

Congregational Clarion

AMERY CONGREGATIONAL UCC



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A SUMMER OF GROWTH... AS THE BODY OF CHRIST

The Apostle Paul wrote a letter to the Ephesians while still in a jail cell. The powers and principalities may have taken away his bodily freedom, but not his spirit. He was "in-Christ" and the roots of his faith were growing deeper into the heart of his knowing. He would share his wisdom with the Christians in Ephesus and I would like you to imagine that you've just now received this letter for your own life...Paul says,

I beg you, to live and behave in a way that fits people who have received such wonderful blessings. Be humble and gentle and patient with each other, overlooking each other's faults out of love. Do your best to be united, held together by the Spirit in peace with one another.

Think of us all as different parts of one body. We all share the same Spirit and are all called to share in the same wonderful future, but Christ has given us each our own special abilities. Christ fills all things from the lowest parts of the

earth to the highest parts of the heavens. Some of us are great teachers; others are great writers or speakers. We all use our different gifts and abilities to do different things, just like parts of our bodies do different things. We can all work together to build the Body of Christ, the church!

Together we will grow in our faith, just as our bodies grow into adult bodies, strong and confident. The church will come to understand Christ in a grown-up way, and Christ will be the head of our Body as we grow; leading us, joining us as we work together. We will

be one church body, working in love.

During this, our growing season of 2021, may we open up the earth beneath our feet and tap into our own infinite connection in Christ. As the heat of July begins to ripen our crops, may we draw up into ourselves the rich and cool waters of God's divine love, sharing the Holy Spirit with one another. Amen.

Rev. Garth Schumacher

BE COMPLETELY
humble & gentle;
BE PATIENT,
bearing with one another
in love.
Make every effort to keep
THE UNITY OF THE SPIRIT
through the bond of peace.

Ephesians 4:2-3

**July is filled with picnics,
Parties, games and fun,
Good times, friends and
Laughter
In the sizzling summer sun.**

**Your birthday's just as special
As fireworks in the night.
May all your days and years
Sparkle with delight!**

07/03	Linda A. Lee	07/20	Casey Haasnoot
07/04	Maxx Harris	07/23	Lisa Hill
07/06	Deborah Henke	07/23	McKenna Dunham
07/07	Adina Vrzal	07/25	Amber Harris
07/11	Sally Haasnoot	07/25	Jack Porter
07/12	Rick Maukstad	07/28	Olivia Russo
07/13	Heidi Wilbur	07/29	Benjamin Bowen
07/13	Duane Morris	07/30	Maycee Harris
07/13	Samantha Sigsworth		

July Birthstone

Ruby is the sole birthstone of July. The name comes from the Latin word ruber, which means red. It is symbolic of love, passion and energy. Many cultures have admired the ruby, going back to ancient times where early cultures believed that rubies held the power of life. Hindus offered rubies to the god Krishna in the belief that they would be reborn as emperors. In China, rubies were traded along the North Silk Road and noblemen believed that adorning their armor with the gem would grant them protection. In Burma, warriors who thought the protective powers of rubies would make them invincible in battle even inserted them into their flesh.



Golden Age Manor

220 Scholl Street
Amery, WI 54001
(715) 268-7107
Dave Waterman

Evergreen Village

611 Harriman Avenue
(715) 268-6640
Marian Peterson
Gussie Fennern

Christian Community

Home

2650 65th Ave
Osceola, WI 54020
Evelyn Halverson Rm.
217

Memory Care

215 Birch St. W
Amery, WI 54001
Jeanne Murphy
Bob Holms

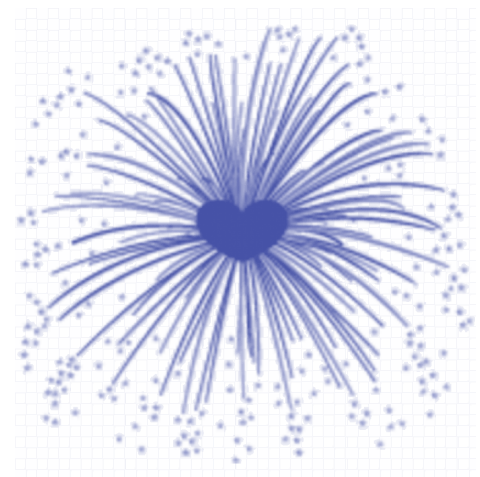
Baldwin Care Center

650 Birch St.
Baldwin, WI 54002
Mary Monson Apt. 27

Riverbend

475 Golfview Lane
715.268.9949
Beth Sorensen
Ruth Schafer

MEMBERS AND FRIENDS



from your
**YOUTH
MINISTER**



Wednesdays:

July 7th : Summer Youth Group - Movie Night 4:30-7pm

July 14th: Summer Youth Group 4:30-7pm

July 21st: Faith & Fun Day 9AM-4PM

July 28th: Summer Youth Group 4:30-7pm

As a reminder: If your child has a fever, is not feeling well or has been exposed to someone who has tested positive for COVID-19, please have them stay home. Thank you.



