

# Heartbeat News



## FROM THE PASTOR'S DESK

*“Come to me, all you who are weary and carrying heavy burdens, and I will give you rest.” (Matthew 11:28, NRSV)*

It’s ironic, to me, that we mark the END of the summer vacation season with Labor Day. According to the US Department of Labor’s website, Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

While Labor Day was made an official federal holiday in 1894, I think the first “Labor Day” commemoration was much earlier than that. In fact, it could be argued that the real “labor day” is to be commemorated not once a year, but once a week. In Genesis 2:3 we read “God blessed the seventh day and made it holy because on it God rested from all the work of creation.” Part of the rhythm of time since the start of creation, the requirement to observe the Sabbath was put into practice with the story of the manna (Exodus 16). The commandment of Sabbath observance is the longest of any of the commandments and makes special note that no one: not you or your children or servants or animals or immigrants is to work on that day.

For many, Labor Day is a bittersweet day that reminds them that “fun-time” is over, and its back to regular work and school schedules, and added responsibilities. How lucky we are as Christians, to be given a “Labor Day” at the end of every week! A day when we are not just allowed but *commanded* to take a day of rest. Sadly, that is the very reason many choose not to come to church: “It’s my one free morning---I want to sleep late and drink my

*(Continued on page 2)*



St. John UCC

Pastor: Rev. Tara Tetzlaff

262-251-0640

stjohnucc53022@sbcglobal.net

Pastor’s Cell:

262-293-6645

### INSIDE THIS ISSUE

- Council Report .....2
- Gardening with God.....3
- Craft Fair.....3
- Women’s Guild..... 3
- Book Club.....3
- Blood Drive.....3
- Outreach.....4
- Recipe of the Month.....5
- Call Your Pastor ..... .5
- Usher /Liturgist Schedule.....6
- Learning/Enrichment Opportunity.....6
- Writers in our Midst.....6
- Anniv. and Birthdays.....7
- Upcoming Events.....7
- Fall Celebration Sunday.....7

## COUNCIL HIGHLIGHTS FOR AUG.

At its monthly meeting held on August 13th, the St. John Church Council:

- Accepted the resignation of Jim Koedinger from Council.
- Discussed Worker's Compensation Insurance
- Discussed the financial accounts of church committees and monthly financial reporting to Council.
- Discussed issues with the St. John email address.

Present: Eric Hillstrom, Mary Johnson, Donna Tess, Marilyn Boettcher, Cherie Bersch, Judy Luckow, Sharon Reeder, Greg Schwartz, Pastor Tetzlaff

Absent: none



**Next Council meeting: September 10, 2015, 7pm.**

*(Continued from page 1)*

coffee while reading the paper!” WARNING: juicy, pastor confession here!)---even pastors feel that way sometimes...there's been a few of those Sundays off where I've skipped church for the sake of savoring a day off...and sometimes I think we might need those. But something funny happens come mid-week. Things feel “off”, I feel more tired, more burdened, my life feels all out of whack. And that's when I realize that even though I rested, I don't always feel restful.

Even when I get to church (yup, even when I'm the pastor) there are times when I'm just not feeling it, when I want to crawl back into bed, or at the very least curl up with a mug of tea in my rocking chair, but then, usually part-way through that call to worship, or in the midst of belting out the familiar words of that opening hymn, it clicks. Some trap door deep within springs open and all the junk I've been carrying around (the worries, the fears, the nagging to do list, the feelings of not doing or being enough) they all come flying out and they are replaced by something lighter. Now that isn't to say its all roses and lolli-pops, but its like I've been re-set. Maybe I walk out those doors at the end of the hour, re-charged and ready to go roaring out into the world proclaiming my faith. Other times the energy just isn't there, but the load is lightened and there is room in my being to breathe again. This is what the real labor day, the weekly “labor day” is all about. It is coming to the one who's done it all, seen it all, and loves us all. So as you go about your Labor Day celebrations don't think of it as the end of your rest but a reminder of that glorious day of rest God has gifted us each week, a day when we are not just invited but commanded to “take a load off”. I look forward to seeing you these coming Sundays, as together we rest in the gracious peace of God.

