

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



July - August
2014



*Step into these faith-filled activities
at MUMC this summer!*

Take a little step for God's people:

- ▶ Sort food at Hunger Task Force – July 12
- ▶ Donate pants for children in Panama
- ▶ Donate school supplies for children at Advocates
- ▶ Serve and/or donate food items – two meal sites (July 24 and 31)
- ▶ Give to eradicate malaria – during all of August
- ▶ Give to support Golden Cross ministries – July 20
- ▶ Pray for safe and rewarding Youth Mission Trip

**Take a little step to support
your own faith:**

- ▶ Gather for outdoor worship – one Saturday evening each month
- ▶ Gather for fellowship, prayer, and breakfast – one morning each month
- ▶ Gather for camaraderie – Reflections book group goes to River Sounds on July 10

"No life of faith can be lived privately. There must be overflow into the lives of others."

—Eugene H. Peterson

Pastor Tim's Message

This past week, I came across this poem by Julia Abigail Fletcher Carney that really spoke to me.



"Little drops of water,
Little grains of sand,
Make the mighty ocean
And the pleasant land.
So the little moments,
Humble though they be,
Make the mighty ages
Of Eternity.
So the little errors
Lead the soul away
From the paths of virtue
Far in sin to stray.
Little deeds of kindness,
Little words of love,
Help to make earth happy
Like the Heaven above."

Have you thought about how the little things in life can have a big impact? In scripture we read how, "It only takes a little yeast to make the whole batch of dough rise" (Galatians 5:9) Think about how one word or one act can lift someone up or crush their spirits. It is the little things of life that often mean the most to us and make the biggest difference. And very often we find God in the little things of life, if we take time to notice. When God came out of love to be one with us, it was not done in a big flashy way. It was done with humility. Jesus came to a little known family, in a little town, and was born in a little manger used to feed animals. What Jesus shows us is that God is found in the little things of life; the laughter of a child, the songs of the birds, and the quiet prayers of a friend.

So often the challenges of our daily lives and our world seem almost insurmountable until we remember to see God in the little moments of life and step out to let one little action change the world. I am reminded again and again how very simple acts have a profound effect on the lives of people around us. Every one of us, regardless of our age or ability, has been given a gift/skill/talent/blessing from God to share with the world.

This week I have seen this lived out as we welcomed all the kids who came to our Vacation Bible School in the morning and Critter Camp in the afternoon. Not only were these little people filled with joy, but the adults and youth who came to help, some for only a couple hours a day for this one week, made a big difference in the lives of these kids as they helped create little moments each day to experience and learn about how much Jesus loves them.

I want to encourage us all to be the little drops of water that change our world through the little deeds of kindness and little words of love. As we reach out to pray for those in need and be an answer to prayer by sending a note to someone who is struggling, giving a ride to someone who cannot drive, visiting someone who is lonely, listening to someone who is hurting, or sharing a little love that helps to make earth happy like Heaven above.

In God's Love
Pastor Tim

Outdoor Summer Worship Services

The Saturday outdoor summer worship services will be returning in July and run through September. They will held once a month on July 26, August 23, and September 27 at 6:00 p.m. These services will be held around the fire ring

behind the church and they will be very casual and prayerful through the music, readings, and devotions that we do together. Also, after we are done you can stick around to roast hot dogs, make a Smore, or enjoy the fellowship around the fire. Come as you are and worship with us.



TWO mealsite dates in July

- July 24th
- July 31st — youth will serve

Needed:

- Desserts (brownies, bar cookies, cakes, cupcakes)
- Fresh fruit — "hold in hand" items like bananas, apples, pears, clementines, etc.
(Note: past experience at the mealsite shows us that all fruit is appreciated but bananas bring special delight)
- Servers on July 24 — leave MUMC at 4:30 PM, carpooling together; return around 6:30 PM



Sign up sheets for both dates will be on the Outreach Bulletin Board near the front door at MUMC.

Hunger Task Force

food sort

Saturday, July 12
9:00 AM to 12:00 noon



This food sort will be at the Hunger Task Force warehouse, 201 S. Hawley Ct, Milwaukee, WI. There will be a sign-up sheet on the Mission Outreach bulletin board and on the Mission Outreach page on the MUMC website.

