



HILLTOP HERALD-AUGUST 2021 MONONA UNITED METHODIST CHURCH

THE CHURCH EMERGENT

If you wish to schedule a group or event at the church, inside or outside, please contact Kay for the updated building use guidelines and forms. **We will now be following the new Dane County Public Health advisory statement which is recommending masks be worn for all inside events.**

The office is open and staffed 9am-2pm, Monday through Friday. Pastor Paul and Mark Buffat are available for pastoral care both virtually and in-person for vaccinated individuals.

GETTING TO KNOW YOU

Check out the kiosk with smiling faces of those who have already met with Pastor Paul in a "Getting to Know You" small group gathering.

We invite you to be a part of one of the remaining small groups. All will be held at the church either in Fellowship Hall, on the patio or under a tree on the lawn. Weather will dictate that. Each session will be for about an hour and a half. The remaining meetings are scheduled as follows:

Tuesday August 3 at 6:30pm
Wednesday, August 4 at 2:00pm (FULL)
Sunday August 8 at 6:30pm
Tuesday, August 10 at 6:30pm
Wednesday, August 18 at 2:00pm

To reserve your spot, phone Frank Gaylord at (608)443-6361 or drop him an email at frgaylord@charter.net. When you make your reservation, please indicate the number and names of persons who will be attending.

OUR WEBSITE

Check out our improving website: www.mononaunitedmethodistchurch.org

- We have the recorded sermon available for an online Worship experience as well as our in-person worship. Check our website for more information.
- We have a **Giving** tab on our website to make a donation with your credit card or through your checking account.

CONFIRMATION INFORMATIONAL MEETING

Our Confirmation Class for 2021/2022 will be made up of incoming 8th Graders and anyone older who has not been confirmed. Parents and Students will meet with Pastor Paul on **Wednesday, August 25** at 6:30pm to review the program and the expectations.

PASTOR'S COLUMN

Recently, I attended a memorial service for a friend's mom, who was like a mother to my high school class. She died last winter. At her service, both of her daughters spoke and highlighted her amazing life!

I was not surprised that a large number of my high school classmates showed-up and offered their condolences. This gathering gave us an opportunity to renew our friendships, show pictures and tell stories. It was a mini-high school reunion. But it was even more than that.

A few years ago, my family had a series of funerals in a relatively short period of time. My uncle complained that "it takes a funeral to get us all together."

Death changes everything. We may skip a July 4th picnic. But when someone we love dies, we do whatever possible to be together, even if we have to travel a significant distance.

Death remains one of the great mysteries. We do not know what happens when we cross over from this world to the next. We need each other more than we know. We must continually remind each other that we are not alone.

At my friend's memorial service, a mother of another friend came up to me and said, "Paul, you look a whole lot better than I thought."

We do need each other.

Pastor Paul

BIBLE PASSAGES & THEMES 10:00AM ONLINE SERVICE

A Summer's Smorgasbord

August 1 - John 6:16-21

"Jesus came to his disciples in a storm"

August 8 - Palm 130

"God's Amazing Grace"

August 15 - I Kings 3:1-9

"Solomon's Prayer"

August 22 - Psalm 84

"How lovely is your dwelling place..."

August 29 - Mark 7:1-8, 14-15, 21-23

"Clean Hands?"



Join Us for
WORSHIP

CARING COORDINATOR COLUMN

MUMC's 4th of July community outreach event and fundraiser was a tremendous success! We met so many grateful families, kiddos, and community members, all of who appreciated the parking, popcorn, and refreshing water, and lemonade. After a long 16 months of pandemic isolation, stress, and angst, everyone was so excited to be out and about celebrating our country's Independence Day! We collected nearly \$1,200 of free-will donations dedicated to supporting Nuestro Mundo Community School. Hundreds of passersby enjoyed fresh popcorn, water, and lemonade. Our parking lot was filled to the brim! Our entire north-facing grassy hill was covered with blankets, lawn chairs, and many happy families, kids, and groups of all ages. And the fantastic Monona fireworks display did not disappoint!

None of this could have happened without our dedicated group of MUMC volunteers! Thank you for all your time and effort and for the loving hospitality and grace you shared with our many guests!

Caring & Coordinating,

Mark Buffat

AUGUST MISSION OF THE MONTH:

Nuestro Mundo Community School Backpack Program

Monona United Methodist Church supports weekend take-home meals for students who receive free lunch during the school week. The Monona UMC Nuestro Mundo Community School team packs and delivers weekend meals for over 70 students each Friday school is in session. Madison Metropolitan Schools will open this fall. Details of the Backpack Program for this year are being planned.

