!
- Wear comfortable, supportive walking shoes and dress for the weather.
- Don't forget to bring water to stay hydrated.
- If you have any questions, please contact Debbie LeRoy (262-377-5694) or rleroy@wi.rr.com

"Meet and Greet" Pastor Sue

Please join us for one of the following "Meet and Greet" evenings to get acquainted with Pastor Sue and let her begin getting to know us. Many thanks to these hosts who will be welcoming us to their homes.

Sign up to attend one of these gatherings. Sign-up sheets are in the narthex or you can contact the church office at: office@mequonumc.org or 262-242-4770. These are casual gatherings with light snacks. Each gathering will begin at 7:00 PM.

We will schedule additional "Meet and Greets" in September and may consider doing one in the daytime if there is interest. If you would like to host an additional "Meet and Greet," contact Pam Layton.

"Meet and Greet" evenings 7:00-8:15 PM

August 9 (Thursday)	Barb & Lou Henneck
August 15 (Wednesday)	Glen Van Fossen
August 20 (Monday)	Sandy Christensen

The Green Team has MUMC folks going green!!!!

Renewable Energy —
a message of encouragement to everyone from the Green Team

Thanks to all of you who have taken our "Renewable Energy Gift Bags" for yourselves and your friends and neighbors. We hope you have put your energy-efficient light bulb and seed packet to good use.

If you have enrolled in one of the "renewable electric energy programs', please let us know by going to MUMC's website and using the counter on the home page — the counter is the little square house with the green leaf growing out of the roof. If you haven't yet enrolled in "renewable electric energy", we ask you to prayerfully consider doing so. We can make a difference in conserving this wonderful environment which God has given us.

If you have not yet received one of our "Renewable Energy Gift Bags" or have thought of some more friends or neighbors who might like one, the Green Team will have more available on Sunday, August 12th, immediately following the Worship Service. Please take as many as you can use. And please…do put that website counter to work!

We also invite you to check out the "Community Gardens" at the back of the parking area. Jim and his crew have now erected five large, raised beds and two smaller ones. Several of those beds are growing some nice looking crops which, incidentally, have won the stamp of approval of the local deer population — hence, the fence! If you would like to rent one of the beds for a late season crop, please contact Jim for more information.

Let's go green!

MUMC Community Garden Plots available for fall planting!

Yes, our community gardens have become a reality! Two gardens have been planted and a third is being planned.

Right now is a good time to plant any of the cool weather plants such as radishes, spinach, and lettuce. Later in the fall, September, is the best time to plant garlic.

➡ Anyone willing to sign up for a garden this fall will not have to pay the application fee for this year as long as you want the garden plot for 2019.

So now is the time to let a member of the Green Team know you are interested in having a garden plot. Garden plot applications are available on the MUMC website under the Green Team link.

Mealsite —
next date is August 30

MUMC serves the meal and brings food items to the mealsite whenever there is a fifth Thursday in the month. This occurs in August.

Please sign up to serve. We carpool from MUMC, leaving church at 4:15 PM. We return around 6:00 PM

Please sign up to donate desserts (brownies, bar cookies, cookies, sheet cakes, etc.). We also bring hold-in-your-hand fruit like bananas, apples, clementines, peaches, nectarines. Leave your desserts and fruit on the table in the parlor by 4:00 PM on the mealsite day.

There will be a sign up sheet on the bulletin inside the church front door.

Thanks to everyone who served and donated food for the mealsite on July 26. There were 154 guests, including many families and 41 children. All were very grateful for the meal.

Thanks to the servers on July 26 — Shulers (Ellen, Dain, & Ethan), Pastor Sue, Doug & Marilyn Zwissler, and Karen Huffman

Music in worship

August 5 – Quattro Horns
August 12 – Penny Laferriere
and Dale Parkinson
August 19 – The Widder Family
August 26 – Susan and
John Climer
September 2 – Ellen Shuler

Thanks to all the summer music providers so far! You enhance our worship service so wonderfully!

Prayer Breakfasts

Women's Prayer Breakfast —
Wednesday, August 1
Wednesday, September 5

Men's Prayer Breakfast —
Thursday, August 2
Thursday, September 6

All ages are invited to gather at 7:00 AM for a simple breakfast, Bible study, and prayer. We conclude our time together with open Communion. Our breakfast lasts only an hour, so it is the perfect way to start your day and begin the month.

COMING IN SEPTEMBER!!!