Everyone over the age of 12 is welcome. Activities include standing and sorting food donations, moving pallets, running for boxes, and lifting full boxes. It is the same day as Gathering on the Green, but we will be finished in time for our volunteers to go to the park in the afternoon.

If anyone has questions, contact Marilyn Zwissler at 414-351-1763.

Food collection going on NOW!
Non-perishable items brought to MUMC will be taken to the Hunger Task Force.

School Supplies for Advocates

The Reflections Book Group is collecting school supplies for Advocates. We are accepting donations of any school supply items for pre-K through high school grades. Items may be placed in the collection box located in the coat area of the Narthex through July 31st. Look for the box labeled "School Supplies for Advocates."

(Note: Advocates of Ozaukee works to end domestic and sexual violence through education, prevention, and intervention services. The organization works with individuals and families through programs and services including a shelter.)



Reflections Summer Outing

Shully's River Sounds

Outdoor Concert

- Thursday, July 10th – Doors Open at 6:30 PM / Concert from 7:00-10:00 PM
- Eddie Butts Band will be performing
- Free Admission — Bring 2 non-perishable food items for Family Sharing of Ozaukee County
- See <http://www.shullscuisine.com/events-special.cfm> for more details
- RSVP to Barb Henneck at 238-0707 or bhenneck@wi.rr.com by Wednesday, July 9th



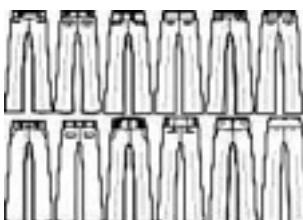
Reminder:

No discussion book for July, but our September book will be *A Tale for the Time Being*, by Ruth Ozeki.

Pants for Panama

We are collecting pants for boys and girls from toddler to teen size. The pants will be sent to an organization called "Pants for Panama." In the country of Panama the children very often don't have enough clothes to wear due to extreme poverty. The "Pants for Panama" organization is committed to see that all kids of Panama have at least a pair of pants to wear.

There is an open suitcase in MUMC's narthex where pants are being collected. This collection will be completed at the end of July.



Teasel Weasel Workday

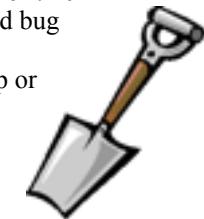
Saturday, July 26

9:00 a.m. - Noon

Come and join the fun!!!! There are a few teasel plants bolting up flower stalks---STILL!!! We are making progress!! We will be digging teasel and pulling small buckthorn that is coming back in the areas that were previously cleared.

REMEMBER to bring a spade, clippers to remove the teasel seed heads, leather or thick gloves, loppers, and bug spray!!!!

If you can help or have questions, please contact Linda Mordy (262-242-8091).



*** HELP! ***

Here's a simple task for almost anyone!

The beautiful gardens around MUMC need ongoing help to stay weedless. Everyone is invited to step forward and pull a few weeds. You can do a small area at a time, stop by anytime, then periodically check back. The task is to be sure the weeds are removed from the most visible gardens around the front of the church — but also to check on other areas around the church that grow weeds quite well.

MUMCs supreme gardener and weed puller has been Connie Pukaite to whom we owe many thanks for the awesome appearance of the flowers and greenery. But Connie is dealing with a very painful foot and is not able to do this task. Someone ... anyone ... everyone MUST step up, bend over, and pull some weeds.

You don't need to contact Connie. Just stop by anytime and do some weeding!!

Golden Cross offering for Wisconsin health and welfare ministries

Sunday, July 20

Each year we collect offerings for a variety of ministries around the world. On **Sunday, July 20**, we will have an opportunity to support some ministries that are closer to home. The Golden Cross offering we will take during worship on this Sunday will go to support these fifteen United Methodist sponsored ministries in Wisconsin.

