

Mequon United  
Methodist Church  
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### **Remember when??**

It was April 1996 ... and this was introduced as the heading across the top of the front page for the "new look" Spire!!!!

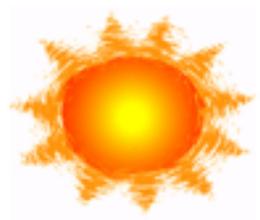
It was used until September 2004.

In the coming months, "the Spire" will do some looking back at times that were fun, solemn, or significant in the history of MUMC. Watch for the gray boxes scattered throughout each issue.

the Spire

### **What's happening at MUMC in August?**

- Youth Mission Service – August 6
- Teasel Weasel Workday – August 12
- Summer Walking program – two more walking days
- Mealsite – August 31
- No More Malaria – donations through August



*Lots of activities are coming in September!  
Check pages 3 & 4 – mark your calendars now!*

August 2017

## Pastor Tim's Message



This month my family enjoyed a wonderful vacation of visiting new places and doing new things like riding the very fast Lake Express ferry across Lake Michigan and spending time at a cottage belonging to Audra's uncle. While the kids spent their time swimming or kayaking, Audra and I enjoyed taking time to read just for fun. One of the joys of vacations is to get away, change your scenery, and find time to relax. However, we shouldn't have to wait for a vacation to find some balance and renewal in our lives. I came home realizing how important it is to make time to nurture our spirit, bodies, and minds regularly.

And this can be a real challenge. Our society teaches us to do everything we can to succeed at our jobs, to "go the extra mile," to say "yes" to everyone, to please everyone. Even when someone retires that doesn't mean the end of working. Many continue to devote a majority of their time to volunteer work. The tough question becomes ... what is God calling us to do? And is a life of constant busyness really a faithful life?

So, we need to be intentional in caring for our "self." This part often is ignored because we've been conditioned not to be selfish. But caring for self is not selfish, it is necessary. We can not adequately care for others if we don't care for ourselves. How do you care for yourself? Your mind? Your body? Do you take time to just be quiet and "be"?

We also need to make time to nurture our faith. When we are centered and grounded in God, our priorities take a new shape and problems are seen from a different perspective. I encourage you to find at least fifteen minutes two to three times a week to pray and read scripture. Pick up the Upper Room devotional at church to help guide your time. I also want to encourage you to participate in one of the Bible studies that will be going on throughout the year. Take time to be with God and see the difference it can make in your life.

Let's not wait for a vacation to be refreshed, I invite us to be intentional every day in seeking a renewed and balanced life, where all the areas of our lives are growing and being nurtured in a healthy way. Awareness is the first step. Begin to pay more attention to the areas in your life that you are short-changing. Scale back in the areas that have taken hold and leave you feeling constantly drained of energy. Enjoy more things that bring you joy and feed your soul. Grow deeper in your faith and you will find the means to bring all the areas of your life into balance. Finding balance isn't always easy, but for the sake of our mental, physical, and spiritual health it is worth it.

In God's Love,  
Pastor Tim

**Aug. 6**

**YOUTH**  
Worship Service

**Youth Mission Service**  
→ **August 6**

The 2017 Youth Mission Trip to Middletown, Ohio was a great success! Our youth served with over 400 others to repair over 40 homes in Middletown and the surrounding area. Thanks to all for your continued prayers and contributions towards the trip. Please join us on Sunday, August 6th to hear more about our experience.

### Teasel Weasel Workday Saturday, August 12, 2017 — 9:00 a.m. to Noon

We will be digging a few teasel plants that are still poking their heads up in the Marsh Meadow. Also, there are a few dead shrubs that need to be cut down with a chain saw and always buckthorn to be removed. Come and join in on the fun!!!! Water and snacks will be provided. Bring leather work gloves, cross-cut hand pruners, loppers, shovel, sun screen and bug spray.



Questions — call Linda Mordy at 262-242-8091.

### Mealsite — August 31

- Please help the mealsite this month.
- Sign up to serve. Ride to and from the mealsite with a carpool from church (approximately 4:15 - 6:30 PM).
  - Sign up to donate desserts (brownies, cookies, bars, sheet cake, etc.).
  - Sign up to donate fruit (hold-in-your-hand like apples, pears, bananas, clementines).
  - Food items can be left in the parlor by 4:00 PM.
  - Sign up sheets are on the bulletin board in the church entry.



## Summer Walking Program

Join MUMC's walking program! The walking days are Sundays, from 4:00 - 5:00 PM. The last two dates for the walking program are in August. Whether you are an experienced walker or want to begin a walking program, this is for you. All parks have level walking paths and several have stairs or side trails as an option for those who want more of a challenge. We invite individuals, families and friends to join us and commit to improving your health and well-being. This program is sponsored by the Parish Nurse Ministry Team.