Rally Day Potluck

Sunday, September 16

On Sunday, September 16, we will celebrate the start of the 2018-19 church school year with our annual Rally Day Celebration. Join us in Fellowship Hall right after church for a Methodist tradition – a potluck! Please sign up in the gathering area of the church starting August 19, indicating what you would like to bring. Anything goes – from a family-favorite casserole to a bag of chips. The important thing is to join together as one church family, celebrating the start of new opportunities to learn and grow. Please plan to come!

Lunch Bunch resumes September 11

Mark your calendar. Watch for details. As always, we will gather for our study at 11:00 AM with yummy soup lunch following at noon.

A Polar Blast is coming this fall!

Winter is coming early to MUMC this September with our Sunday night program – Polar Blast! Find out how Jesus' Love is Cool through music, games, Bible stories, a snowball fight and more. Take part in a MUMC community mission project as you share Jesus' love with little ones. Our program will take place on September 23 and 30, from 4:00-5:30 PM.

Dinner will follow for the whole family. Parents are welcome to come for all of the program, or just dinner. Plan to join us! Please let Peg know if you are coming so we have enough materials for you. Thanks!

It's cool in the kitchen for volunteers!

Teams of volunteers are needed to provide dinner for our families on September 23 or 30. Volunteers would need to provide food for about 24 people, set-up, serve and clean-up. Meals can be VERY simple. The meal would take place at 5:30 PM. Please consider supporting this ministry!

New!!
Electronic giving is now available for your financial gifts to MUMC

Everyone in the MUMC congregation will receive (or already has received) a letter explaining the electronic giving options that are now available for your offerings to the church. This comes about as the Finance Committee continues to look for ways to make your monetary giving convenient and easy. You now may consider MUMC's new electronic giving program as a way to automate your regular weekly, monthly or quarterly offerings.

Electronic giving is convenient for you and provides much-needed consistency in cash flow for MUMC. When travel, illness or other circumstances prevent you from attending services, electronic giving allows your offerings to continue on an uninterrupted basis. You no longer need to bring your wallet or checkbook to church. And, there is no cost for you to participate.

To give electronically, choose **one or more** of the following options:

- Set up a one time or recurring withdrawal from checking or savings.
- Access our payment page from the MUMC website at www.mequonumc.org.
- Download the GivePlus Church app to your phone or iPad.
- Stop in the office and pay by credit card
- Use your own on-line bill pay system and designate Mequon United Methodist Church as the payee.

Questions? Uncertain which option will work best for you? Contact Karen Huffman (MUMC Finance Manager) for help setting up your personal electronic giving at 262-242-4770 or finance@mequonumc.org. The letter you will receive has an authorization page and instructions regarding download of a mobile app for those who are interested. These forms are also available in the Narthex and the office. Karen can explain these if you have questions. In all cases, your information will remain confidential and secure.

Thank you for your stewardship.

Welcome Baby!

Jessica and Craig Brochtrup welcomed Grace Ann into their family on July 21. She joins big brothers Caleb, Cole and Austin. Proud grandparents are Debbie and Randy LeRoy. Grace was born on Debbie and Randy's 39th wedding anniversary!

With Sympathy

The MUMC congregation mourns with three families who have experienced recent deaths. We offer our sincerest prayers for comfort and peace.

- to Kristin and Dave Traut and their family on the death of Kristin's brother, Scott, who died July 14 at his home in Grayslake, IL. Scott was 36. Services were held July 20.
- to Linda and Ed Mordy and their family. Linda's brother, J. D. Rector of Sedan, Kansas, passed away July 20. He was 87. Services were held on July 25.
- to Beth and Bruce Carter and their family. Beth's father passed away. Beth is with her family in Kansas City as "the Spire" goes to print.

Dear Lunch Bunch.

My very sincere thank you goes to all of you for the gift you gave to the mealsite in my honor. It was a very thoughtful and appreciated gift.

Thank you,
Ireene Sullivan
"The Soup Lady"

Gardening Health and Safety Tips

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. If you are a beginner or expert gardener, health and safety should always be a priority.

Below are some tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

Dress to protect.

Gear up to protect yourself from lawn and garden pests, harmful chemicals, sharp or motorized equipment, insects, and harmful rays of too much sun.

- Wear safety goggles, sturdy shoes, and long pants to prevent injury when using power tools and equipment.
- Protect your hearing when using machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Use insect repellent containing DEET. Protect yourself from diseases caused by mosquitoes and ticks. Wear long-sleeved shirts, and pants tucked in your socks. You may also want to wear high rubber boots since ticks are usually located close to the ground.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher.

Know your limits in the heat.