Grace and Peace,  
*Pastor Tara*



## EDUCATIONAL & SMALL GROUP OPPORTUNITIES

### GARDENING WITH GOD

Come join us on Tuesday mornings, from 9:30-11:30am for Gardening with God. Devotions and refreshments are at approximately 11:15. Please join us for part or all of this activity.

**St. John UCC**  
**Fall Art & Craft Fair**  
**Saturday, September 12**  
**9:00 am to 4:00 pm**

It's almost time for the BIGGEST FUNDRAISER of the year! We hope you're getting excited about the big day!

Be sure to invite your family, friends, co-workers and neighbors. We love a big crowd! Posters are available to promote the event.

A few reminders:

There's still time to put up a yard sign. Help us promote the Fair to our neighbors.

We need the help of a few men to put out signs the evening before the Fair. Please give a hand if you are able!

We need everyone's participation to make the Fair a success so please fill out a Helping Hands questionnaire, if you haven't already done so. Another copy is enclosed with the newsletter.

There's still time to make a cash donation towards the raffle ticket cash prizes. Script cards are also great because we get a double benefit!

Turn in your raffle tickets as soon as possible. Unsold tickets should be turned back in so they can be sold at the Fair. Please turn in your sold tickets by the morning of the Fair if not before.

We can always use more theme baskets. Please join with family or friends to and make one. The sign up sheet is in the narthex.

**BAKERY!!** Please package your goodies and list the ingredients (especially nuts). This is a main attraction for the Fair and we need lots of items! Try to have your items at the church by Friday afternoon or early Saturday morning.

Please give suggested prices on the items you donate to the St. John Craft Booth because we don't want to undersell anything. Try to have your items to the church by September 11<sup>th</sup>.

We'll have a nice selection of sports memorabilia this year. Please pass the word along to all the sports fans you know.

Don't forget to come to the Fair hungry! There'll be lots of good food coming from the kitchen.

Last but not least, come to have a great time! It's a wonderful way to share our church and grounds with neighbors and friends. See you at the Fair!!

### WOMEN'S GUILD

The next Women's Guild Mtg. will be **Wed., Sept. 2 at 7pm**. This is the first meeting for the 2015/16 year.

**Sat., Sept. 12th is the Craft Fair.** Check out all the Theme Baskets. Come join us!!!!



### BOOK CLUB

Books for Starbucks book club for the Fall:

•**September 23**-Traveling Mercies by Anne LaMott (available for \$8.50 in church lobby)

•**October 21**-Take This Bread by Sara Miles

•**November 18**-A Christianity Worth Believing by Doug Pagitt

•**December 16**-Mudhouse Sabbath by Lauren F. Winner

•**January(tba)**-The Shack by Wm. Paul Young

If you would like to reserve a copy of any of these books, please contact the church office.

### BLOOD DRIVE



A Blood Drive will be held at Lutheran Church of the Living Christ

( [www.lclcgermantown.org](http://www.lclcgermantown.org) ) on **Thursday October 1<sup>st</sup>** from 1:00-6:00 p.m.

Anyone interested in donating can make an appointment by calling 262-361-2447.

### PRAYER REQUEST

**FORMS can be found in the lobby of the church. Please fill out the form if you would like to include someone on the Prayer List.**



Please consider signing up for Fellowship following church services in our Fellowship Hall

(a clip board with the sign-up sheet is located near the kitchen). Join us after church. All members and friends are welcome. Any question contact Sharon Reeder at 262-251-5946. Dates Committees are serving are: Sept. 13—Fall Celebration.

Dates available for members to sign up: Sept. 20 & 27th.

#### **Volunteers needed:**

Volunteers will be needed to provide rides to church members who do not have transportation to - from church. Please contact the church office or Pastor Tara Tetzlaff if interested in volunteering at 262-251-0640.