Please consider supporting this wonderful mission that works to feed hungry children in our community. Please mark your check, envelope, or electronic giving through Monona United Methodist Church with "Backpack Program" on the memo line.

Thank you for your continuing generous support of this mission and many blessings.
The Mission Team

PLEASE HELP OUR RED CROSS BLOOD DRIVE

Due to the critical need for blood, Monona United Methodist Church will host the August Seeds of Peace blood drive on **Tuesday, August 17, 1:00-6:00pm**. Blood donors and volunteers are needed. Please contact the church office for more information. We are also looking for some extra fans to help move the sanctuary air conditioning into Fellowship Hall. If you have one that you could lend the church, please contact the office.

Volunteers Needed:

- 3 volunteers, per shift 12:30 – 6:30pm to help with registration and in refreshment area

General Donor Information:

- Height/weight requirements / General good health
- Rapid Pass saves 15 minutes
- Bring donor card or government ID
- Questions on eligibility 1-866-236-3276

LEAN INTO ALLYSHIP EVENT

Register in advance to participate in a powerful conversation via Zoom where Dr. Alex Gee briefly describes Critical Race Theory (CRT) but, more importantly, how this is an example in a long history of how black progress is met with strong resistance and backlash.

You will also learn about current volunteer activities, including the Ally in Action challenge to every would-be ally, to help you deepen your commitment to educate, donate, and affiliate.

This live webinar will be held at **7 p.m. on August 10**. To register for the Zoom link, sign up at <https://www.facebook.com/events/1184097442066092/?ref=newsfeed>.

HILLTOPPERS

The Hilltoppers meeting will be held at 11 AM on **Monday, August 9** in the church fellowship hall. There will be no food at this meeting. Mask use is recommended per Dane County Public Health. The speaker will be Ann Waidelich from the Blooming Grove Historical Society.

The program will be on the Nathaniel and Harriet Dean house on Monona Dr. Nathaniel built the house in 1856. He was an assemblyman, a regent of the University of Wisconsin, a stockholder in insurance companies and the Park Hotel. He also operated a real estate business. The home was listed on the National Register of Historic Places in 1976.

It serves as a "classroom" of pioneer life and also hosts concerts as well as other community activities.

This will be a good history lesson for history buffs as we hear about the activities of Nathaniel Dean and others in Madison life.

SUNDAY WORSHIP VOLUNTEER SIGNUP

Since we are back in the sanctuary to worship weekly, we need to have our volunteers back as well. We have created a Volunteer Sign Up Genius listing with the volunteer jobs needed each week. We would especially like to fill: ushers and fellowship hosts. Please check your schedules and sign on using the link below. You can also send an email to the church office with your requested dates.

<https://www.signupgenius.com/go/904094DA8AE22AB9-volunteer>

WEEDS

Thank you to all who have been pulling weeds in our patio area. Gather a couple friends to continue this and then share some fellowship time at the tables. Take a walk through the garden to see what veggies and flowers are growing.

JAVA JIVE

Adapted from an article--

By Susan Sklar: Interfaith Program Manager at Equal Exchange

We honor Kay Mackie, an Equal Exchange Coordinator Extraordinaire. When people ask Kay why she has been so committed to the EE ministry she will say that she is a social justice advocate, an environmental advocate and a political advocate. She also describes herself as a person of faith. She saw her role of helping small farmers as a way to serve God and God's people, and planet.

We wanted to share some of Kay's story with you.

For a decade and a half, Kay always kept people in the congregation well informed about the mission of Equal Exchange. Each month, she produced an article in the church newsletter called the "Java Jive" that would highlight a new topic about an aspect of EE. On the day that products were sold once a month, Kay would give a two minute talk at the beginning of services to spotlight new products. And she put together a great team of 6-8 people who supported the project by helping to set up, sell products, and put things away. People really liked to participate together. Now that she is due to retire, folks from that committee will keep the mission going.

This past year, during the pandemic, the Monona United Methodist Church in Wisconsin, had its best sales ever. The church sold \$9,000 of Equal Exchange products, \$2,000 above the previous year. This was in spite of no group gatherings and virtual church services. And it's not even a large church--there are only about 300 members. Maybe sales were so strong because of the fact that the church has built up momentum over 15 years and were determined to get through the pandemic. And maybe it's due to Kay Mackie's determined leadership and her congregation's commitment to small farmers and alternative trade. This year Kay will be retiring from her role and passing the program baton to two new coordinators.

For questions or suggestions contact: Jackie Hull 608-221-3974-H, 608-576-7837-C OR
Karelyn Hopkins 608-577-3185-C
Co-Coordinator for the MUMW AFT Mission

Thank you ALL for your continued support of this mission!!!