Ministry	Purpose	Website for more information
Bellin Health, Green Bay	Regional medical network serving all ages and medical conditions	www.bellin.org
Cedar Crest, Janesville	Retirement community offering independent living to skilled nursing care	www.cedarcrestnet.com
Christian Community Home, Hudson	Long-term care, senior housing, and community services	www.cchudson.org
Evergreen Retirement Community, Oshkosh	Continuing care retirement community with living options for seniors	www.evergreenoshkosh.com
Harbor House Crisis Shelters, Superior	Homeless shelters and transitional living for women in domestic violence situations	www.harborhousecs.org
Hillcrest Family Services Dubuque, Iowa	Enhancing the lives of children, families and adults	www.hillcrest-fs.org
Hmong House of Good News, Milwaukee	Day service center for Hmong elders providing activities, socialization, and support	www.hmonghouse.org
Morrow Memorial Home, Sparta	Independent and assisted living, skilled nursing care for seniors	www.morrowhome.org
Northcott Neighborhood House, Milwaukee	Serving low income children, young adults, families	www.northcotthouse.org
Schmitt Woodland Hills, Richland Center	Continuum of residential and community senior services	www.wahsa.org/woodland
Sheboygan Senior Community, Sheboygan	Independent and assisted living, skilled nursing care	www.retireshelbygan.com
UM Children's Services, Milwaukee	Serving low income children and families	www.umcs-wi.org
United Methodist Hospitals Ministry, Madison	Chaplaincy services provided for Wisconsin Hospitals	www.wisconsinumc.org
United Methodist Parish Nurse Ministry	Parish Nurse services and resources for Wisconsin United Methodist Churches	www.wisconsinumc.org
VMP (Manor Park and Trinity), West Allis	Residential and community services for seniors in Milwaukee and beyond	www.vpmcares.com



Music in worship for this summer

- July 6 Brett Hanisko
- July 13 The Shuler Family
- July 20 Jim Stout
- July 27 The Schwager Family
- August 3 Jennifer D'Alessio
- August 10 Hailey Stephany
- August 17 Quattro Horns
- August 24 The Shuler Men
- August 31 Gracie Gardner
- Sept. 7 Marcia Schwager

Thank you to all of you who have donated to the Choir Fund! We have received enough to cover the various costs of "The Baby" (our new baby grand piano), as well as tunings until we can get that item into the budget.

Malaria No More
*Collecting funds throughout
the month of August at MUMC*



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

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.

Now you can donate to MUMC online!!!

Donating has just gotten easier. You can now donate to MUMC online. Just go to www.mequonumc.org and click on DONATE in the menu. Simply click on the DONATE button and follow the instructions. You can donate via PayPal or a credit card. If you want to use a credit card, click on CONTINUE by the credit card icons. All donations will be applied to the MUMC General Fund at this time.

Note, that all donations via credit card are subject to a processing fee of approximately 3%. To avoid this fee, you may always donate via check directly to MUMC.

If you have any questions, please contact Marcia Schwager, Web Site Administrator, at mkschwager@sbcglobal.net or 242-2993.



**ADULT
SPIRITUAL FORMATION
OPPORTUNITIES**

LUNCH BUNCH

The Lunch Bunch will be taking a break for the summer and will return in September. Come join us then for our new studies and our delicious lunch.

**WOMEN'S PRAYER BREAKFAST —
WEDNESDAY, AUGUST 6TH**

Women of all ages are invited to gather at 7:00 a.m. on **Wednesday, August 6th** 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.



**MEN'S PRAYER
BREAKFAST —**

THURSDAY, AUGUST 7TH

Men of all ages are invited to gather at 7:00 a.m. on **Thursday, August 7th** 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.



Flu clinic at MUMC

October 5 — after worship.
Sponsored by
MUMC Parish Nurse Team.
More details will follow
when the date gets closer.

VBS Roundup 2014

Our Vacation Bible School has ended, and it was one of the most successful ones we have ever had. More than 60 children and youth participated in a rip-roaring week of fun. Most of the children came from outside our church family, meeting the strategic goal of engaging the community in our programs. Some of the things we did included making homemade ice cream, crafting and riding noodle ponies, racing cucumber lizard cars, learning ten new songs, making mud bricks, armadillo races, pop-up prairie dogs, a rock concert, a lizard launcher and much, much more.