### Walking Schedule:

**August 6:** Grasslyn Nature Preserve — Mequon

**August 13:** Lion's Den Gorge Nature Preserve — Grafton

Each week an email will go out to the congregation with location and directions to the site. There will also be information in the Sunday bulletins. 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](mailto:rleroy@wi.rr.com).

## Imagine No Malaria — in August



Continuous efforts are working to eradicate Malaria around the world! We have the tools to end deaths from malaria. Since 2000, mortality rates have fallen 51% among children under the age of five.

**MUMC continues to support that effort with a fundraising campaign that will run through the month of August. Please consider making a donation to this worthwhile cause. Make your checks payable to MUMC with "Malaria" in notation line.**

### Funds will be used in the following ways.

#### Timely diagnosis —

Rapid-diagnostic tests are expanding the world's ability to confirm malaria cases in remote settings, ensuring that people get the right treatment when and where they need it.

#### Treatment —

Artemisinin-based combination therapies are the front line treatment for malaria. A full course of treatment costs just \$1 and cures a child in one to three days.

#### Mosquito nets —

Long-lasting insecticide treated bed nets provide a protective barrier against mosquitoes at night, and can cover two people per net.

#### Targeted insect spraying —

Spraying on the inside walls of homes helps kill mosquitoes and reduce the rate of malaria transmission.

#### Vaccine development —

Scientists and organizations around the world are working together to accelerate the development of a malaria vaccine and ensure its availability in the developing world.

## >>>> Coming in September! <<<< Mark your calendars now!



### Rally Day Picnic for EVERYONE!!!

**Sunday, September 10**

On Sunday, September 10, we will celebrate the start of the 2017-18 church school year with our annual Rally Day Picnic. Join us in Fellowship Hall right after church for an indoor picnic lunch (no bees!) featuring hot dogs with the option of our church-favorite flaming penguin sauce. Please plan to come and enjoy the company of our church family.

### Coffee before church!!

On Sunday, September 10 the Welcoming Connections Committee will be serving coffee **before the 9:30 AM** worship service and will do so through Sunday, October 1. We know some of us like to get an early start to the day and would welcome an opportunity to visit with friends before the service begins. Of course, you can always stay for more coffee **after** the service as our fellowship time after worship will not change. So join us on September 10 for coffee **and a donut** starting at 9:00 AM.



### Reflections Resumes in September

The Reflections Book group will resume regular monthly meetings in September. We begin the year on Thursday, September 14 with a discussion of *The King's Curse*, by Phillipa Gregory.

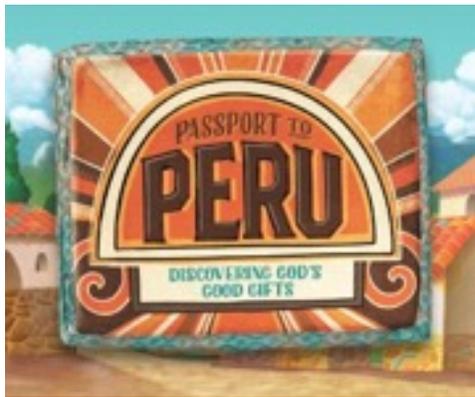
Reflections is a women's book discussion group that meets monthly on the second Thursday evening of each month during the school year. Our meetings include a time for fellowship and book discussion. New women are always welcome.

Please contact Barb Henneck at [bhenneck@wi.rr.com](mailto:bhenneck@wi.rr.com) for more information about the group.



# >>>> Coming in September ... more! <<<<

Mark your calendars now!



## Coming in September – Passport to Peru

Passport to Peru is similar to our Expedition Norway program last winter, and will feature music, Bible stories, crafts, games, foods and more. For many years, MUMC supported the Graners' mission work at Thui Rancho, in Bolivia. Passport to Peru will incorporate many of the cultural traditions members of our congregation learned about when we visited there. Children will virtually "hike cloud-shrouded ruins of Machu Picchu. Savor exotic flavors of the Amazon. Hear what daily life is like from kids in Peru." They will be immersed in this vibrant culture where they can discover God's good gifts for us all.

The program will take place on Sunday evenings at 4:00 PM, September 17, 24 and October 1. Dinner will follow at 5:30 PM for the whole family. You do not have to attend the program to come and enjoy dinner with us. Women's Choir members – it couldn't be easier!

## Lunch Bunch

The Lunch Bunch group is taking a break for the summer. Lunch Bunch will return with a brand new study and more delicious soup on September 5.

