

# Heartbeat News



## *From the Pastor's Desk*

**"Pray Without Ceasing" (1  
Thess. 5:17)**

**"Pray in the Spirit at all times  
in every prayer and supplica-  
tion." (Eph. 6:18)**

How's your prayer life? Is prayer something you consciously do as part of your daily life or something reserved more for church on Sunday morning? Ever feel uncomfortable about your ability to pray or not sure how to pray? Maybe the act of prayer seems daunting and better left to the "professionals". Or maybe you don't think you have time to pray. If any of these thoughts have crossed your mind, I have good news for you: ***prayer can be done by anyone, anytime, and anywhere.***

Prayer can be an enriching part of our personal faith journeys as well as an important facet of our life together as a community. We can pray because we are happy, scared, angry, worried, thankful, or maybe just because we managed to wake up to see another day. Just as there are many reasons for prayer, there are also many ways to pray.

*(Continued on page 2)*



St. John UCC

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## COUNCIL HIGHLIGHTS FOR JANUARY

At its monthly meeting held on January 15th, the St. John Church Council:

- Reviewed agenda items for the Annual Meeting.
- Approved recommendations from the Constitution Committee for revisions to the church constitution for final action by the congregation at the Annual Meeting.
- Set the date for the annual calendar planning meeting for Saturday, February 7 at 9:30 a.m.
- Thanked Mike Szymik for his years of service on the Church Council and the office of Treasurer.

Present: Eric Hillstrom, Andy Boneski, Mary Johnson, Mike Szymik, Judy Luckow, Marilyn Boettcher, Sharon Reeder, Donna Tess, Pastor Tetzlaff

Absent: Cherie Bersch

Next Council meeting: February 12, 2015



*(Continued from page 1)*

This year our theme for Lent is “Lord, Teach us to Pray”. Sunday sermons will focus on various prayers in scripture and Wednesday evening gatherings will be opportunities for a more relaxed worship experience and include opportunities to learn various prayer practices and taking a closer look at some of the most well-known prayers.

I hope you join us as we explore together how prayer can enrich our spiritual journeys as individuals as a faith community and bring us into a stronger relationship with Christ. In 1 Thessalonians chapter five we are reminded to “Rejoice always. Pray continually. Give thanks in every situation because this is God’s will for you in Christ Jesus” (vs 16-18). To pray is to have a conversation with God. In the United Church of Christ, we say that “God is Still Speaking”, not only do I hope that we are listening, I encourage us to join in the holy conversation!

Keep the Faith,

*Pastor Tara*



## FOOTBALL IS OVER!!!!

Our last youth group planning session was canceled due to the Packer’s game. With football behind us it’s time to reclaim those Sunday afternoons. On **Sun., Feb. 15th**, at 3:15pm, we will be holding a planning session to begin the creation of our new Youth Room and schedule upcoming youth events. Come help us brainstorm the design, furnishings and activities to make this a great place for the youth to hang out.

## EDUCATIONAL & SMALL GROUP OPPORTUNITIES

### **Monday Morning Bible Study**

Join us for a weekly Bible Study as we explore the Psalms using the Immersion Bible Study by Pastor Tara's former professor, J. Clinton McCann Jr., using the Interpretation Bible Studies program. Meets at Our Saviour's UCC on Monday mornings, from 11am-Noon. Topics to include Happiness, Suffering, Complaint, Gratitude, Praise, Trust and Justice. Cost of book is \$8 and will run through March 16th

### **Starbucks Book Club**

The Feb. selection is Love Wins by Rob Bell. Cost is \$8 and a limited number of copies will be available in the lobby beginning Jan. 4th. Contact the office to reserve your copy. Feb. discussion on Love Wins will be on **Feb. 11th**, at 6pm at Starbucks.

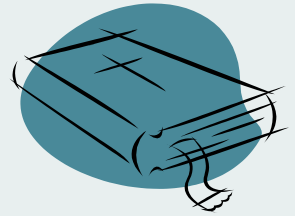
**The March book** will be **The Screwtape Letters**, by C.S. Lewis. Cost is \$7

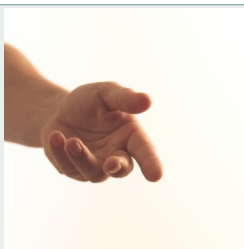
### **Fresh Looks at Old Stories**

More of a traditional Bible study...will focus on passages that are often misunderstood, or that likely are read much differently as adults than how we read them as children. Our next meeting will take place on Monday, **Feb. 23rd** at 6pm. Previous sessions have covered Jonah and Ruth.