Our program would not have been possible without the help of many, many hands. We are so grateful for our volunteer staff. Gayle Meyer led our opening and closing events, our Preschool Discovery Barn (a favorite), and helped design, paint and build our set. Graycie Gardner portrayed our klutzy hero Nearly Nasty Newt to the delight of our audience, and also helped with photography, music and crafts. Schuyler Gardner led our music for both our daily programming and our Sonlight toddlers and infants. Audra O'Brien fed more than fifty people each day for lunch, more than 65 for snacks, and 75 people for our Chuckwagon dinner. Shirl Campbell was her trusty sidekick, along with Nancy Gruner, Jean Bieszk and Wendy Porterfield. Ginger and Herb Ayres took on our Animal Farm, our most challenging activity station, with daily activities ranging from simple games to elaborate whole-group challenges, and created one of our children's favorite events. Katie Nowak and Pat Gattoni led our games, not an easy task given the daily weather forecast of rain and fog. Ardis Burke led Bible Stories, engaging the children daily through storytelling and fun. Peg Gardner and Wendy Porterfield led our craft station, facing some wild challenges in a busy week. Pam Layton led our MUMC Preschoolers, our largest and most challenging group. Her helpers were Ann and Bailey Bingham, Elna Hickson, Jacquie Yedinak, Nan Rilling, Mavis Luther, and Tim and Alyssa O'Brien. Special thanks to Patrick Curran, who came back from a strenuous stint as a 4-H counselor and jumped right in to help out with our preschoolers. Peter Gardner handled our audio and video board, and also did our daily can count. Audra O'Brien and Marilyn Thiet handled our registration, a wild ride on our first exciting day.

On Wednesday night we had a huge crowd for our family dinner, including many new families. Our delicious dinner was made possible by Audra O'Brien, Shirley Campbell, Irene Sullivan, Mary & Ned Sisney, Mavis & Jeff Luther, Pam Layton, Nancy Gruner, Ardis Burke, Wendy Porterfield, Bridgett Baker, Tim O'Brien, Rick Gattoni and Tom Hookensen.

We would not have made it through the week without the joyful help of our crew leaders, the vast majority of who were recruited by Cole Stephany, which blessed us incredibly. Betty Elmer and Angie Spransy led our Sonlight preschoolers, Pam Layton's crew led our MUMC Preschoolers, and the rest of our crews were led by youth leaders Anastasia Skliarova, Cole Stephany, Adam Meyer,



Blake Welsh, Kai Veitinger, Jack Scherkenbach, and Sam Laferriere. Thanks to Nikolai Gardner, too, for working with Gayle in our Preschool Discovery Barn.

A personal thank you to the Gardner, O'Brien and Meyer families who not only gave up their moms for several weeks, but drank 60 bottles of Sunny Delight, cut, pasted, glued and painted all sorts of things, and ate endless, late meals of fast food. Special thanks to Gayle and Schuyler for their creative talents, Graycie for her willingness to brilliantly portray yet another klutz, Adam and Tim for their willingness to be zany, and Peter for running all over town to get that one more thing we needed. Thanks also to the Porterfield-Currans for cutting out wheels, ears and manes, and the Stephanys for cutting out cucumber car wheels. And again, kudos to Cole Stephany for recruiting nearly all of our crew leaders.

Thanks to everyone who worked so hard through a grueling week to make our VBS a HUGE success!

Cowhort and Cohort Thank You

Both our VBS and Critter Camp experienced explosive growth this year, which provided many opportunities to invite new people into our church through a fun and exciting atmosphere. Many aspects of our programming would not be possible without the special support of some of the members of our congregation – this year our “Cowhorts and Cohorts.” Thank you to these special people, who provided funding/supplies for our programming:



Herb & Ginger Ayres	Ann Miller
Shari Berson	Connie Pukaite
Joan & Bush Buschman	Nan Rilling
Shirl Campbell	Kay Schroeder
Peter Gardner	The Sisney Family
Elna Hickson	Irene Sullivan
The Meyer Family	Linda & Ed Mordy
Debbie & Randy LeRoy	Marilyn Thiet
Dick & Judy Vogel	Marilyn & Doug Zwissler