## Calling all cooks!

The kitchen is about to open once again at MUMC for our family Sunday evening programming! We are hoping to find individual volunteers or teams of cooks who are willing to provide a meal for about thirty-five people, most of whom are children, at 5:30 PM on the following dates:

- September 17
- September 24
- October 1
- October 22
- November 5
- November 12
- November 19
- December 2 (Brunch for Hanging of the Greens at 8:30 AM)



Volunteers are responsible for set-up and clean-up as well, so a team of volunteers is especially nice. Please see Audra O'Brien if you can help out in any capacity.

## Prayer Breakfasts:

**Women's Prayer Breakfast —  
Wednesday, September 6**

**Men's Prayer Breakfast —  
Thursday, September 7**

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.



## UMCOR WASH Thanks You for your Generosity!

Thank you so much for your contributions to WASH, our VBS Service Project. We collected \$591.51 for this important mission. UMCOR WASH distributes these funds into the hands of capable WASH partners who empower families and communities to ensure continued access to clean water and healthy disposal of waste. With local and national support, WASH partners are able to harmonize programs with local economies, which helps people immediately and over the long term.



## Family Promise —

Updates, changes, additional role for the organization

PLUS ... MUMC next host week is August 27 - September 2

### Thanks Ross and Jean!

Ross and Jean Paulus have decided to take a well-deserved break and resigned from leading our Family Promise Ministry. We owe them a huge THANK YOU for getting everything so organized that we can basically go forward with confidence. We have a group of volunteers (more needed) who will lead as a team with one person assuming the role of designated coordinator for each host week.



### New role for Ozaukee Family Promise

Ozaukee Family Promise Interfaith Network has been given the job of administering Rapid Rehousing and Homeless Prevention resources. This means there is a slightly different model in place, allowing for some families to avoid becoming homeless and therefore not need overnight housing in churches. We do need to be ready to accommodate families however, as the need arises.



### Preparing for our next host week at MUMC — meals, sleep-over hosts, and more

Our next host week is August 27 thru September 2. There are currently no overnight guests enrolled in program. You will see sign-up sheets for Set Up and Take Down, Overnight hosts and food/meal providers. At this point you would be considered "on call" for the jobs you sign up for. If we don't have any guests then obviously we won't need to provide food etc. However, Family Promise does operate on an as needed emergency basis so it is entirely possible that the guest situation could change at any time up to or during our host week.

We also really want to streamline the meal program. While it is good to offer healthy alternatives, there is absolutely nothing wrong with picking up fast food, a rotisserie chicken and salad, or a par-baked pizza on occasion. If you sign up to provide a meal during our upcoming host week, it just means you will commit to having that night free on your schedule to either prepare a meal at home or pick something up. We are going to try to coordinate meal providers and overnight hosts so that we don't end up with 4 or 5 people giving up their evening to serve one meal to a lone guest.

We also have been given ok from the Family Promise folks to have only one overnight host on the church premises if the Overnight volunteer is comfortable serving alone. We want to keep this as simple and streamlined as possible.

By using the committee approach we hope to make this process comfortable and not a burden for anyone. Get in touch with either Connie Pukaite or Pam Layton with any questions or concerns or to volunteer.

## Remember when ...

- December 1996 — Christmas Eve at the mealsite. We served about 200 people. We took 200 new and used warm gifts for adults (mittens, hats, etc.), desserts for the meal, books and candy canes for every child (donated by Reflections), and ornaments for everyone (made by Jr. and Sr. High Sunday School). We had our own Santa (Herb Ayres) and several elves to meet with the children. And donations of polaroid film packets allowed us to take pictures of each child (and many adults) while they visited with Santa.
- November 1998 — MUMC 50th Anniversary Celebration. Friday evening open house at MUMC. Saturday Party and Dance at Range Line School with DJ, magic, jitterbug dancing, Elvis impersonation, Jimmy Dean impersonation, kids activities, and refreshments. A 50th Anniversary Food Drive was held. Sunday worship featured a huge choir assembled for the celebration; Sunday luncheon in the Fellowship Hall followed after worship.

- May 17, 1998 — MUMC Road Rally with staggered starts, fun-filled challenges, scenic sites along the way, and sharing sub sandwiches at MUMC at the end of the day. All fifteen cars completed the route; no one needed to open their "panic packages." Teams included "Clueless" (Ayres and Gruners), "Are We There Yet" (Gardners), "The Retirees and the Wannabes" (Campbells and LeRoys), "Merry Wanderers" (Widders) and "Demolition Debbinks" (Crash Debbink driving, Maps Debbink navigating).

- *Who's in the Pews* was a series of interviews in "the Spire" with MUMC members. In a March 1996 interview with the Debbinks, 5-year old Alex loved whatever sport was in season — basketball and soccer at that time. Andrew, 3 years old, just loved to play, had an incredible imagination, and found action figures to be great fun.



