

Orchard Ridge United Church of Christ

COMMUNION



*"Spiritually Alive, Joyfully
Inclusive, Committed to
Justice."*

Sunday Morning

August 19

9 am Java & Jesus

10 am Winton Boyd preaching
Trio: (Kari Buer, Tammy Boyd, Deb
Heilert) a capella vocals

August 26

9 am Java & Jesus

10 am Ken Pennings preaching
Paul Hedge piano

September 2

10 am Winton Boyd preaching
Sandra & Gene Dyar, piano and
Vocals

**Newsletters:
September 4
(announcements for the
4th are needed by
August 29)**

**September 14
Announcements due
the Monday before**

Information to be included in the
newsletter is due the Monday
before the above dates by 9:00
a.m. Email items to
office@orucc.org, or drop them
off at the office.

Church Emails

Debbie Bauerkemper
office@orucc.org
Tammy Martens
tmartens@orucc.org
Ken Pennings
ken@orucc.org
Winton Boyd
winton@orucc.org

September Worship!

We return to a full program schedule on Sunday, September 9th.

- Sunday School will begin up again. Watch your email for class assignments.
- Our music groups will return. We'll hear from the Choir and Tru Gumption in September! We'll be led by Mike and Claire Bjork as well.
- Java and Jesus will continue

Your Leadership Team at work

Over the summer, the Leadership Team has been busy with several tasks related to our upcoming staff transitions.

They are supporting our pastoral search committee with a small group that is discussing financial implications of the change.

They have assembled a small team to explore ways to replace Debbie Bauerkemper. Debbie will be retiring as our office manager in early 2019.

This team will be bringing recommendations to the Leadership Team this month.

They are preparing for upcoming an upcoming nominations process, as well as a search process for an interim senior pastor to begin on our near Winton Boyd's final Sunday in January, 2019.



Heart Room is underway! Six families with young children have been selected for housing assistance using funds ORUCC members contributed. Families were selected by the Heart Room partnership - The Road Home, Joining Forces for Families (JFF) and the Dane County Early Childhood Initiative (ECI) -- based on criteria agreed in advance with the church. Families will receive generous rental assistance and family-directed services with the goal of achieving long term housing stability.

Some of these families would welcome volunteers from ORUCC such as English language partners, rides, clothing for children, and other help. Stay tuned for more information!

Compassion Offering For August is Books and Breakfast (Freedom Inc.):

Freedom, Inc. engages low- to no-income communities of color in Dane County. Their mission is to achieve social justice through coupling direct services with leadership development and community organizing. They work to end violence against people of color, women, those that non-traditionally gender identify, youth and elders to promote a healthy lifestyle. They work to empower all community members as agents of change. This includes leadership development and focusing on community-building. All of their efforts are specific with regard to language, gender, generation and culture. Their organizational model is "Our community is our campaign." Concerted efforts are led by those most susceptible to, and affected by, violence, injustice and inequality. Freedom Inc. continually works to develop and sustain that leadership.

The "Books and Breakfast" program is available to Black, Khmer, and Hmong Elementary aged youth and provides free breakfast and mind-lifting books. Young people of color training to be educators and community organizers contribute time, knowledge and skills to support young people improve literacy, learning and life skills as they emerge to become young leaders in communities. The goal is for 25 young people to read 25 books this summer. Besides teaching reading and a love of learning, the program also teaches students about safety, gender identity, standing up for yourself, and the meaning of freedom. An offering of \$1500 will provide breakfast for a summer; an offering of \$2000 would provide a gift of books for the entire program.

For credit on your church statement, on your check write the ministry in the memo line. While this will not count toward your annual pledge, we will acknowledge the contribution on your statement.

Prayers:

For Donna and John Lillethun. Their son, Todd, is in failing health due to a brain tumor and further surgery/treatment has been ruled out. Prayers are asked for strength and courage for them (as parents) and Todd and his husband, Brandon.

For Diane Wenzel, who is recovering from a serious car accident last week.

For Tim Andrews, whose recovery from lung surgery is going slowly.

For Bob Prugh, home after being treated for a blood system bacterial infection.

For Zee and Carl Oliver and the birth of their second child, Orion Gregory Oliver on Monday, July 30. Orion is the grandson of John Lemke and Pam Oliver.