Even being out for short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

- If you're outside in hot weather for most of the day you'll need to make an effort to drink more fluids.
- Avoid drinking liquids that contain alcohol or large amounts of sugar, especially in the heat.
- Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness.
- Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.
- Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise; and people who are physically ill or who take certain medications (i.e. for depression, insomnia, or poor circulation).
- Eat healthy foods to help keep you energized.

Other Tips.

Talk to your health care provider if you have physical, mental, or environmental concerns that may impair your ability to work in the garden safely.

- If you have arthritis, use tools that are easy to grasp and that fit your ability. Research shows that 2½ hours per week of moderate physical activity can give you more energy and can help relieve arthritis pain and stiffness.
- If you are taking medications that may make you drowsy or impair your judgment or reaction time, don't operate machinery, climb ladders, or do activities that may increase your risk for injury.
- Make sure your tetanus/diphtheria (Td) vaccination is up to date.
- Listen to your body. Monitor your heart rate, level of fatigue, and physical discomfort.
- Call 911 if you get injured, experience chest and arm pain, dizziness, lightheadedness, or heat-related illness.

Enjoy the benefits of physical activity.

Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer, and premature death.

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Help kids and teens be active for at least 1 hour a day.
- If you have been inactive, start out with just a few minutes of physical activity each day. Gradually build up time and intensity.
- Vary your gardening activities to keep your interest and to broaden the range of benefits.

Source: CDC.gov

Gardening can be a rewarding and fun hobby. Consider renting an MUMC community garden plot next year to plant your favorite flowers and vegetables. See any Green Team member or our church's website for more information about our community garden options.

5 ways to remember your baptism

by Joe Iovino

(reprinted from United Methodist Communications at umc.org)

Remember your baptism, and be thankful.

Many United Methodist congregations occasionally hold services that include a time to remember your baptism. The goal is not to remember the day the pastor held you in her arms and put water on your head, but to remember that **you are baptized** and to reaffirm your **baptismal vows**.

Remembering that we are baptized, however, should not be limited to special worship services. We can find moments every day that remind us of our baptism and what it means in our daily living.

Bathing

Many of us begin our day in the shower, and the waters that cleanse us can serve as a reminder of who we are in Christ Jesus. What a great way to greet the day!

The Rev. Adam Hamilton of The United Methodist Church of the Resurrection in Leawood, Kansas, wrote a prayer and had it printed on waterproof cards. Congregants were invited to hang the cards in their showers as a daily reminder. The prayer reads, "Lord, as I enter the water to bathe, I remember my baptism. Wash me by your grace. Fill me with your Spirit. Renew my soul. I pray that I might live as your child today, and honor you in all that I do."

We may similarly remember our baptism as we give our children their evening baths, wash the dishes, or even bathe the dog. There is a powerful connection between the waters that cleanse and the **waters of baptism**.

Rain

A good rain has a way of renewing the earth. Plants open. The air smells crisp. The drops feel cool and refreshing.

Watching from your porch as a storm passes or standing in a gentle rain can serve as an opportunity to remember your baptism.

The rain, as Jesus taught, is indiscriminate. It falls on the good and the bad, the righteous and the unrighteous (**Matthew 5:45**). As United Methodists, our baptismal vows call us "to serve [Jesus as] Lord, in union with the Church which Christ has opened to people of all ages, nations, and races."

The rain can be a reminder that renewal is available to all by the grace of God.

Swimming

During the summer months, pause to remember as you swim. Immersion in the water is a wonderful reminder that we live surrounded by the grace and presence of God.

The Bible teaches, "In God we live, move, and exist" (**Acts 17:28 CEB**), and that there is no place we can go to separate ourselves from God (**Psalm 139**). Being submerged in the water can serve as a great reminder of God's presence around us in every place and moment.

A new day

Part of baptism's symbolism is death and resurrection. Going into the water signifies dying to our old selves, and rising from the water our new life in Christ. Even when immersion is not the method used, we pray during the baptimal ritual, "that, dying and being raised with Christ, [those presented for baptism] may share in his final victory" (**Baptismal Covenant I**).

Every new day as we rise from sleep, we can take a moment to remember that we have been raised with Christ, and pray to live out the day ahead in newness with him.

Tangible reminders

When you were baptized, you probably received a certificate of baptism. Framing the certificate or the church's bulletin from that day, and displaying it on a nightstand, bureau, or another place you will see it daily, can serve as a great reminder.

Some congregations also give those baptized a gift like a candle, a cross, or some other memento of the occasion. While it may be tempting to put that in a special place in the attic for safekeeping, displaying it where you will see it regularly can remind you daily of who you are in Christ Jesus.