## Reminiscing and looking forward — thoughts from Connie Pukaite —



The other morning, I awoke thinking about her for some unknown reason. Her name was *Mrs. Simons*. I was about three years old when my Mum started dropping me off in her care once a week during a time when I still didn't know one day from another. Mrs. Simons was the first adult outside of my family to have a profound impact on me and it has lasted now for over 72 years.

Simply put, Mrs. Simons taught me that *Jesus Loves ME!* She was my very first Sunday School teacher. She taught me the words, and she taught me what that song really means. Her lessons have lasted my lifetime. I will be forever grateful for that sweet lady and for the New England church family who maintained a place where I could learn about God's love, wrapped around me as I grew and sent me off as a young adult to serve God's purposes.

Last Sunday, I watched the faces of youngsters in worship at MUMC as they listened to the lesson for Young Disciples. I was struck by the thought of how the tradition of bringing children to Jesus, teaching them about the love of God has served each and every one of us. And now, it's our turn to carry on that tradition for the future of all the children who follow. What an awesome opportunity! ... another good reason why our upcoming stewardship and capital campaign means so much to me.



## Wisconsin Annual Conference Session "One With Christ" — June 16-19 — Madison Marriott West — a report from Pastor Tim —

### Learning from Inspirational Speakers

**Adam Hamilton** led three teaching sessions focused on three aspects for creating or renewing dynamic churches: effective leadership, inspiring worship, and intentional missional outreach. Hamilton said that all denominations are struggling as many people consider themselves spiritual, but not religious. Despite this, Hamilton's church has grown extensively and consistently since its inception. His secret? "I don't know," he said. "I feel like I'm just taking notes out of John Wesley's playbook." Still, Hamilton said the three topics of his weekend lessons – leadership, worship, and missional outreach – are the values he prioritizes as his church continues to grow and thrive.

**Rev. Steve Zekoff**, who is retiring from the Conference this year after 40 years of ministry, preached during the retiree service. He spoke on the theme of "Good Bye Tension; Hello Pension" and how his ethnic DNA relates to the Church. "Overlaying my stew of ethnic identities has been my life in the Body of Christ as manifested in The United Methodist Church. We all have a stew," he said. Zekoff explained that your retired status cannot remove the essence of being a UM clergy. "For any of us to believe that our part of the Body should be removed is to deny the contributions we made." Those retiring represent over 450 years of service. All contributing an important part to what makes up the Body of Christ, he said. "You are entering into a season of recharging, and will be entering new adventures, activities and opportunities. But the Church remains in your DNA."

**Bishop Hee-Soo Jung** preached during the service of Licensing, Commissioning, and Ordination. During the service, five people were ordained as elders, two people were recognized as elders, three people were commissioned for the work of an elder, one person was ordained as a deacon, and 13 were licensed as local pastors. Bishop Jung encouraged all of them to remember several main things: first, that the mystery of "One with Christ" expresses the ultimate desire for our life and ministry; second, to remember your role as a servant leader; and third, to work together for unity. Bishop Jung also talked

about the stoles that the ordinands received, and how they represent the symbol of a towel. "When I was ordained, I saw myself as a servant; a servant of servants of God. This is still my definition of ministry. My prayer is a radical version of discipleship for you. In this vigorous act of hope, you will be a servant for all, daringly transposed into a vision of astonishing inclusiveness by restoring community in every place in Wisconsin."

### Making A-New Wisconsin: Feasibility Study Extended

Amanda Stein and Randy Chapin, co-chairs for the Make A-New Wisconsin task force, presented the results of the year-long feasibility study for a major financial campaign in the Wisconsin Conference. The James Company and Make A-New Wisconsin task force are recommending a second year of the study, to be completed within the original \$60,000 budget established at the 2016 Annual Conference. The resolution to continue the study was approved during Sunday's plenary. "There is support for the vision and an eventual financial campaign," Stein said. "But we heard you, loud and clear, that we are not ready. Wisconsin has a heart for service, and connecting with those in need. We are proposing another year of work without additional cost to you. We need to better establish this vision." The James Company believes the Wisconsin Annual Conference is positioned to undertake a \$5 million financial campaign over a five-year period, to fund critical priorities, and build capacity for the financial health of the congregations and the Conference. A yes/no recommendation will be presented to the 2018 Annual Conference.