STEPHEN MINISTRY



The subtle (and at times not so subtle) malaise of COVID-19 stress, fear, anxiety, fatigue, and isolation continue to affect so many of us. Are you or someone you know experiencing feelings of mental or emotional exhaustion? Other life stressors? During these challenging times, we all are facing stress in new and varied ways. Please know you do not have to go through it alone! If you or someone you know would like to have a compassionate, listening ear to talk about it and think together about coping mechanisms, please contact me. Our Stephen Ministers are ready to provide care for you or anyone in our church or community who may benefit from someone caring for them and listening to their concerns, anxiety, or stressors. Telephone care and video connecting are available. If you have any questions or think this might be a good idea for you or someone you know, please contact me at (608)335-5063 or markbmumc@gmail.com.

ALTAR FLOWERS

We welcome donations of flowers for our altar on Sundays. If you would like to give flowers on a particular Sunday, please contact the church office or use the volunteer Sign Up Genius link found in this newsletter. They may be dropped off on Fridays during office hours, 9am-2pm or on Sunday mornings. Thanks for brightening up our worship space.

MIDWEST MISSION VOLUNTEERS NEEDED!

Midwest Mission needs your help the weeks of: August 2nd-6th, August 9th- 13th, August 16th, August 18th- 20th, August 25th-27th, and August 30th- September 3rd.

If you are interested in volunteering any of these days or weeks, please contact Pat Wright to get your reservation booked. Individuals and groups are welcome. pat@midwestmission.org or 217-697-4063

THE MONONA SENIOR CENTER INVITES YOU TO:

--AN ICE CREAM SOCIAL

Wednesday August 11 at 1:00 pm

Fireman's Park Shelter (corner of Progressive Ln & Winnequah Rd)
Entertainment by KG & The Ranger, singing old favorites in western style.
Call 608-222-3415 to sign up.

--BIRD & NATURE ADVENTURES

Let's take a walk together at Aldo Leopold Nature Center (330 Femrite Dr, Monona)

Wednesday at 1:30pm

August 18-Trees of all Kinds

September 15-What's in the Pond?

October 20-Who's Still Here?

At Monona Senior Center (1011 Nichols Rd)

November 17-Getting Ready for Winter

December 15-Gifts for the Wild

Call 608-222-3415 to sign up.

BOOKS IN THE ENTRY

We have some books from our library and previous Adult Sunday School classes that you are welcome to take, read and return. The UMW book shelf is also available to check out a book.

READ 'EM & MEET



The book club will start meeting again on **Sunday, September 19 @ 2pm** to discuss, *Murder at the Washington Tribune*, by Margaret Truman at the home of Jan Zadra. Mary Graper will provide dessert. **Visitors and new members are always welcome to attend.** There is a list of future meetings and the books to be discussed in the Narthex. Join this fun and lively group!

FOOT CLINICS/VOLUNTEERS

Did you know that Monona UMC is hosting the NewBridge Foot Clinic in our Fellowship Hall three Tuesdays a month? NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for older adults 60+. The cost is \$20 and we ask that you bring two towels. Appointments are required by calling (608) 512-0000.

NewBridge is also looking for a Foot Clinic volunteers to help with their foot clinics. Please contact Joe at NewBridge 608-512-0000- Ext. 2000 for more information.

NEWBRIDGE/MY MEAL MY WAY

The NewBridge meals sites are starting up again with some new options. The East Side/Monona location has lunch at Messiah Lutheran Church at noon on Tuesdays and Thursdays and breakfast/lunch at HyVee (East Wash.) from 10am until 1pm on Wednesdays and Fridays. Find more information on their website, including registration info : www.newbridgemadison.org/nutrition

RIVER FOOD PANTRY

The River is currently accepting 18-count egg cartons until further notice. Also, The River is NOT accepting clothing or household items. If you have items to donate, please check with either Agrace or Boomerang. You are welcome to drop off egg cartons, paper bags, non-perishable food, or personal hygiene items at church daily from 9am until 2pm.

AGRACE HOSPICECARE

Agrace Offers Virtual Grief Support

In August, grief support specialists from Agrace are offering four virtual (accessible with a tablet, computer or smartphone) grief support groups for adults:

- **Young Adult Grief Support Group** meets every **Tuesday in August**, from 6:30 p.m. to 7:30 p.m.
- **Bridges Support Group** meets **August 4 and August 18**, from 9:30 to 11 a.m.
- **COVID-19 Loss Group** meets every other Wednesday. In August, meetings are **August 11 and 25**, 5:30 to 7 p.m.
- **Journey Through Grief** is a six-week series meeting **Wednesdays, August 11 to September 15**, from 5 to 6:30 p.m.