OVER 55:

Summer is slipping by! Soon it will be time for school--for football--and for OVER 55. The September meeting of OVER 55 will be held on September 11th. Our speaker will be Jill Westberg McNamara, a member of ORUCC, who recently worked for the Wisconsin State Historical Society at Black Point Estates. She will talk about the history of Lake Geneva from the mound builders to the present day. We will gather at 11:30 with our luncheon shortly after that. The cost of the luncheon is \$7.00 and the food will be provided by our wonderful meal mission team. We will be happy to welcome everyone back to OVER 55. If you have never come to a meeting or are new to the church, please consider joining us on Sept. 11th. All are welcome, regardless of your age. We'll see all of you then.

Small Group Meetings to Share Ideas With Your Search Committee :

Here are some opportunities to share your ideas with the Search Committee as we complete the Church Profile.

On September 9 and 16, there will be a table in Friendship Hall with sign-up sheets to join a small group (limit of 8) brainstorming exercise on either September 16 or September 23. It is important to sign up for the sessions as they are limited to eight people. There will be opportunities at 8:45 – 9:45 and 11:15-12:15 on both days. You can also contact Sara Roberts at sarie914@sbcglobal.net to sign-up.

During these brainstorming sessions we will consider three questions

What attracts you and keeps you coming to our church?

What major societal trends do you see over the next few years for our church to respond to and how should we respond?

What do you think God is calling our church to become over the next few years?

These are the last small group brainstorming sessions we will have and we look forward to hearing your thoughts!

Wednesday Noon Discussion Group on the book of Romans:

You are invited to participate in a one-hour discussion group on the New Testament book of Romans, Wednesdays at noon in the Alfred Swan Room at ORUCC. Please contact Ken Pennings at ken@orucc.org to let him know of your interest in the group. You will be invited to read a chapter or two from Romans from whatever version of the Bible you wish, in advance of the discussion. Feel free to bring a bag lunch. Lemonade provided.

August 29: Romans 15-16 (facilitated by Ken Pennings)

Women's Book Group:

Our next gathering will be on Thursday, September 6, from 1:30-3:30 p.m., at church in the Alfred Swan Room.

We will discuss "When Breath Becomes Air" by Paul Kalanithi. In this true story, we become acquainted with the author who, at the age of 36 and on the verge of completing a decade's worth of training as a neurosurgeon, experienced faltering health. A CT scan confirmed that Paul had stage four lung cancer, widely disseminated. This book approaches the questions raised by facing mortality from the dual perspective of the neurosurgeon who spent a decade meeting patients in the twilight between life and death, and the terminally ill patient who suddenly found himself living in that liminality. The library system has this book in traditional hard copies, large print, e-book, and sound recording.

If you're a woman who likes to discuss what she has read, join us! Please let Jan Christian know you plan to attend (827-0500 or jlchrist@wisc.edu).

Women's Breakfast:

We meet at the Pancake Café at 728 S. Gammon Rd. (near Watts Rd) at 8:30 on the first Friday of the month. This is an informal gathering to chat on many subjects and interests. Join Jeanne Garnett and others for a delicious breakfast and great conversation.

ORUCC Men's Group:

The Orchard Ridge UCC men's group meets in the Oscar Romero Gathering Room on the 2nd and 4th Monday of each month at 7:15 pm. FMI— contact John Lemke at 829-3692 or jlemke1@charter.net.

Knitting & Crafts Group:

The group will meet on the first Monday of the month at 1:30 pm at the church. All are welcome to bring some handwork and join us! Questions, please call Sandra Dyar at 271-2409. **NOTE:** As you plan your knitting and crocheting projects that include prayer shawls, please plan most of your shawls to be rectangles. Think in terms of 16 to 20 inches wide and 60 to 72 inches long. These are the most used shawls and would be most helpful.

Weekly Meditation Group:

Thursday mornings, from 8:30 to 9:30 am, for a shared time of silent meditation and reflections on our spiritual journeys. Contact Dave Myers at 274-0381 or 47_5698@msn.com or Helene Nelson 259-2546 or helenemargaret@gmail.com for more information.

Convenient Option to Pay Your Operating Pledge Monthly:

No more checks to write, or worries if you paid each month, and no more relying on snail mail delivery. A simplified option to pay your operating pledge on a monthly basis, by auto deduction from your bank account. Please contact Debbie at the church office 271-7212 for the auto deduction form, or for more information. Deductions are taken out the 15th of each month.

Coffee Fund for Sunday Mornings and all Other Church Events:

Many of us enjoy a good cup of Fair Trade coffee after worship on Sunday mornings. If you can help out by donating to the coffee fund, that would be appreciated.