### Preparing for Special General Conference

During Plenary, General Conference Delegates Lisa King and Barbara Dick provided an update on General Conference legislature and work. King explained the purpose of the special session of General Conference to be held February 23-26, 2019 in St. Louis. The members of the Commission on A Way

Forward are expected to complete their work in 2018, and make recommendations to the Council of Bishops, and then the Council of Bishops will make the report on what will be acted on at the 2019 special session. All current members of the Wisconsin delegation have committed to attend and serve this special session. A new delegation will be elected for the 2020 General Conference. During the Laity Session, Bishop Jung talked about the ongoing work of the Council of Bishops' Commission on A Way Forward. "The members are working very hard, and I think they constantly claim clearly to all of us, we as The United Methodist Church, we still have strong faith. That faith will hold us together. This wind of challenge, trouble, and disagreement makes us strong."

## Listening to Ideas from Youth

On Saturday evening, 13 youth delegates to Annual Conference hosted a panel discussion on two main topics important to them: mental health issues, and how churches can get youth more involved in worship. In talking about youth involvement, the panel presented statistics that they found about their generation, Generation Z. They reported that 96% of Generation Z have smartphones, so it's important for churches to bring technology into worship, and include youth in the setup. Other ideas the youth gave included incorporating interactive sermon portions using technology, such as conducting a live poll during a sermon using an app, or asking youth to look up a definition or concept during a sermon, and having them report the answer. The youth also discussed their ideas for reaching out to unchurched youth through such activities as a youth band, intramural sports, and community service. They all expressed their interest in having discussions on mental health on a regular basis with church leaders. They suggested dedicating sermons to mental health, becoming familiar with local hotlines and resource centers, publicizing camp opportunities, and inviting mental health professionals to visit the church on a regular basis. They stressed the importance of talking to both kids and parents, to try to destigmatize the issues, and to not be judgmental. "If we have depression, we don't want to be singled out, or have special treatment," they said.

## State of the Church: Bishop Calls Us to Have Faith

In his State of the Church Address, Bishop Hee-Soo Jung, said that the Church is in a turbulent time. But he said "Now is a critical time for us to answer loud and clear, "Yes, Lord, we have faith!" Bishop said, "Certainly, we still experience the storms. There is a storm in our Church over sexual orientation and gender identity." But we have faith that our Commission on a Way Forward, formed at the last General Conference to guide us through the storm, will serve us well, he said. According to the Bishop, there are other storms in our Conference. "But I believe Christ is helping me be the shepherd for our leaders; to help them navigate the waters when they get stirred up," he said.

We have proven our faithfulness in what we accomplished in our Fund for Discipleship, the expansion of our camp facilities, and our Imagine No Malaria campaign, Bishop said, "and I have no doubt that we will rise to the occasion to fund vital mission and ministry in the future." CF&A is helping us allocate resources effectively, and our goals include renewing existing churches to become vital ministries, developing mercy and justice ministries in every community in Wisconsin,

opening our doors to new and different generations and cultures, and feeding the hunger of a broken and hurt world.

## Cabinet Address

District Superintendent Deborah Thompson address presented some of the highlights of 2017 in Wisconsin. She talked about the Spiritual Pilgrimage that the Cabinet and other leaders took to Korea to spend some time with the Dongbu Conference, our sister Conference. "What a spiritual revival we experienced!" We are in alignment with the United Methodist Church as we Imagine Wisconsin Anew, our vision, Rev. Thompson said. "We are planting new faith communities, developing new Christian leaders, establishing relationships within our multicultural communities, focusing on revitalizing our churches, standing up for justice, helping to provide food for the soul and body, and ministering to the poor." Thompson also offered praise for The Institute of Congregational Development, which provides training for clergy and lay leaders to help their churches develop new faith communities, and learn about revitalization efforts. We are also connecting across the Wisconsin Conference to build missional communities, she said.

## Laity Address

Deanna Shimko encouraged laity to be proactive to form relationships and exchanges between local congregations in Wisconsin and the Dongbu Conference, our sister partnership. She reported that laity throughout our Annual Conference continue to form laity circuits, which are ideal to provide a long-term presence for sustainable, relevant and meaningful services with communities. Shimko thanked all laity who are in service in many places, capacities, and ministries across this Conference, in the local churches and in our world. She applauded the 95 people who attended the Bishop's Convocation with Laity Leadership, and the nine graduates of the Faith Alive! Class. She reminded the Conference that the laity on the Conference Board of Laity are volunteers "who are a faithful, dedicated, generous, and loving community in service to you and God."

## Approving Several Action Items

During Plenary sessions, 27 action items (some amended) and a number of other motions were approved. The approved action items/motions included a 2017 Budget of \$ 7,032,028, a Continuation of a Feasibility Study for a Major Financial Campaign, a Call to Observe Mental Health and Disabilities Awareness Sunday, a Call to Welcome the Migrant and Refugee, a Call to Protect Peaceful Assembly and Religious Expression, and a Call to Hold Israel Accountable for Its Actions in Palestine. The General Conference Amendments to the Constitution of The United Methodist Church were also brought forward; the amendment votes will be reported to the Council of Bishops Office to the attention of the Executive Secretary.