Dick Wooldridge with his prized Malt Mixer

Please join us on Wednesday, July 7th, for Pizza and Movie night starting at 4:30.

Dick Wooldridge will be making his famous chocolate malts using his antique "five banger" antique malt mixer.



Camping season is among us for everyone, but many of our Congo Youth will be attending Bible Camp this summer and we want to extend our well wishes and prayers for them. Youth going this year are....

At Camp Wapo

Alison & Samantha Emerson
 Gabby & Bella Moody
 Ian Stoeklen
 Gavin Harris
 Olivia Russo
 Mackenzie Nichols-Russo



At Camp Cherith

Morgan Leonard

All of these bright young individuals will be going throughout the month of July, we hope you will keep them in your prayers for a safe and fun experience that will draw them closer to God. We'd also like to say it's never too early to start thinking about next year's campers, our camp scholarship fund is running lower and this fund helps many of our students go to camp. If it is on your heart to contribute please make a donation to the church with the memo 'camp scholarship fund'.

Thank you for your prayers over these campers!
 Abby Betzold & Board of Christian Education

Our mighty team for faith & fun day today! We were able to help a community member clean-up her flower gardens and then enjoyed the afternoon hiking at Interstate Park!



Youth Director Contact Information:

Abby Betzold

715.268.7390; ext. 12

715.715.641.2237 (cell)

Youth.ameryucc@gmail.com

The 3 C's of Stress Relief: Clarity, Calm and Courage

By Julie Etta Smith

Let's face it...everybody has stress in their life. No matter what your profession, station in life or age...we all have to deal with stressful, complicated circumstances. Things change in our life, but how we learn to cope with stress and weather the changes is so important. It is also different for each and every person.

I am currently dealing with some stressful situations in my life and learning to cope with the situation has produced for me a mantra of sorts to help me keep focused on what is important: **Clarity, Calm, Courage**. I know that the concept of using mantras for meditation is a traditional Buddhist concept but I think the cross-over to guided Christian prayer is a good connection. Sometimes I don't know how to pray for help, but I know that using this mantra has helped me not only stay focused, but help reduce my stress levels.

And with a history of depression and bi-polar episodes, I know quite a bit about monitoring and helping to diminish my own stress levels. People need to be able to gauge their own body signals and determine when they are getting close to the "tipping point." I like to think I have learned to do this for myself and have established ways to manage stress. Reminds me of one of my favorite Eleanor Roosevelt quotes:

A woman is like a tea bag; you never know how strong it is until it's in hot water."

The 3 C's mantra is just the latest technique that I have developed for my arsenal. Sometimes good things come out of pressure and stressful situations. There is a preponderance of information about mantras, meditation and using them to provide clarity and mental well being. I found some information that helps to back up my supposition of the benefits of using mantras. Yet, as you can imagine there is so much information that it would not fit into the limitations of one blog. I picked one of my personal favorites to highlight: Om Shanti. Om Shanti is perhaps one of the most well known and accessible mantras used today. So,

what does Om Shanti mean? There's actually no direct translation for Om Shanti. That's because Om isn't so much as a word as it is a sound, a feeling, and an energetic resonance. So, what about Shanti?

Well, Shanti is a Sanskrit word that means, "Peace." Together, the phrase: Om Shanti is meant to convey: Universal Peace. The use of mantras is beneficial, so I came up with my own: Clarity, Calm and Courage in helping me brave the stress of recent events. It has helped me immensely.

That first word is so important: **CLARITY**. So many times a complicated issue just needs time



for the dust to settle and solutions can present themselves if given time and quiet speculation. This powerful word of "clarity" first was presented to me by some lovely ladies in my Bible study group. (Thanks Lisa and Nancy) I am so thankful for the clarity and caring that I receive from this group.