Critter Camp Thank You

A few years ago, Linda Mordy began directing a modest afternoon addition to our VBS programming, and that first year eight children attended. Linda led them through our MUMC Marsh-Meadow, exploring the natural delights that dwell there, and Critter Camp was born. This year, 24 children attended Critter Camp, as our program continues to grow. Our camp offers a unique opportunity among the church summer programs in our communities, and the word is spreading. Like our VBS, many of the children attending were not from our church family. This year we had so many children we had to change our formatting, which would not have been possible without the capable assistance of our volunteers. This year's Critter

(continued)

Camp included tree planting, watering jugs, buzz saws made from tree cookies, field sweeps, toad houses, the always-popular opportunity to climb on and play in Grandmother Willow, and much, much more. Our campers went to the Riveredge Nature Center on Wednesday, where they explored even further, while our adult Bible Study enjoyed the center's porch and trails.

This extraordinary program is completely written and developed by MUMC's own naturalist Linda Mordy, who works tirelessly to deliver fun and educational programming for our campers. We are blessed to have Linda, and her husband Ed, who continue to develop one of our church's loveliest assets, our Marsh-Meadow. Critter Camp provides a wonderful opportunity to share it with our children and community.

Our camp would not have been possible without Linda and Ed and our amazing volunteers. Schuyler Gardner led our youngest group of campers, which included



preschoolers. She also directed our music. Kathy Sullivan led our crafts station, and assisted with both of our groups. Betty Draughon also helped with our crafts and programming – including dashing in with our painting project when a sudden summer storm soaked us all. Our field trip helpers were Bridgett Baker, Amy Eberman and Patrick Curran (who was literally just off the bus from 4-H camp).

And our campers were well-fed once again, thanks to Audra O'Brien, who provided not only lunch each day for our children and adults, but an afternoon snack as well. Shirl Campbell and Nancy Gruner helped each day with lunch.

A special thank you to Kathy Sullivan, who took the time each afternoon on her way home to drop off two of our campers at their mom's workplace. Without Kathy's help, those two campers would not have been able to attend, and, like many other city children who came to camp, they perhaps learned the most about the great outdoors.

Family Promise Update

The good news is we now have 10 Host churches committed to providing housing through our interfaith, ecumenical Family Promise program to serve Ozaukee County homeless families with children. In addition, two additional churches have committed to being supporting churches to help financially and with volunteers.

Timing for the start-up has changed, however. Organizers have decided to move the start-up target date to next Spring around the **end of March, 2015** to provide time to secure a property that will be a Hospitality Center during daytime hours. The Hospitality Center will provide families an address until they get back to independence ... a place where families can go daily, do laundry, take showers, work with social service agencies to find jobs or other resources needed to overcome their homelessness.

Additionally, we need to raise funds through collective efforts before we can hire a Manager, a Social Worker and a Volunteer/Program Coordinator. On June 26th, Family Promise supporters participated in a Chinooks' baseball game at Concordia University to raise funds, and fall fund raisers are in the making.

- **On Saturday, September 13**, teenagers from throughout Ozaukee County will set up a "Cardboard City" at Homestead High School, and sleep in cardboard boxes overnight, supported by pledges to raise funds for Family Promise.
- **On Sunday, September 14**, there will be a fun Irish Band performing at Rotary Park, thanks to Marilyn & Doug Zwissler, to raise funds for Family Promise as well. The Irish Band includes Jennifer D'Alessio, who plays violin and teaches violin students at our church. **Please plan to join the fun at Rotary Park Band Shell on September 14 from 3:00 p.m. to 6:00 p.m.**

Parallel to organizing and fund-raising efforts, the Family Promise Team at MUMC is at work identifying what we may need to do within the church to make more comfortable and welcoming the four sleeping areas to be used when we Host homeless families, starting next year. We need to make some café curtains to provide for privacy, perhaps paint, plan the lay-out of cots, and organize a kit for each room with items that will make families' stays easier. **Anyone interested, willing and able to volunteer would be welcome to work with the Family Promise Team. Contact Jean or Ross Paulus, Katie Jackson or Connie Pukaite.**

Trustees' Report — Summer 2014

With the support of the Finance Team, Trustees have contracted for necessary improvements to the church driveways and parking lots, and total reconstruction of the 40+ year-old parsonage driveway. Work on pavement surrounding the church will include repair of the depressions that fill with rain/ice or snow, filling cracks, seal-coating all pavement and re-striping. Be prepared for a day or so of inconvenience when the work begins.