Pre-registration is required for all groups. For details, fees or to register, visit Agrace.org/GriefGroups or call (608) 327-7118.

Agrace Seeks Volunteers in Dane County

Agrace is seeking volunteers across Dane County to visit with hospice patients or support its Madison-area thrift stores. Volunteer orientation will take place at Agrace's Madison campus **August 12**, from 9 a.m. to 1 p.m., or **August 23**, from 9 a.m. to 1 p.m. **Pre-registration is required for either session.** Call (608) 327-7163 or visit Agrace.org/Volunteer to fill out an application.

FOR THE LOVE OF GOD'S CREATION

...try a Mother Earth Plant-Based Meal...

The plant-based diet is a category among diets that limits animal-derived foods in favor of plants. Instead of a diet centered on meat and dairy, the starring roles in a plant-based diet are played by vegetables, fruit, and whole grains. It is a diet that poses less burden on Mother Earth than animal-based diets with their enormous requirements for water, energy and land, and their colossal amounts of toxic waste products including methane, a greenhouse gas that is even more destructive than carbon dioxide. **Offering us a way of showing love for God's awesome creation, plant-based meals bring us a fresh, flavorful approach to eating that additionally have been shown to have significant health benefits, including weight loss and disease prevention.** This does not mean that meat or dairy products are banned. What it means is that plant food takes center stage, while good quality animal products can be added in smaller amounts for flavor and maybe some extra protein.

Protein, you might say, is one of the main reasons you eat animal products. Nutritionists tell us that the average person's daily protein requirement is approximately 7grams of good quality protein per 20 pounds of body weight, meaning about 60 grams of protein for an individual weighing 170 lbs. What nutritionists also tell us is that protein is part of numerous plant foods and that if we eat a variety of veggies, fruit, and whole grains, we most likely won't suffer any protein deficit. Veggie sources of protein furthermore come with fiber and all kinds of other nutrients, which you won't find in animal sources.

But then you might have heard that not all proteins are the same. Proteins consist of smaller molecules called amino acids, which link together like beads on a string forming long protein chains that fold into complex shapes. Animals, including humans, need protein that consist of a number of different amino acids including those that are called the "essential amino acids." Our bodies can produce some amino acids, but the essential amino acids must be obtained from our diet. Protein that comes from animals comes with all the essential amino acids, and is what is called complete protein. Protein from soybeans and quinoa, amaranth and chia seeds are also complete. However, most plant sourced proteins are not complete, but by eating combinations of plant foods we can obtain complete protein. You probably are aware of the **beans with rice combination**, such as is often found in Mexican cuisine. The beans and rice proteins complement each other, in that each has some of the essential amino acids and when eaten together, they provide all of the essential amino acids needed for our bodies. And it's not just the proteins in beans and rice that complement each other. It's proteins in all kinds of legumes when combined with numerous kinds of grains or seeds or nuts that become high quality plant-based protein sources and healthy alternatives to the animal proteins we have become so dependent on.

This month Church & Society is sharing a recipe of **a stew from Morocco**. It has a variety of vegetables and derives its protein from the combination of chickpeas and couscous. **Try it as a way of showing your love for God's Creation and tell us what you think.**

Church & Society, Siv Goulding

MOROCCAN VEGETABLE STEW

<p>Ingredients: serves 3-4</p> <p>1 large or 2 medium-size onions, peeled & chopped</p> <p>3 T. vegetable oil</p> <p>2 large carrots, peeled and diced</p> <p>2 large Roma tomatoes, chopped</p> <p>2/3 cup of dried chickpeas, soaked, drained, cooked in water until tender, and drained</p> <p>1 tsp. each of ground cinnamon, cumin and coriander</p> <p>2 T. tomato paste</p> <p>1 1/2 cup raisins</p> <p>2 cups water</p> <p>1 T. chopped parsley</p> <p>2 tsp. lemon juice</p> <p>Sea salt & freshly ground pepper</p> <p>1 1/3 cup precooked couscous</p>	<p>Directions:</p> <ol style="list-style-type: none"> 1. Sauté the onions in the oil until tender. 2. Add the carrots together with tomatoes, chick peas, spices, tomato paste, raisins and water. 3. Bring the mixture to a boil. 4. Let it simmer gently for about a half hour, until the vegetables are cooked. 5. Add some more water to the vegetable mixture if it is too thick. 6. Stir in the parsley, lemon juice, and salt and pepper to taste. 7. Prepare the couscous according to the package. 8. Eat and ENJOY!
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\$ Financial Report \$

Cash Flow June 30, 2021

General Fund	Month	Year to Date
Income	\$ 19,276	\$ 129,960
General Operating Expenses	21,781	118,820
Net Surplus (Shortfall)	\$ (2,505)	\$ 11,140

A STEWARDSHIP MESSAGE - SUMMER: GOD IS NOT ON VACATION!