### **Crafters Club:**

Whether you scrapbook, paint, draw, knit, etc you are welcome to bring whatever you are working on and join with other "crafters" for a day of fun. Drop in for an hour or stay for the day. Light lunch provided. Participants are asked to bring their own beverages and a snack to share. Meets one Saturday a month 10am-3pm, location rotates between St. John UCC and Our Saviour's UCC. Upcoming Date: **Feb. 21st @ Our Saviour's and March 21st at St. John.**





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 member and friends are welcome. Any question contact Sharon Reeder at 262-251-5946.

**Dates Committees are serving Fellowship:**

February 1<sup>st</sup>, 2015 – Worship and Stewardship

March 1<sup>st</sup>, 2015 – Women's Sunday – Women's Guild

**Dates available for members to sign – up for Fellowship :**

February 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>.  
March 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

**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

### Mark your calendars - Up Coming Events:

#### February 2015

#### College / Armed Forces - Valentine Care Packages

**February 8<sup>th</sup>, 2015**

The Outreach Committee and Women's Guild will be sending out Valentine College Care Packages. This would be for any student of family members or church members who are attending college or graduate school as well as those members in the Armed Forces. In keeping with the theme "Little church with the Big Heart". The Val-



entine College Care packages would include items such as snacks items ie: popcorn, granola bars, gum, toiletries to name a few.

We will need items donated and volunteers to help assemble the packages. A list of items needed is posted on the bulletin board on the stairwell landing. We will be needing items donated by February 1<sup>st</sup>, 2015. We will be assembling the packages together and sending them out to college students on February 8<sup>th</sup>, 2015.

*If you are a student or have a child attending college and would like them to receive a College Care Package , please contact Sharon Reeder at 262-251-5946, Annaliesa Kubosch, the church office, or one of the Outreach Committee members. We will need the students name and current address.*

#### 9<sup>th</sup> Annual Dart Ball Night - Saturday February 21<sup>st</sup>, 2015 – 6:00pm

Please join us for the 9<sup>th</sup> Annual Dart Ball Night on Saturday February 21<sup>st</sup>, 2015. This is an event for family and friends. Food, snacks and refreshments will be served. Please sign up on the bulletin board on the stairwell landing. The evening is of no cost and is sponsored by the Outreach Committee. All are Welcome.



## USHER SCHEDULE FOR FEBRUARY

### February

- 1 Mike Szymik & Dick Wallander
- 8 Donna Tess & Polly Weber
- 15 Youth
- 22 Marilyn Boettcher & Marilyn Gabrielson

### Recipe Corner

St. John U.C.C. has some wonderful cooks and bakers and during Fellowship, Potluck 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.

#### **Easy Cinnamon Roll Bread**

Recipe donated by: Caroline Romaine

No yeast in this recipe, so prep time is quick. You don't even need a mixer! It makes its own unique swirl as it bakes.

#### BREAD:

- |                             |   |
|-----------------------------|---|
| 2 cups all-purpose flour    | 1tablespoon baking powder                 |
| 1/2 teaspoon salt           | 1/2 cup sugar                             |
| 1 egg, room temperature     | 1 cup milk                                |
| 2 teaspoons vanilla extract | 1/3 cup plain Greek yogurt, or sour cream |

#### SWIRL:

- 1/3 cup sugar
- 2 teaspoons cinnamon
- 2 tablespoons butter, melted and cooled slightly (can use water instead)

#### GLAZE:

- 1/2 cup powdered sugar
- 2 - 3 teaspoons cream or milk (as needed for consistency)

Preheat oven to 350 F. Butter or spray a glass loaf pan.

In a small bowl, whisk together the flour, baking powder, salt, and sugar. Set aside.

In a large bowl, whisk together the egg, milk, vanilla, and yogurt or sour cream. Add the flour mixture to the egg mixture, stirring with a spoon just until combined. Pour into the prepared loaf pan.