Rolling chairs in the Parlor have been stabilized and made safer by replacing wheels with solid-footed extenders. The chairs no longer roll away when folks with hands full of coffee or snacks try to sit.

Side-tables have also been added to provide surfaces on which people may place their cups, plates or other materials.

Other summer maintenance projects that need to be undertaken by volunteers and Trustees include: weeding, pruning and planting beds around the church; weather-stripping exterior doors as needed; scraping/painting exterior doors; weekly lawn cutting & trimming, replacing light-weight ceiling panels in a Sunday-school room.

Maintaining the church and grounds in good condition requires diligence and many willing hands. Professional yard maintenance costs \$40 an hour! Volunteers avoid that cost and help keep the church budget lower. **ANYONE willing to contribute an hour or two of time & effort over the next couple of months would be very much appreciated!** Just call Connie Pukaite (242-2778) or Ed Mordy (242-8091) for an assignment you can do on your own time-table.



Volunteer in Mission Experience

by Marilyn Thiet

On Monday afternoon June 16, two twin EF-4 tornadoes ravaged the small town of Pilger, Nebraska, my mother's hometown. I heard the news that evening and felt a strong calling to go and help. Knowing you can't just "show up" to an area that has been declared a federal disaster area, I immediately thought of UMCOR and their first in, last out philosophy. By Tuesday morning UMCOR's website led me to the Great Plains conference website, as they were coordinating the tornado response. The conference had already set up a website and Facebook page to update people and coordinate volunteers.

Because the need was so great and there were not enough trained early responders, the conference had arranged for a mini-early responder training session (2 hours instead of the usual 8) for Thursday morning at a Methodist church approximately 20 minutes from Pilger. I participated in the training along with 15 Methodists from all different areas of Nebraska.

We spent the next two days working on cleaning up debris from homes and yards. Every business in the community and 75% of the homes were heavily damaged or destroyed. There was no electricity or running water in the entire town. Words cannot describe the destruction. The town I remembered with its neat rows of houses and tree lined streets now looked like a war zone. The tops of most of the trees still standing were sheared off, the homes now nothing more than piles of wood.

We helped residents sift through the debris, looking for any personal items that may have been spared and sorting the rest into piles of burnable items, glass, shingles, drywall etc. And we listened to the stories each told of where they were and how they survived, the man who was downtown at the grocery store and with several others crammed into the milk coolers, the woman who has no basement but was able to go into the neighbors storm cellar, others who made it to their basements just as their roofs were blow off.

While one might expect to find people who are angry at God for the destruction the tornadoes caused in their lives, but that is not at all what we experienced. Every single resident spoke of how God was with them during the tornado, how thankful they were he kept them safe and how thankful they were that he sent us to help them. The residents of that town taught us what true faith is all about.

Don't Miss the

DEADLINE!

Summer schedule and deadlines for "the Spire"

August issue:

taking a vacation;
NO Spire this month

September issue:

early, early, early —
articles due August 20,
will be mailed August 27



Coming This Fall to MUMC! Great Tomb Raid

On Sunday nights this September, children will have the opportunity to go on a quest to discover the contents of great Biblical tombs and heroes. Our programming starts September 14, with a Glass Crafting Workshop for the whole family, directed by Glaze's Kari Slater. Then on September 21, our two-week quest begins. Mark your calendars now!

Flavors of the month!

A variety of Fair Trade products are available for purchase at MUMC, through a table set up in the narthex or in the Children's Ministries Office. These products not only taste wonderful, but purchasing them helps sustain small farmers all over the world. There are 5 varieties of coffee, 8 varieties of tea, and 8 choices of chocolate bars. Coffee and tea is available in regular and decaf options.

Here are some suggestions to try for this month:

Cafe Salvador Coffee

Full City Roast. A full-bodied and smooth coffee grown by small farmer co-operatives in El Salvador.

Aroma: walnut, citrus, milk chocolate

Flavor: almond, orange, chocolate

Mouthfeel: syrupy & smooth



Organic English Breakfast Tea (regular and decaf)

This malty, full-bodied cup is a blend of black teas from Sri Lanka and India. A fine morning tradition, add milk and sweeten for a truly English experience.