#### **Outreach Meetings:**

Any members wishing to join the committee are welcome. The next Outreach Committee meeting TBA. We meet in the Fraederich Education room. Contact Caroline Romaine at 262-385-1327 for more information.

## OUTREACH COMMITTEE

Members of St. John U.C.C and Our Saviour U.C.C. attended the church picnic held on July 19<sup>th</sup>, 2015. 19 adults and 6 children were present. It was a beautiful sunny day. Vanessa Tetzlaff organized a water balloon game. There was a drawing for two jars of candy. Lucky winners were Marilyn Boettcher and a youth Sadie from Our Saviour U.C.C. . Pastor Tara had organized and ran a “Themed” Bingo game. Brats, hotdogs, hamburgers, and roasted corn on the cob were served; along with dill pickles, potato chips, watermelon, & ice cream cups. Fun was had by all. The event was Free to all who attended and was sponsored by the Outreach Committee. Total cost of picnic was \$140.28.

Capuchins’ Run / Walk for the Hungry was held Friday July 24<sup>th</sup>, 2015 at Lake Shore State Park. 14 members registered. A group of 10 attended the 5K or 2 mile walk. Proceeds from the Run / Walk benefit St. Ben’s Community meal program and the House of Peace. A special thank you to Karen Becker for organizing the event.

Our first Brat Fry’s was held Saturday August 1<sup>st</sup>, 2015. Our Brat Fry sale profit was \$ 402.55. Proceeds from the profit will be used for future Outreach events and 10% of the proceeds will be given to Mission Alive. Thank you to those who came out to enjoy a Brat! Thank you to those who volunteered at the Brat Fry Karen Becker, Andy Boneski, Rich & Cherie Bersch, Bob & Jeannie Lehmann, and Kate Wallschlaeger.

#### **Mark your calendars -**

#### **September 2015 –**

#### **Fall Celebration Sunday / Rally Day – September 13<sup>th</sup> – Tailgate - Potluck**

**Join us for a fun kick off to the fall season and watch the Packers kick off against the Chicago Bears. Tailgate – style potluck after church. The game will be on TV and there will be some fun games and activities for the kids. A sign – up sheet will be posted on the bulletin board for the potluck dinner. Wear your Green and Gold and Go Pack!, Go!!**

#### **Roberts Frozen Custard Fundraiser**

**Monday September 21<sup>st</sup>, 2015 3:00pm – 9:00pm**

**Join St. John U.C.C.**

**at Robert’s Frozen Custard Restaurant**

**N.112 W.16040 Mequon Rd. Germantown**

We will be having a Fundraiser from 3:00pm – 9:00pm. Invite members , friends, neighbors, co-workers and relatives to join you at

Robert's Frozen Custard. **St. John U.C.C. will receive 10% of all sales**, dining in or at the drive up window. **No coupon is necessary.** More information at [www.stjohnuccgermantown.org](http://www.stjohnuccgermantown.org). All proceeds from this sale will benefit future Outreach events at St. John U.C.C. See Caroline Romaine for more information on the Robert's Fundraiser.

### **Sunday October 4<sup>th</sup>, 2015 - World Communion Sunday**

#### **“Neighbors in Need” – Pot Luck Dinner**

On Sunday October 4<sup>th</sup>, 2015 we will be having a Pot Luck Dinner following church service to celebrate World Communion Sunday. A sign - up sheet will be located on the bulletin board on the stairway landing to the Fellowship Hall. Please sign up to bring a dish, salad, or dessert to share. We encourage you to invite your friends, neighbors, and families to the Pot Luck Dinner.

**Crop Walk – Sunday October 11<sup>th</sup>, 2015 – More information TBA.**

### **RECIPE CORNER**

St. John U.C.C. has some wonderful cooks and bakers and during Fellowship, Pot-luck Dinners or Vacation Bible School we have had requests for some of the recipes. Each month in the Heart Beat Newsletter the Outreach Committee will enter a new recipe. If you have one you would like to submit, please drop it off in the church office, clearly labeled and we will put it in the Recipe Corner.