However you go about it, find ways to, "Remember that you are baptized, and rejoice!"

The United Methodist Church —
The Vows of Baptism

- Do you renounce the spiritual forces of wickedness, reject the evil powers of this world, and repent of your sin? **I do.**
- Do you accept the freedom and power God gives you to resist evil, injustice, and oppression in whatever forms they present themselves? **I do.**
- Do you confess Jesus Christ as your Savior, put your whole trust in his grace, and promise to serve him as your Lord, in union with the Church which Christ has opened to people of all ages, nations, and races? **I do.**
- According to the grace given to you, will you remain faithful members of Christ's holy Church and serve as Christ's representatives in the world? **I will.**

Sonlight Scoop
August 2018

***Sonlight Child Development Center**, established by and operated as a ministry of Mequon United Methodist Church, is open to children from infant through 9 years old, including before/after school care.*

Our Red, White and Blue Celebration was wonderful! Parents and staff showed up to enjoy the parade and nibble on patriotic treats. We even were able to meet Pastor Sue!

Sonlight was entertained by Miss Kim and her Amazing Animals. The Kangaroos had a Sugar Rush Ice Cream Factory that all enjoyed, and they have had some fabulous field trips! What an exciting July we have had!

Of pizza and sin

Whenever I'm in Chicago, I feel driven, as if by unseen forces, into a deep-dish-pizza restaurant. My recent visit was no exception. As soon as I stepped off the plane, the cravings began. Soon I was in a pizzeria, awaiting a handmade pie with giddy anticipation. It was a sad scene. I was dining alone, so there was no pretext of community; I was just there to gorge myself.

And that's precisely what I did. After a few slices, I hit a wall but consumed one more. One too many, it turned out. While maneuvering away from the table, I realized: Deep-dish is a lot like sin. Both start with bliss but end in misery. Both take you further than you wanted to go, faster than you wanted to get there. And both require confession. So that's what I'm doing here. I hope you'll absolve me. Next time, I'll try to eat less.

—Drew Dyck, *Church Humor Newsletter*
CTPastors.com. Used with permission.

Found at MUMC: a woman's gold ring

A woman's ring evidently was lost some time ago and has been living in the MUMC office safe. It has precious stones, possibly birthstones. If you have lost a ring or have information on why such a ring would have been in the church safe, please check with the office to identify it.

MUMC's most requested recipes

As has been known to happen when any group of Methodists get together to share (like at a potluck) we get to taste yummy food and request recipes. Here's the recipe for caramel sauce from our recent Ice Cream Social.

Brown Sugar Caramel Sauce Topping

from Pam Layton

Ingredients

- 1/2 cup salted butter (no substitutions)
- 1/4 teaspoon salt
- 1 cup brown sugar (well packed)
- 2/3 cup heavy whipping cream , unwhipped (35% cream, no less! can use a little more cream)
- 2-4 teaspoons vanilla extract (optional)

Directions

1. In a small saucepan melt butter with salt.
2. Add the brown sugar; whisk until combined and thickened (about 2 minutes).
3. Whisk in the whipping cream, until thoroughly blended (2 more minutes). Mix in vanilla (if using) until combined.
4. NOTE: this sauce will thicken up more when refrigerated.

the Spire

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Mequon United Methodist Church

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Closed Fridays

Summer Sunday schedule:
9:30 AM: Worship Service
10:30 AM: Fellowship for all

Mequon United Methodist Church
11011 North Oriole Lane, 20W
Mequon, WI 53092

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But what about *here*?

At age 4, Anna was starting to make sense of prayer. Her parents had been praying with her since birth, but now her developing cognitive and language skills caused her to really ponder what prayer meant for *her*.

One night, after tucking her into bed and leaving the room, Anna's dad heard her voice. He paused outside the door to see if she needed something. But she was speaking to her *heavenly* Father: "Dear God," Anna prayed, "when is the best time for me to talk to you? I mean, Mama and Daddy say I can pray anytime, and I know you're always listening. But when will you be listening *especially* hard in Minneapolis?"

—Adapted from *The Children's God*, David Heller

MUMC is a Reconciling Congregation

Mequon United Methodist Church affirms that all people are created in God's image and are of sacred worth. We affirm Jesus' example of love without reservation and we sacredly promise to deal compassionately and justly with one another. Therefore, this inclusive and nurturing community of faith openly invites and welcomes persons of every age, gender identity, sexual orientation, race, physical or mental ability, ethnic origin, socioeconomic status, marital status -- any and all diversities -- as full participants in the life and work of this reconciling community.