Life Line Screening at ORUCC September 14th:

A leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at Orchard Ridge United Church of Christ on 9/14/2018. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call toll-free 1-888-653-6441 or visit <http://lifelinescreening.com/> communitycircle or text the word circle to 797979.**

Art Show Includes Pieces by Chris Thomas:

In our congregation we hold sacred our interconnectedness with the natural world and with all of humanity. Much of my latest fiber art work has been inspired by ORUCC's revering & caring for all of creation and our place within it; offering dignity for people experiencing hard times; walking in solidarity with each other through life; and striving for racial equity & closing the gaps. My work will be among that shown by my art group - The 3150 Studio Artists - at the Verona Public Library during the month of August. Because being a member of our congregation has been the inspiration for much of my recent work I extend a special invitation to fellow congregants to come and see this show. Thank you.

A Boydseye View

Anxiety!

In a recent *Java and Jesus* discussion, we discussed a couple of short articles by Buddhist teacher Sharon Salzberg on anxiety. She writes, “Most people believe that we live in especially anxious times. Everywhere I teach, people describe how the mounting anxieties of modern life exhaust them. They want help to remain calm and confident amid so much perceived danger.

My dear friend Sylvia Boorstein jokes that she is a recovering catastrophizer. Anxiety is her default energy. “When in doubt, worry,” she says. ...My mind goes to the worst extrapolation... Anxiety is the free-floating hyperactivity of the mind that only wants to consider the worst possible outcome.”

Free-floating hyperactivity of the mind is a brilliant and funny description. I would add to that how anxiety intensifies, building one conjecture upon the next. It can be very harsh. You feel bad about having anxiety, and it gets stronger. You feel it will never end, and it gets stronger. In Buddhist psychology, we use the verb “proliferate,” which means to reproduce rapidly. I picture anxiety like those animations of cells dividing exponentially, simultaneously spreading out and growing taller. The same is true for our anxieties. A friend sent me an old Peanuts cartoon of Charlie Brown sitting up in bed in the middle of the night saying, “My anxieties have anxieties.” That captures the proliferation of anxieties perfectly.

Everyone feels some anxiety at times... In one way, anxiety is essential to live. We need a few basics to survive: food, water, and shelter. Sustaining those three essentials requires vigilance, but not the frantic hyper-vigilance that comes with anxiety. Anxiety accelerates you — heightens awareness, focuses the senses and alerts the reflexes. If these are all aroused because of a genuine threat, they form a particular intelligence in response to fear. When those senses are piqued by imaginary threats, we become consumed by anxiety.

To cope, we need to learn to distinguish anxiety from a more realistic fear.

Fear is immediate, a threat right in front of you that requires a swift response. Sylvia’s example is finding yourself driving through a blinding snowstorm that prevents you from seeing even a few feet ahead. Without needing to think, all your senses focus so that you can respond in a way that ensures your survival and that of the other people in the car...The fact that anxiety grips the body in the same way as fear gives anxiety more credibility than it deserves. When your body reacts this way, it believes anxiety is alerting you to a genuine threat.

When the brain is spinning out one horrifying outcome after another, it does not have enough space to clearly perceive the world around us as it is in this moment. If a big energy is trying to move through a constricted space it can give us the feeling that we are bouncing off the walls, and our thoughts ricochet inside our heads creating a frenzy that is a danger of its own.

So distracted are we by thoughts of what might happen, we cannot appreciate the circumstances here and now. We cannot move through the world in a constant state of self-generated fear.”

In the same conversation, ORUCC members named several ways they recognize and address anxiety in their own lives. These included:

- talking to others
- attending to their breathing and slowing down
- taking on tasks/situations that cause us anxiety in a piecemeal way, one step at a time.
- various forms of prayer, including the Serenity Prayer, and gratitude prayers.
- Asking oneself, ‘what is my role in the lives of others, and what can I realistically do?’
- one member shared the acronym BRAIN, (breathe-recognize the anxiety with kindness – allow – investigate – not identify with it.)
- another shared the sentiment, ‘don’t should on yourself, and don’t let others should on you!’

In these turbulent times, it’s good to be in a community that offers support and insight into how we can become less anxious people.



Orchard Ridge United Church of Christ

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OUR CHURCH IS OPEN AND AFFIRMING OF ALL PEOPLE REGARDLESS OF AGE, RACE, CULTURE, SEXUAL ORIENTATION, GENDER EXPRESSION OR IDENTITY, AND ECONOMIC STATUS. OUR CHURCH IS A SAFE SANCTUARY FOR ALL CHILDREN AND YOUTH.

WE'RE ON THE WEB!
www.orucc.org

NEED VOLUNTEERS!!