#### **Oriental Salad - Recipe by La Verne Romaine**

##### **Salad:**

1 bunch of fresh bok choy, cleaned and diced  
1/2 head of Napa cabbage, cleaned and chopped into small bite size pieces  
4 green onions, diced  
1/2 c. slivered almonds  
2 Tbsp. sesame seeds  
3 pkgs. Ramen noodles, broken up  
1 stick butter or margarine

##### **Dressing:**

1/2 c. Canola oil  
1/2 c. water  
3/4 c. sugar  
1/2 c. vinegar  
1/2 tsp. ginger  
2 Tbsp. soy sauce

##### **Directions-**

Brown slivered almonds, sesame seeds, and Ramen noodles in one stick of margarine; let cool and pour over bok choy, Napa cabbage, and onions. In a small bowl, mix dressing using wire whisk. Pour salad dressing over salad ingredients; toss and mix well. Serve immediately.

\*\*If you are not serving immediately. Dressing can be made ahead of time and stored in a sealed container.

## **CALL YOUR PASTOR!!!**



Just a reminder that to protect your privacy federal HIPAA laws prevent doctors, hospitals, and nursing homes from contacting or sharing information with anyone (including your church or pastor!) when you are a patient. If you or a loved one is hospitalized or needs pastoral care **PLEASE** call the church office or Pastor Tara directly (or request the hospital to do so). If you don't call, we have no way of knowing of your situation. By informing us of these events, you are helping us to provide you with the spiritual care needed in these often difficult times. Business cards with Pastor Tara's contact information are available in the church lobby or can be obtained from the church office, a handy way for you to have the numbers you need in an emergency.

## Writers in our Midst!

In the Monday morning Psalms class we have been studying the various types of psalms and their styles. The book of Psalms is one of the most beloved books of the Bible precisely because it offers such heartfelt expressions from ordinary everyday people of God sharing their praise, their complaints, their cries for justice, their expressions of faith and trust, hopes, fears, angers, and more. In our last few sessions, participants have begun writing their own psalms and they are just great! Each month for the remainder of the year we will be sharing one or two of these psalms in the newsletter in the hopes that they will be a source of inspiration. If you would like to try your hand at writing one too, just talk to Pastor Tara!

### A Psalm of Praise

The beauty and glory of nature's creation praises you. Your people praise you. The vast expanse of the galaxies praise you. Your people know your awesome power and the mercy you bestow upon our sinful selves. Blessed be the presence and name of our Lord.

## SEPTEMBER

### USHERS

**6 Joan & Ken Schaetzel**  
**13 S. Reeder & C. Romaine**  
**20 Karen Becker & Chris Pickett**  
**27 Jean & Jim Koedinger**

### LITURGISTS

**Eric Hillstrom**  
**Rollie Pieper**  
**Vanessa Tetzlaff**  
**John Schaetzel**

## The Spirit Awakening the Church with Diana Butler Bass

Join the Wisconsin Conference's Christian Education/Faith Formation Commission for this great event featuring author Diana Butler Bass. Bring a group from your church! Diana will appear in two locations:

**September 19, 2015**, in Eau Claire at First Congregational UCC9:00am-4:00pm - \$30 early bird; \$35 after September 1 (includes lunch)

**September 20, 2015**, in Watertown at First Congregational UCC2:30pm-6:00pm - \$20 early bird; \$25 after September 1  
Diana Butler Bass is a well-known author, speaker and scholar specializing in American religion and culture. Her most recent book is *Christianity after Religion: The End of Church and the Birth of a New Spiritual Awakening*. Don't miss the opportunity to hear this dynamic and engaging speaker! Register at [wcucc.org](http://wcucc.org).

*If interested in hearing this dynamic speaker, carpooling may be available.*

## FREE FALL FAMILY FESTIVAL

October is Domestic Violence Awareness month. In honor of this, Friends of Abused Families is hosting a **Free** Fall Family Festival on **October 17<sup>th</sup>, from 2:00 – 5:00** at Fireman's Park in Germantown.