## Giving Generously

Annual Conference members gave generously to special offerings and Ingathering during Conference: • Opening Worship (offering for Milwaukee Urban Ministry Fund): \$2,377.79 • Ordination and Commissioning Service (offering for the Clergy in Transition Fund): \$2,221.06 • Ingathering: \$1,718.03



## Celebrating 7 Years of MUMC Parish Nursing

MUMC Parish Nurse Ministry promotes wellness, healing and wholeness of body, mind and spirit within our church family through health assessment, counseling and education." [Parish Nurse Mission Statement]

On August 17, 2010 seven MUMC nurses and Pastor Tim met to discuss the possibility of starting a Parish Nurse Ministry Program for our congregation. The idea for the program was inspired by Glen Van Fossen. Prior to this first meeting, the nurses met with Dr. Carolyn Lueders-Bolwerk from Concordia University to explore the concept of Parish Nursing. Sue Solverson and Debbie LeRoy completed certificate program requirements for Parish Nursing through Saint Louis University.

A Parish Nurse Ministry is defined as a unique, specialized practice of professional nursing that focuses on the promotion of holistic health within the faith community. The purpose of this ministry is to touch the entire congregation with information, knowledge and skills that will raise awareness of the relationship between health and spiritual well-being and to encourage each person toward an understanding that health is a gift and that each person is responsible for being a good steward of that gift.

This ministry provides health education, programs and support that can assist to make healthy lifestyle choices in all areas of each person's life. Parish Nurses work along side the Pastor to empower others to maintain their physical, mental and spiritual health.

Parish Nurses do not provide "hands-on" patient care such as that offered by home health nurses, but instead direct people to the most appropriate health care providers. Parish Nurses do not replace the Pastor's healing mission, but support and enhance his reach and effectiveness.

Our mission statement: MUMC Parish Nurse Ministry promotes wellness, healing and wholeness of body, mind and spirit within our church family through health assessment, counseling and education.

The roles and functions of the Parish Nurse include being a Health Educator, Health Counselor and Health Advocate/Referral Agent.

As Health Educators, the Parish Nurses have sponsored 20 health related programs with 630 participants. The

nurses have checked 682 blood pressures and made referrals as appropriate. Sue Solverson has taught seven CPR classes with 37 participants. Monthly health related articles have been submitted to the Spire.

As Health Counselors, the Parish Nurses have had 1,474 contacts with the congregation. This includes home, hospital and nursing home visits or phone calls. The nurses have provided individual health counseling related to health maintenance and disease prevention. The nurses have also answered questions about medications or management of current health concerns.

As Health Advocate/Referral Agents, the Parish Nurses have assisted individuals or families in utilizing existing community health resources, provided assistance in navigating the healthcare system and assisted individuals/families in making decisions regarding their health, medical services, treatments and care facilities.

The Parish Nurses have sponsored five influenza vaccine clinics where 73 vaccines were administered.

The Parish Nurses, led by Mary Sisney provided input into the development of the MUMC Emergency Preparedness Plan.

The MUMC summer walking program started in 2015 with an increase in participation each year.

The Automatic External Defibrillator (AED) was purchased in 2011 and has been incorporated into the CPR training done by Sue Solverson. The unit is located in the narthex by the elevator and is maintained monthly to ensure it is working properly.

The Parish Nurse Ministry Team consists of eight nurses (active and retired) and two allied health care professionals. If you have an interest in joining our team or if you have questions about your health, please contact a member of our team. Team members include: Sandy Christensen, Lisa Connors, Nancy Gruner, Eileen Hill, Randy LeRoy, Kathy Morgan, Mary Sisney, Nancy Snoots, Sue Solverson, Debbie LeRoy (Chair) and the support of Pastor Tim O'Brien.



### Another graduate!

*With apologies to Mitchell whom we missed last month in the list of 2017 graduates.*

Mitchell Shaurette graduated from West Virginia University with a BS in Criminology. He is preparing to take the G-MAT (Graduate Management Admission Test) in preparation for graduate school at WVU in forensic accounting.



### Remember When ...

- Confirmation 1998 — class of 12 included Benjamin James Gruettner, Jeffrey Lyle Williams, and Stephanie Susan Yorio.
- March 7, 1999 — Lenten choral presentation — John Rutter's *Requiem*. Rick Hynson led a 70-voice choir comprised of members of MUMC choir, Bel Canto, Concordia Choir, and Mount Zion Evangelical Lutheran church.
- October 1996 — the Youth Group met for a chat session, setting up a mock court room to deal with a case asking "Should the murderer be sentenced to die?"