Aroma: intense malt, toasted nuts, slight vanilla

Organic Milk Chocolate candy bar with a Hint of Hazelnut (38% Cacao)

Looking for a rich and creamy milk chocolate bar? We've got it! Soy- and gluten-free.

Flavor: malty, sweet, toasted grain, pipe tobacco, mild astringency

We are the healthiest county in the state. Is that good enough?

Once again this year, Ozaukee County was named the healthiest county in the State of Wisconsin. The *County Health Rankings*, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, measures the health of nearly all counties in the nation and ranks them within states. The *Rankings* are compiled using county-level measures from a variety of national and state data sources.

In spite of being identified as the healthiest in the state, we have areas to improve as a county. Also of note, Milwaukee County is at the bottom of the state rankings. It is recognized by authorities, that our county's high ranking is most likely due to the county's relative wealth and the availability and access to health care.

According to this year's survey, 26% of the adults in Ozaukee County who completed the survey reported excessive (heavy or binge) drinking in the past month, 5% more than in Milwaukee County and 2% more than in the entire state.

Twenty six per cent of adults in our county are obese, a condition that increases the risk of chronic health conditions. That is 5% less than Milwaukee County and 3% less than the state.

Adults in Ozaukee County reported 2.6 days of poor mental health in the past 30 days, while those in Milwaukee had 3.6 days and

in Wisconsin reported 3.0 days. Nationally, adults reported 3.5 days.

As you can see, in spite of being identified as the healthiest county, we have opportunities to improve our community's health.

The Ozaukee County Health Department, in collaboration with numerous community partners, formed the INVEST coalition in the fall of 2010. INVEST was developed to identify Ozaukee County resident's health priorities and work towards improving health outcomes based on those priorities. Over 160 community members responded to a survey asking what their priorities were and from their responses four primary health concerns emerged. The original health priorities were obesity, mental health, tobacco and youth alcohol use. Since 2010, over 100 community partners have been actively participating on four action teams focused on these health priorities. Not only were these the health concerns that the community identified, but they were also the areas of greatest priority according to Ozaukee County's collected health data. Most recently the coalition has broadened its scope to also include opiate and heroin use as a focus in response to both the need and community's concern about the heroin epidemic.

Along with other community members, our Parish Nurse Team has members actively involved in the INVEST Coalition. If you have an interest or passion for one of the

health priorities that the coalition is addressing, consider becoming a member of one of the action teams. Contact information is available on the Invest website listed below or through your Parish Nurse Team. The Parish Nurse Team also encourages you to reflect on Pastor Tim's "Walking with Jesus" Message in the June Spire. "As we continue on our journey in faith and life, let's take time to keep our focus on growing healthy physically and spiritually, one day, one moment, and one prayer at a time."

Resources:

- Robert Wood Foundation - County Health Rankings and Roadmaps www.countyhealthrankings.org
- Invest Ozaukee www.investozaukee.org



"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]

Stewardship Nugget ...

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to eke out a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to the waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me give him a good education. If the lad is anything like his father, he'll grow to be a man you can be proud of."

And that he did. In time, Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the nobleman's son had a son of his own who was stricken with pneumonia. What saved him? Penicillin. The name of the nobleman's son saved in the bog? Lord Randolph Churchill. And his son's name? Sir Winston Churchill.

Someone once said what goes around comes around. Jesus said it another way when he talked about what it means to give our blessings of time and money: "Give and it will be given to you. A good measure, pressed down, shaken together, running over, will be poured into your lap; for the measure you give will be the measure you get back." (Luke 6:38).

Sonlight Scoop

July 2014

Sonlight Child Development Center, established by and operated as a ministry of Mequon United Methodist Church, is open to children from infant through 5 years old, including K2, K3, and K4 programs.

Sonlight Center has finally started summer, but so far the kids have only been able to swim once. The late spring weather has brought in much rain, so the grass is very green – but swimming fun has been waiting for sunnier weather.

June 23 – 27 was VACATION BIBLE SCHOOL for MUMC, and the Sonlight Preschoolers were invited! The children had a GREAT week at SonWest Roundup! This year's theme was a western one, so the kids were stomping their feet and rounding up some great times while learning of God's love and his ultimate plan for salvation.