In a small bowl, stir the Swirl ingredients together. Drop by teaspoonful's onto the top of the bread; then use a knife to swirl it a couple of times into the batter. (Don't over mix it).

Bake for 45-50 minutes or until the center tests done with a toothpick. Remove from the oven and cool for 15 minutes in the pan on a wire rack. Remove bread from the pan and cool completely on the rack. Make the Glaze by whisking the ingredients together in a small bowl until smooth, adding a dab of milk at a time until a good drizzling consistency is reached. When the bread is completely cool, drizzle the glaze over the top.

### 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.

## WOMEN'S GUILD



Our next business meeting will be **Feb. 4th, at 7:00 pm**. We will be planning the Women's Sunday Worship for March 1st and preparing Valentines. Judy Lukow will be the hostess. Come and join us.



### **Admirals Game Outing**

Our Saviour's is once again hosting their annual outing to the Admirals Game. The game will be on Sunday **March 8 at 4pm** against the Oklahoma City Barons. Arrangements will be made to carpool from Our Saviour's with a second pickup at St. John dependent on registrations. Cost is \$13 for kids (14 & under) and \$19 for adults. Sign up sheets will be posted in the stairwell soon, or contact St. John church office to reserve your tickets. Checks to be made out to Our Saviour's UCC.

## **CELEBRATE YOUR SPECIAL DAY BY SPONSORING BULLETINS**



You might have noticed we are now using full-color bulletin covers from the UCC for Sunday worship. These attractive bulletins have covers that correspond to the week's lectionary text and the back page has a different article highlighting mission and outreach in the United Church

of Christ. To offset the cost of these bulletins we are inviting individuals to "sponsor a week". This is a great opportunity to remember a deceased loved one, celebrate a birthday or anniversary, or "just because". To sponsor a week please sign up on the signup sheet in the lobby by the date you are requesting. We are asking for a donation of \$10 or more per date requested. Please put in offering---specifying 'for bulletins' and the date requested and your name. Your sponsorship and its reason will be listed in the bulletin for the week requested. (i.e. "Bulletins this week sponsored by Rev. Tara Tetzlaff in honor of Vanessa's 16th birthday")



## CELEBRATIONS: BIRTHDAYS AND ANNIVERSARIES

### FEBRUARY BIRTHDAYS

- 7 Davis Lemke
- 10 Pamela Hansen-Ruben
- 13 Jay Toth
- 14 Kate Wallschlaeger

### FEBRUARY ANNIVERSARIES

No Feb. Anniversaries

## UPCOMING EVENTS

### FEBRUARY

**1st**— Congregational Mtg.,  
Following Worship

**2nd—11am-Noon** Bible  
Study—OSC

**4th—7pm**—Women's  
Guild

**7th—9:30am**—Calendar  
Planning Mtg.

**8th**—Valentine Care Pkgs.

**9th— 11am—Noon** Bible  
Study—OSC

**4pm** St. Ben's

**11th—6pm** Book Club at  
Starbucks

**12th—7pm** Church Council

**15th—Noon—3pm** Confir-  
mation

**3:15pm** - Youth Mtg.

**16th—11am-Noon** Bible  
Study—OSC

**4:30pm**—Christian  
Bd. Of Educ. Mtg.

**18th—ASH WEDNES-  
DAY —6pm- OSC—Light  
Supper**

**7pm—OSC—**

Lenten Gathering

**21st—10am-3pm** Craft  
Day—OSC

**6pm**—Dart Ball

**23rd—11am-Noon** Bible  
Study—OSC

**6pm**—Fresh Looks

at Old Stories

**25th—6pm** —OSC—Light  
Supper

**7PM—OSC—Lenten**

Gathering

**27th—March 1st—**  
Confirmation Retreat



**MARK YOUR  
CALENDARS**



## 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 Our Saviour's UCC—  
8:30am*

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

*Sunday School at 11:15-Noon at St. John's*

*ASH WEDNESDAY SERVICE—OSC—FEB. 18—  
6PM—Light Supper; 7PM—Lenten Gathering*

*LENTEN GATHERING—OSC- FEB 25—6PM—  
Light Supper; 7PM Lenten Gathering*