The next word is **CALM**. This is where the concept of deep breathing, relaxation techniques and meditation comes in. My first exposure to learning how to "breathe" was in Lamaze classes so many years ago. In through the nose, and slowly out through pursed lips. It helped me in giving birth and still helps me to relax today. With the inhale and exhale it has been beneficial to me to visualize a word to help with the cleansing and relaxation process. I heard in a sermon a few weeks ago about using the word GRACE on the inhale to "take in God's grace" and exhale with "GIVING"

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*(The 3 C's of Stress Relief: Clarity, Calm and Courage
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your burdens to God. It really is quite healing and relaxingyou should try it.

COURAGE is what brings you the strength to put one foot in front of the other and face the challenges before you. I am mindful of an inspirational saying prominently displayed on a magnet on my fridge: "Courage does not always roar. sometimes courage is the quiet voice at the end of the day saying. "I will try again tomorrow". (Mary Anne Radmacher) My friend Joan gave it to me several years ago and it truly is an inspiration to me...Thanks Joan!

Yet courage for me also is sharing these

thoughts in a blog. Sometimes perhaps it feels a bit self-serving and in some ways that is true. Writing for me is therapy. Yet, I sincerely hope that in sharing these thoughts, someone will feel encouraged and inspired as to help them with the stresses in their life. Just remember....don't forget to breath deeply and things will eventually work out. Perhaps not the way you envisioned, but, This too shall Pass.....Use the 3 C's to help you on the Journey.

Julie E. Smith



THE FAMILY TABLE COMING BACK BY POPULAR REQUEST !!

Great things are happening at church! The Family Table will again take place on the third Wednesday of each month. Wednesday, August 18th, we will be grilling out. Rick Maukstad will be our grill master. Our tentative menu will include: grilled pork chops, French fries and onion rings, salads, and homemade ice cream with toppings. Dining starts at 11:30 a.m. However, it's been a while so you might want to come early to visit with friends you may not have seen in a while. We have one request: PLEASE RSVP with Rae in the

church office (715-268-7390) or Ginny (715-554-0137). I know we had been doing this for many years and had an idea of how many to plan for. However, we don't want to be cooking for our "usual" number and find that we do not have enough food to feed everyone. Let us know you are coming so we can provide an enjoyable experience for you!

FELLOWSHIP TIME

Fellowship Time is happening after Sunday indoor church services. The following committees and groups have agreed to host our time together!!

July: Mission Team
August: Mission and Social Concerns
September: Congregational Giving
October: Diaconate
November: Trustees
December: Christian Education

Thank you for providing treats and beverages for this much-enjoyed time together after worship.

Council Meeting: June 8, 2021

ATTENDANCE: Pastor Garth Schumacher, Sheldon Betzold: Moderator, Sandy Morris: Clerk, Virginia Ormsby: Treasurer, Abby Betzold: Youth Director and Congregational Giving, Barry Tulkki: Diaconate, Kate Bevington: Missions and Social Concerns, Duane Morris: Congregational Giving, Rae Wooldridge: Congregational Giving, Julie Smith: Recording Secretary

Pastor Garth lead the opening prayer at 6:08 pm..

The minutes from the May Council Meeting were reviewed and approved.

TREASURER: Virginia presented the May Treasurers' report. She reported that there is good news on the budget: "we are taking in more than we have spent." Sandy moved to approve the budget, Julie seconded the motion. It was voted on and approved.

CLERK: Sandy presented the Clerk's report. She stated there are no changes and the current membership role is at 165.

YOUTH: Abby stated that she will continue the Summer Youth Group programs. She also stated that there are several youth signed up for the Camp Wapo program.

TRUSTEES: Dave Bowman was unable to attend this meeting, but he sent a report to Sheldon outlining recent activities of the Trustees. Sheldon read the report to Council which included the compensation and expectations for our new Youth Director: Abby Betzold.

CHRISTIAN EDUCATION: Abby highlighted the Vacation Bible School program for the summer that involves several local churches in our area. The VBS program will be held at Our Savior Lutheran Church and is for kids K thru 5.

DIACONATE: Barry Tulkki said his committee has been working on plans to organize outdoor worship for summer. He said his committee decided to establish the following schedule:

1st and 3rd Sundays of the month.....Indoor Worship

2nd and 4th Sundays of the month.....Outdoor Worship (Weather Permitting, of course)

Barry said his committee is also working to continue to keep in touch with shut-ins.

CONGREGATIONAL GIVING: Abby said her committee recently sent out a letter to all members for encouragement and to highlight many of the upcoming summer activities.