As this issue of "the Spire" goes to print, Sonlight is preparing for their **Independence Day Parade and Party**, where the families all join in for a colorful parade, with treats after.

Cheers!
Kathy and Sue



with sympathy

The MUMC congregation mourns with Katie Jackson as we learned of the passing of Katie's sister, Gloria, who lived near Birmingham, AL. Our prayers had been ongoing for quite some time during Gloria's serious illness and hospitalization. Our prayers go now with Katie, Bill, and Byron and their family.

My Father's World - by Ginger Ayres

THEY'RE HERE ... and an onslaught of more are coming. The danger level they provoke is high. "They" are the emerald ash borers. And the "danger" is the slow death of all ash trees. These dastardly bright green bugs have invaded Mequon.

Should we be concerned? Are there many ash trees? In Wisconsin there are over 700 million ash trees; there are 45,000 in Mequon. Herb and I live in a neighborhood that was developed in the 1950s. Our neighborhood trees have been around a long time. They're old and tall; they create a wonderful old-growth rustic look. I couldn't identify an ash tree from most other trees. But we wondered if our own yard might have an ash tree or two. Whoa ... it turns out that the section of yard immediately in front of our house has nine trees and **five** of them are ash. When those dreaded bugs come here, gone is our nicely-shaded front yard.

We found three options. *One*: cut the ash trees down (or wait until they're dead). *Two*: cut down and replant with small new trees. *Three*: save the ash trees by treating to keep out the bugs.

The decision process about our trees is not identical but somewhat similar to how communities view old buildings that have outlived their original use. Do we renovate ... or do we bulldoze and rebuild? On our "old vs new" decision-making spreadsheet are items to consider like appearance, safety, and viability for a current use. Each option has a cost — whether we renovate old buildings (save the trees) or build new buildings (plant new trees). Toss into this decision our personal preferences. I like modern style, but should that trump saving a historically-designed building?

In this decision process, we should be very careful that we don't reject things just because they have problems or are not what someone personally likes. I would propose that this might apply to how we view people as well. Do we put people on a spreadsheet? Do we shun people because they have problems or don't fit our evaluation criteria?

On Sunday mornings, MUMC is filled with warm, pleasant, welcoming people. That's how we see ourselves. But how would we collectively or individually address someone coming

into our church who is *different*? Jesus said, "For where two or three gather in my name, there am I with them." (Matthew 18:20) He didn't say where only tall people are gathered ... or only people wearing green shirts are gathered ... or only people who are clean and smell nice are gathered ... or only people who eat beets are gathered ... or only people who are salesman are gathered. He simply said two or three gathered in his name — anyone, everyone.

MUMC is a Reconciling Congregation. Reconciling means bringing together, making peace, healing, accepting. In MUMC's welcoming statement as a reconciling church, we put in writing who we will welcome to MUMC.

Below here is our statement. In the first couple of sentences you see our affirmation that all God's people are of sacred worth. And, as we interact with all people we should be fair, decent, welcoming, and nurturing. Take some time to think about how we collectively and individually can show our welcome to each and every person who might come to MUMC. I've added spaces in the text so you can stop and think of real people who are personified in the list of persons that we welcome into the MUMC community.

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.

If the five problem ash trees in our front yard were "problem" people walking into MUMC, would we reject them or welcome them into our gathering with Jesus?

the Spire

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Friday: 9:00 AM - noon

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9:30 AM: Worship Service
First Sunday - Family Sunday
10:30 AM: Fellowship for all

Everyone is welcome!



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Time to make up!
After an evening filled with vigorous sibling disagreements, three children finally turned in for the night. A few hours later, a major thunderstorm woke them all up. When their father heard the children conversing upstairs, he called to see what was happening.

A small, timid voice answered, "We're all in the closet forgiving one another!"



HOPE Love JOY FAITH
Peace

Five gifts from God

Love makes our friends a little dearer.
Joy makes our hearts a little lighter.
Faith makes our paths a little clearer.
Hope makes our lives a little brighter.
Peace brings us all a little nearer.

—Author unknown