Matthew 6:34~

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

The pace of August is often hectic and life (yours, your children’s, your family’s) takes you in many directions. But let us remember, God does not take a summer vacation! God is always here for us, so should not we make time for God this summer?

The church is not closed during the summer, we are still open! We still worship on Sundays! The pastor continues to preach sermons and the secretary still writes and prints the bulletin. The pianists prepare and practice each week to lead music in worship. The ushers and greeters show up each Sunday and the communion stewards set up communion. The church is open for worship!

So, I invite you to make church part of your summer plans. When you are in town, I invite you to come to worship. (Though sleeping in may sound fun, remember, God doesn’t sleep in.) When you are out of town, I encourage you to find a church wherever you may be. If you cannot find a church, try to worship as a family. Sing hymns, read scriptures, and ask one another where they see God present.

Church is an important part of Christian discipleship. It is good for you to be with other Christians and with God. It is good for you to give of your time, talents, and treasures. It is good for you to recharge and recenter.

It may be nice outside, but don’t forget you also need Son-shine!

What are your summer plans? School may be out, but church is not. Summer is here. Enjoy the Son-shine!

Rev. Krystal Goodger,
Wisconsin United Methodist Foundation, 888-903-9863 or www.wumf.org

MONONA UNITED METHODIST CHURCH

606 NICHOLS ROAD
MONONA, WI 53716

The HILLTOP HERALD is produced monthly for distribution to the members and friends of Monona United Methodist Church.

Monona UMC Church office 222-1633 (Fax 222-2395); Office Hours: Monday through Friday, 9:00 a.m. to 2:00 p.m.

Homepage www.mononaunitedmethodistchurch.org

Pastor Paul Johnsen 920-246-2855 pjohnsen58@gmail.com

Kay – secretarymumc@sbcglobal.net

Mark – markbmumc@gmail.com

Virtual Worship 10:00am

The Life and Ministry of God's People In Monona United Methodist Church

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>See schedule below</u>	2 1:00 Lay Leadership Team at Monona UMC	3 1:00 Staff Meeting 6:30 Getting to Know You with Pastor Paul – Fellowship Hall or outside	4 2:00 Getting to Know You F.H. 2-4pm Library-use 6:30-8:00 El Libertador Bible Study-upstairs	5 6:30 Trustees at Monona UMC	6 Pastor's Day Off	7 11am-4pm Sanctuary/Hall in use
8 <u>See schedule below</u> 11:30 Worship Team meeting 6:30 Getting to Know You with Pastor Paul – Fellowship Hall or outside	9 11am Hilltoppers 6:30 Stephen Ministry Zoom or library	10 9:30-12:15 NewBridge Foot Clinic-F.H. 1:00 Staff Meeting 6:30 Getting to Know You F.H.	11 6:30-8:00 El Libertador Bible Study-upstairs	12 Pastor Paul vacation thru August 14 1:00 Zoom Church / Society	13	14 8am-12pm Kitchen un Use
15 <u>See schedule below</u> 11:30 Stewardship Team	16	17 9:30-12:15 NewBridge Foot ClinicF.H. 1:00 Staff Meeting 1-6pm Blood Drive at MUMC 6:30 Finance	18 10-11am RSVP Craft group-Hall 2:00 Getting to Know You F.H. 6:30-8:00 El Libertador Bible Study-upstairs	19	20 Pastor's Day Off	21
22 <u>See schedule below</u> NEWSLETTER DEADLINE	23 6:30 Stephen Ministry Zoom or-library	24 9:30-12:15 NewBridge Foot Clinic-F.H. 1:00 Staff Meeting 6:30 Ad Council	25 6:30 Incoming Confirmation Meeting 6:30-8:00 El Libertador Bible Study-upstairs	26 1:00 Zoom Church / Society	27 Pastor's Day Off	28
29 <u>See schedule below</u>	30 9am-3pm Monona Quilters-F.H.	31 1:00 Staff Meeting				

SUNDAY SCHEDULE

10:00 Worship
11:00 Fellowship
5:00 El Libertador
Worship in Spanish



NEWSLETTER DEADLINE

Newsletter Deadline August 22. Information arriving after the above date may not be in the September newsletter. Remember, you can FAX your article to 222-2395 or email to secretarymumc@sbcglobal.net