MISSION AND SOCIAL CONCERNS: Discussion was held on how to improve the activities and functioning of the committee and how to best support Kate Bevington as chair of the committee. Garth brought up the idea that perhaps we should involve the committee with some newer mission ideas to inspire the committee. Several Council members agreed that the COVID situation has really limited the outreach work of the committee. Now that COVID restrictions are lifting, the activities of this committee can hopefully be revitalized. Please contact Kate for suggestions and to help her out with this going forward.

PASTOR REPORT: Pastor Garth said with COVID restrictions lifting, he has had more pastoral visits. He also said that he is making plans for some Psalm sing-alongs for outdoor worship.

CALENDAR REVIEW: The monthly church calendar was reviewed. A few additions and corrections were made.

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OLD BUSINESS: No Old Business to discuss.

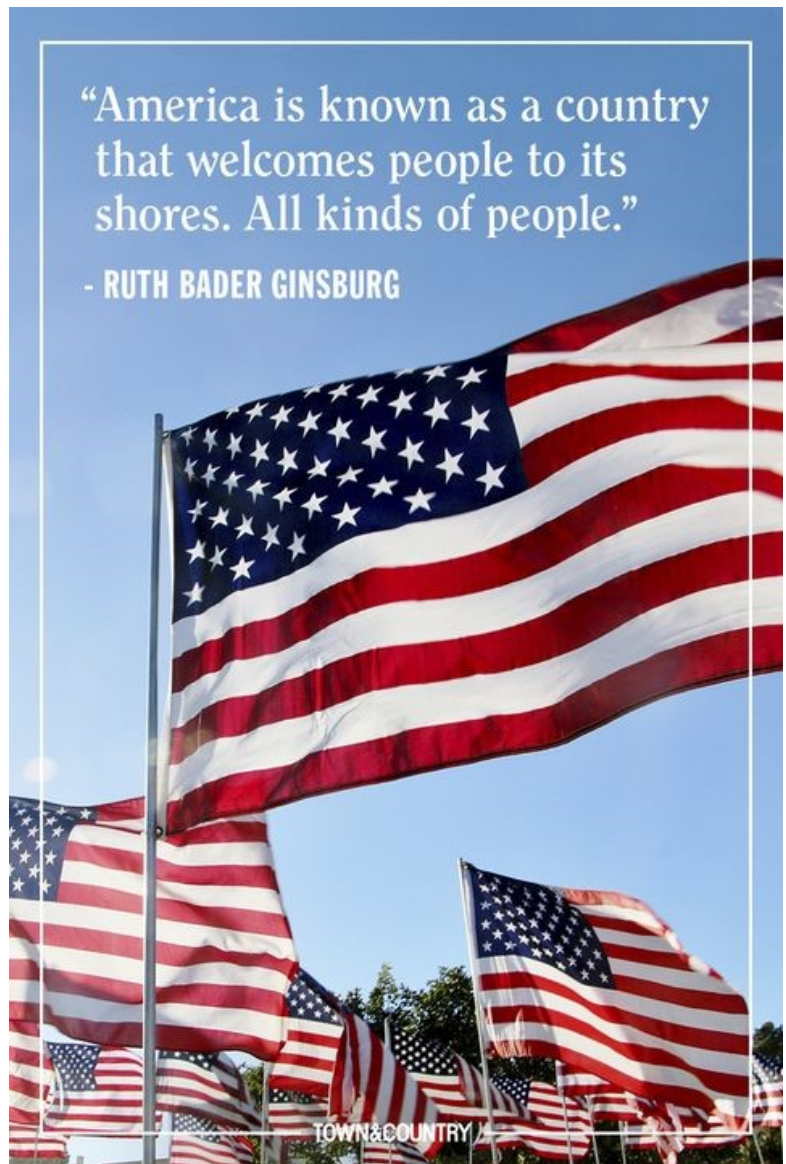
PULPIT COMMITTEE: Abby reported that the Pulpit committee has an upcoming meeting on June 9. Four applicants have been received for review.

NEW BUSINESS:

Several discussions were held on recent memorials donated to the church and how the monies would be used. Duane Morris outlined specifics of the Jen Christiansen Memorial and how things are proceeding. Our church is a named beneficiary in the memorial. Sandy moved to ask the Trustees to pursue meeting with other named beneficiaries and come up with in action plan to proceed. Virginia seconded the motion. The Council voted on and approved the motion.

Extensive discussions were held about requiring masks (or not) during worship service and how best to present this information to worshipers. It was also decided that the kitchen will now be open for fellowship and special events.

The next Council Meeting is scheduled for Tuesday, July 13 at 6:00pm



Meeting was adjourned at 8:05 pm.

Respectfully submitted, Julie E. Smith, Recording Secretary