Did you know that June is Invasive Species Awareness Month? I sure didn't. Maybe you, like me, are wondering why there would be a designated month for *invasive species*. Really? Is it THAT serious? Let's take a look.

I discovered, while perusing the DNR website, that Wisconsin has a state statute which specifically defines invasive species. Wisconsin Statute Section 23.22 (1) (c) officially defines invasive species as "nonindigenous species whose introduction causes or is likely to cause economic or environmental harm or harm to human health." [WI DNR - invasive plants](#). In a nutshell, an invasive species is a non-native plant, animal, or pathogen that is brought into a new location and rapidly takes over and alters the ecosystem. When a nonindigenous species is introduced to a new area, it leaves its predators behind, thus allowing it to rapidly reproduce and choke out the native species. Guess what? Ozaukee County is filled with them. As a result, your MUMC Green Team felt it important to alert you to the increasing number of invasive plant species in our own backyards.

As I researched this topic, I happened upon a website called IPAW, [Invasive Plants Association of Wisconsin](#), based in Madison. In March of 2001, a group of concerned citizens met in Eau Claire, Wisconsin to create an organization that would address the issue of invasive plant species, thus the IPAW. This group works in conjunction with the DNR and the [botany department at UW Madison](#). Using this information, along with the information provided by Linda Mordy, I created a top-ten list (in no particular order) of invasive plants that most affect our area.

### Common buckthorn —

- Invades oak forests, riparian woods, savannas, prairies, old fields, and roadsides. It thrives particularly on well-drained soils.
- Common buckthorn has a broad environmental tolerance. It leafs out very early and retains its leaves late into the growing season, giving them a longer growing season than native plants.
- Creates dense shade, eliminating regeneration of tree seedlings and understory species.
- Allelopathic; produces chemical compounds that inhibit the growth of other vegetation.



### Garlic Mustard —

- Invades high quality upland and floodplain forests and savannas, as well as disturbed areas, such as yards and roadsides. It is sometimes found in full sun, though most often grows in areas with some shade, and does not do well in acidic soils.
- Native herbaceous cover has been shown to decline at sites invaded by garlic mustard.
- Garlic mustard exudes antifungal chemicals into the soil that disrupt associations between mycorrhizal fungi and native plants, suppressing native plant growth.



### Spotted Knapweed —

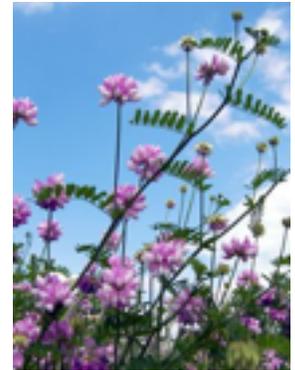
- Invades dry areas, including prairie, oak and pine barrens, dunes, and sandy ridges. It also invades roadsides and disturbed areas.
- Roots exude allelopathic chemicals (compounds that inhibit the growth of other vegetation).
- It is not palatable as a forage plant and is avoided by both livestock and native grazers.
- Infestations cause increased runoff, sedimentation, and decreased water-holding capacity in soil.



### Crown Vetch —

Crown vetch is difficult to control and rapidly reproduces vegetatively via rhizomes that can grow up to 10 feet per year. One plant may grow to completely cover 70-100 sq. feet within 4 years. Its seeds can remain viable in the soil for more than 15 years.

- Crown vetch prefers sunny, open areas, but also has a broad environmental tolerance. It can grow in full to partial sun, is drought tolerant but also withstands heavy precipitation, and colonizes a wide range of soil types.
- Invades a variety of ecosystems including prairies, grasslands, dunes, floodplains, forest edges, gravel bars in waterways, agricultural lands, and roadsides.
- Crown vetch alters native ecosystems through nitrogen fixation, enhancing soil fertility.
- It can climb over and smother shrubs and small trees as well as shade-out native herbaceous vegetation.
- Invasion of crown vetch can also change fire behavior by increasing fuel loads.
- Crown vetch has historically been planted for erosion control and is widely distributed throughout the state.



This list of invasive plants will continue as "Part 2" in the next issue of "the Spire."

***A note about the drawings and photos with this article —***

Color photos of these plants are best for identification. Since "the Spire" is unable to show the detail adequately, we recommend that you search for good photos when you are looking for these plants.

**Sonlight Scoop**  
August 2017

*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.*



**It's been a busy month at Sonlight!**

Sonlight has had a fun-filled, active month, starting with our annual Red, White, and Blue Celebration. There have been many outside water days, since the weather has been so nice and warm. The school age kids have been able to go to the pools in the area, and the younger ones have been splashing around behind the church. The staff is so excited that the grasses are green and healthy so the kids can move freely in the playground area. Eyes were filled with wonder as Ms. Linda released butterflies after they awakened from their chrysalis stage. There was even a visit from Ms. Kim and her Amazing Animals. Students were able to touch and hold some of these furry friends, or watch the larger ones scoot about on the floor.