Thinking about becoming a volunteer? Here are some opportunities at ORUCC (new schedules effective January 1, 2019):

How important is an Usher and Welcomer? Ushers and welcomers are among the first whom people meet on a Sunday morning. Ushers hand out bulletins, take the offering, serve communion and help clean up after worship.

Ushers and welcomers provide guidance, direction and welcome to visitors and guests. Did you know that most people decide within 5 minutes of entering a church building whether or not they will come back. **Ushers and Welcomers** are key our ministry of hospitality. If you are interested in becoming an usher, please contact Debbie at office@orucc.org or 271-7212 for more information. If you are interested becoming a welcomer, please contact Ken Pennings, kpennings@orucc.org or 271-7212 for more information, or talk to the person who took care of the sound during worship, or the person in charge of the coffee hour after worship in the Friendship Hall. They will be more than happy to tell you what the job involves.

Coffee and Sound If you are interested in volunteering to be added to the coffee and/or sound system rotation, please contact Debbie at office@orucc.org or 271-7212 for more information.

If you would like to be a part of any one of these ministries, we can add you to the rotation. Schedules run January through December.

VOLUNTEER ASSIGNMENTS

Ushers

Aug 19 Alex Wollangk,
Sandra Dyar, Carolyn Carlson
Aug 26 Jim Treichel,
Peter Fabian, Rick Daluge
Sept 2 Bob & Carol Prugh,
Peter Fabian
Sept 9 Phil & Judy Winkel,
Peter Fabian
Sept 16 Larry & Sharon Goss,
Jon Blanchard

Welcomers

Aug 19 Charlene Gallagher,
Dick & Lois Rossmiller
Aug 26 Mary Loving,
John & Donna Lillethun
Sept 2 Ruthanne Landsness,
Helen Horn, Leah Narans
Sept 9 Charlene Gallagher,
Heather Stevens, Barb
Hummel
Sept 16 Bob & Carol Prugh,
Mary Loving

Sound

Aug 19 Ken Psyck
Aug 26 Andrew Beckett
Sept 2 Paul Hedges
Sept 9 Jarrett Gersten
Sept 16 Chuck Kaspar

Coffee

Aug 19 Jerry Hagen,
Jane Glaze
Aug 26 Annette &
Brian Porter
Sept 2 Greg & Barb
Louden
Sept 9 8:30-9:45 Brian
& Rachael Lancor
9:45 Char & Tom
Klossner
Sept 16 Phil & Judy
Winkel

Financial Secretary

Aug 19 Mary Bucknell
Aug 26 Hope Soroos
Sept 2 Meg Stevens
Sept 9 Peter Hoff
Sept 16 Gene Dyar

CALENDAR OF EVENTS

August

Thursday 23	8:30 a.m.	Meditation & Spirituality Discussion
	7:00 p.m.	Women's Book Group
Sunday 26	9:00 a.m.	Java & Jesus
	10:00 a.m.	Worship Service
Monday 27	7:15 p.m.	ORUCC Men's Group
Tuesday 28	7:00 p.m.	Sanctuary Mission Team
Wednesday 29	12:00 p.m.	Discussion Group
	5:00 p.m.	Search Committee Meeting
Thursday 30	8:30 a.m.	Meditation & Spirituality Discussion

September

Sunday 2	10:00 a.m.	Worship Service
Monday 3		Holiday Office Closed
Tuesday 4	5:00 p.m.	Search Committee Meeting
Wednesday 5	6:00 p.m.	Pastoral Partners Meeting
	7:00 p.m.	ORUCC Choir Rehearsal
Thursday 6	8:30 a.m.	Meditation & Spirituality Discussion
	1:30 p.m.	Women's Book Group
Friday 7	8:30 a.m.	Women's Breakfast at Pancake Café
Sunday 9	9:00 a.m.	Java & Jesus
	10:00 a.m.	Worship Service
Monday 10	7:00 p.m.	Handbell Rehearsal
	7:15 p.m.	ORUCC Men's Group
Tuesday 11	11:30 a.m.	OVER 55
Wednesday 12	6:00 p.m.	Adult Faith Formation Meeting
	7:00 p.m.	ORUCC Choir Rehearsal
Thursday 13	8:30 a.m.	Meditation & Spirituality Discussion
Sunday 16	8:45 a.m.	Search Committee Small Group Mtg.
	9:00 a.m.	Java & Jesus
	10:00 a.m.	Worship Service
	11:15 a.m.	Search Committee Small Group Mtg.