There will be games for children, free snacks, entertainment, activities, and more! For more information, or if you are interested in volunteering, please contact **Brad at 262-334-7298** or e-mail [outreach-coordinator@fafinc.org](mailto:outreach-coordinator@fafinc.org)



## CELEBRATIONS: BIRTHDAYS AND ANNIVERSARIES

### SEPTEMBER BIRTHDAYS

- |                  |                                  |
|------------------|----------------------------------|
| 2 Gary Johnson   | 20 Craig Thomas                  |
| 5 Ryan Wendt     | 22 Alexis Toth<br>Lillianne Tess |
| 8 Elise Kubosch  | 23 Jordan Schaetzel              |
| 12 Sherry Palmer | 26 Diane Ramthun                 |
| 13 Mary Johnson  | 29 Michelle Pickett              |
| Addison Lietzau  | 30 Kelly Wallschlaeger           |
| 15 Sharon Reeder |                                  |



### **PEW BIBLES**

“Your word is a lamp before my feet and a light for my journey.” (psalm 119:105. Help light the way in our sanctuary by sponsoring a Pew Bible today! We have recently purchased new CEB (Common English Bible) Pew Bibles for the sanctuary. This is the translation that is typically read from during worship. To defray the cost of the Bibles, we are asking for a donation of \$10 per Bible. There are forms in the lobby if you are interested in sponsoring a Bible, or call the office and we can help you out.



### SEPT. ANNIVERSARIES

- 8 Craig & Andrea Thomas
- 11 John & Sheila Schaetzel
- 20 Jacob & Ashley Skrober
- 22 Mike & Ann Wallschlaeger
- 23 Ken & Joan Schaetzel
- 30 Patrick & Jill Lemke

### SEPTEMBER EVENTS

- |   |   |
|---|---|
| <b>1st—9:30-11:30am</b> Gardening with God  | <b>21st—11am-12:30pm</b> Bible Study (OSC)      |
| <b>2nd—7pm</b> Women’s Guild                | <b>3-9pm</b> Robert’s Frozen Custard Fundraiser |
| <b>8th—9:30-11:30am</b> Gardening with God  | <b>22nd—9:30-11:30am</b> Gardening with God     |
| <b>10th—7pm</b> Council Mtg.                | <b>23rd—6pm</b> —Book Club at Starbucks         |
| <b>12th—9am-4pm</b> Craft Fair              | <b>27th— 11:30am</b> Worship Mtg.               |
| <b>13th—Fall Celebration</b>                | <b>28th—11am-12:30pm</b> Bible Study (OSC)      |
| <b>14th—11am-12:30pm</b> Bible Study (OSC)  | <b>29th—9:30-11:30am</b> Gardening with God     |
| <b>4pm</b> St. Ben’s                        |   |
| <b>4:30pm</b> —Christian Bd. Of Ed. Mtg.    |   |
| <b>15th—9:30-11:30am</b> Gardening with God |   |
| <b>20th—11:15-Noon</b> Sunday School Start  |   |



***THANK YOU for all of the cards and get well wishes.....***

***Mary Ann***

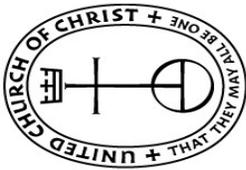
**ST. JOHN UCC**

N104W14181 Donges Bay Rd.

Germantown, WI 53022

Our Mission is to Celebrate, Reach  
Out, Enrich, and Welcome in the  
name of Jesus Christ.

PLEASE  
PLACE  
STAMP  
HERE



*God is still speaking,*  
**UNITED CHURCH  
OF CHRIST**

**WORSHIP SERVICES**

*Sunday Worship Service at St. John UCC—  
10:30am*

***Sunday School: 11:15-Noon at St. John  
UCC, starting September 20th.***

*Sunday Worship Service at Our Saviour's UCC—  
8:30am*