**Meet the staff at Sonlight**

Sonlight Child Development Center is an important mission of MUMC. It was created by Dick Vogel and Ed Mordy over a decade ago, and it is going strong. We hope you can get to know the dynamic staff who cares for kids every day of the week. Each teacher has training and certifications beyond the basic licenses needed to be employed at Sonlight, including Early Childhood 1, Skills and Strategies, Infant/Toddler Care, CPR (Cardiopulmonary Resuscitation), SBS (ShakenBaby Syndrome), SIDS (Sudden Infant Death Syndrome), and CAN (Child Abuse and Neglect). A few of these highly talented staff will be highlighted each month in the next issues of the Spire.

**Betty: 4-5 year old Room/Preschool/  
School Age Teacher**

Betty has an AA degree in Early Education. Betty has worked over 30 years in childcare education. Betty's passion for childcare is to have fun with the children while they learn. Betty's calm demeanor in the classroom sets a positive tone for our children, and they benefit greatly by the well-planned lessons she provides.



**Amber: Infant Room Teacher**

Amber has worked 10 years in childcare, and started in the nursery at Mequon United Methodist Church. "My passion for working in this field is to see children grow. I love it when they make milestones and you get to be a part of that. Every child is unique in their own way, and to see each of them progress from infant and up is amazing. The bond you form with the children and families is wonderful!"



## Child Care Teachers — job openings at Sonlight

➔ Please share with friends, family, and neighbors

Sonlight Child Development Center, located at MUMC, has immediate openings for full-time and part-time child care teachers in our growing daycare center. If you are a dependable and dedicated team player who loves working with children ages 6 weeks to 6 years old, we want to hear from you.

Needed Credentials: Early Childhood 1, Skills and Strategies, Infant/Toddler Care, CPR, SBS, SIDS, CAN

We offer flexible schedules, reduced tuition rates for children of employees, paid personal/sick time, and paid vacation days off. Compensation is based on experience. Signing bonus. Sonlight provides a great work environment in a beautiful setting working with great kids and their families.

Please forward your resume to [HR@sonlightcdc.org](mailto:HR@sonlightcdc.org) or Contact Sue or Marie at 262-242-4771 for more information. Find out more about us at [www.sonlightcdc.org](http://www.sonlightcdc.org).



### Sonlight Office Administrator update

A farewell luncheon was given in **Kathy Nelson's** honor on Wednesday, July 26th in the Fellowship Hall. Kathy has been the Office Administrator for Sonlight since its beginning nine years ago. We wish Kathy a healthy and fun retirement.

**Marie Widder** has been training with Kathy and will now become the part-time Office Administrator reporting directly to Sue Lyon, Center Manager.

## the Spire

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Mon. - Thurs.: 9:00 AM - 1:00 PM  
Closed Fridays

### Summer Sunday schedule:

9:30 AM: Worship Service  
10:30 AM: Fellowship for all  
in the Parlor



Dear MUMC Congregation,

*Susan and I want to thank all who have kept us in your prayers and a special thank you to all who have sent us greeting cards. Thank you! The cards have been so warmly welcomed each day they arrived. Susie gets weaker by the month but Shorehaven in good for us. We return the good wishes and prayers to each of you.*

*Allen and Susan Caucutt*

You are invited ...

### Art Works by Allen B. Caucutt

August 1 - September 30  
In the Cafe La Belle Gallery  
at The Center for Life Enrichment,  
Shorehaven, 1306 West Wisconsin Ave.,  
Oconomowoc, WI  
Open daily 8:00 AM to 4:00 PM

*This exhibit includes new works done by Allen since moving into the assisted living facility.*

Come to the  
**Opening Reception — Saturday, August 12**

1:30 - 3:30 PM

Allen and Susie would love to see you!



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### *Christ's hands*

In World War II, bombs destroyed a church in Strasbourg, France. As parishioners cleared the rubble, they discovered a statue of Jesus that was now missing both hands.

A visiting sculptor later offered to make repairs, but church members declined, saying Christ “has no hands to minister to the needy or feed the hungry or enrich the poor – except our hands. He inspires. We perform.”



St. Teresa of Avila wrote:

Christ has no body but yours;  
no hands, no feet on earth but yours.  
Yours are the eyes with which he looks  
compassion on this world.  
Yours are the feet with which he walks to do good.  
Yours are the hands with which he blesses all the world.  
Yours are the hands, yours are the feet,  
yours are the eyes, you are his body.  
Christ has no body now but yours.

### *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.

