

## HILLTOP HERALD-FEBRUARY 2022 MONONA UNITED METHODIST CHURCH

#### THE CHURCH EMERGENT

Our COVID Taskforce has decided that we will have only virtual rather than in-person worship through January 30. They will meet again in early February to decide when we will be able to go back to in-person worship. If you have any questions, please contact the church office.

If you wish to schedule a group or event at the church, please contact Kay for the updated building use guidelines and forms. **We will continue requiring masks be worn for all inside events.** 

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

#### SEEDS OF PEACE BLOOD DRIVE

Please mark your calendars for a local blood drive to be held at St. Luke's Episcopal Church (4011 Major Ave, Madison) on **Tuesday, February 1** from 1-5:30pm. Go to <u>redcrossblood.org</u> to register.

#### SUMMER VACATION BIBLE SCHOOL

We are starting to plan for a summer Vacation Bible School and are looking for volunteers. If you are interest in helping in any way, please contact the church office. We need volunteers of all ages and skills, so don't be shy!

## ADULT SUNDAY SCHOOL SUNDAYS 11:30am

Hearing God: Developing a Conversational Relationship with God

by Dallas Willard

We will meet at 11:30am on **Zoom**.

#### Join Zoom Meeting

https://us02web.zoom.us/j/84504895387?pwd=TnZ3VTJYRVBldXpmWHFDMTV4Skl1QT09

#### PASTOR'S COLUMN

#### Stability in Difficult Times

Twelve years ago, Sarah and I traded in our cross-country skis for brand-new snowshoes. We enjoyed our skies and had fun on groomed trails across Wisconsin. As we got older, we lost some of our stability. Switching to spiked snowshoes appealed to us and made a huge difference.

We can snowshoe up and down snow-covered paths without fear of falling. Ice no longer worries us. We can go as far or as long as we want. Whenever we have snow, we can get out.

Best of all, we have stability with every step!

But where do we find stability in our changing world? Covid 19 had impacted our lives more than anything we have ever experienced. Our political world has become combative and our democracy has been threatened. We grasp for hope wherever possible.

As a congregation, we too, try to find our way. How do we do God's work and reach out to others in the midst of all this? Where do we find our stability?

When Jesus called his first disciples, he did not offer them a road map or promise a smooth path or an easy life. He simply invited them to come with him and stay close. As they walked with Jesus, they watched what he did. He cared for the poor and sick. He opened the eyes of the blind and helped the deaf to hear. He loved the unlovable. He never panicked.

As the disciples spent time with Jesus, they experienced that power. They came to know a stability they never expected. They had confidence to do what Jesus asked and go wherever Jesus sent them.

I am troubled by the times in which we live. I know that our way forward is anything but certain. Still, as Jesus invites us to stay close, he shares his power with us.

With or without snowshoes, Jesus gives us the stability we need.

Let it snow!

#### Pastor Paul

#### BIBLE PASSAGES & THEMES 10:00AM SERVICE

#### February 6

"Jesus Calls" Luke 5:1-11

#### February 13

"Blessings and Woes" Luke 6:17-26

#### February 20

"Great Expectations" Luke 6:27-38

#### February 27"Transfiguration Sunday"

"A Mountain-Top Experience" Luke 9:29-43

#### SOUPER BOWL OF CARING 1990-2020 - Celebrated 30 Years

On **Sunday, February 13**, millions of Americans will tune in to the Super Bowl football game. There will be parties with abundant food, friendship and fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Since the Souper Bowl of Caring began in 1990, it has become a national, grass-roots, youth-inspired movement where ordinary people are doing extraordinary good. Over \$170 MILLION in dollars and food has been generated while benefiting thousands of soup kitchens, food banks, meal programs and other hunger-relief charities in local communities.

Funds collected will be sent directly to our local food pantry (St. Stephen's). Drop \$1 (or more) in the soup pot as you leave worship on **February 13**. Join the movement transforming Super Bowl weekend into the nation's largest celebration of giving and serving.

#### WORSHIP VOLUNTEER SIGNUP

We have created an online Volunteer Sign Up Genius listing with the volunteer jobs needed for worship each week. We would especially like to fill the ushers position. 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

## MISSION OF THE MONTH Monona UMC Human Welfare Fund

"If one of your brethren becomes poor and falls into poverty among you, then you shall help him, like a stranger or a sojourner, that he may live with you."

Leviticus 25:35

Given the current economic hardships facing many persons and families in our area, your support of the Human Welfare Fund is helping your neighbors in need.

The MUMC Human Welfare Fund is a benevolent fund at our church that characterizes the true goodness of the mind and spirit, the unbiased kindness to do good. It is the expression of agape love (Greek word for unconditional love). MUMC has always been a church of compassion and love because of the gracious giving of its people.

The Human Welfare Fund is one of the ways we minister to those in our church family and the community. Anyone in need of using this fund should contact the office at 608-222-1633.

Please support this Mission. Mark your check or online giving indicating the "Human Welfare Fund".

Thank you for your generous support of this beneficial mission. The Mission Team

#### THANK YOU

THANK YOU to SPRC, to the congregation, & to the Choir!! I greatly appreciate the gift cards given to me for Staff Appreciation Sunday & for Christmas. Can't wait for in-person worship to resume so we can all safely be back together again! Thanks – Dianne

#### SCHOLARSHIPS AVAILABLE

The Czerepinski Scholarship is awarded to a graduating senior of a local high school who is a member of Monona UMC. The Price scholarship gives preference to graduating seniors and members of Monona UMC, although others continuing their education may be considered. All applicants will be evaluated on the basis of academics (40%), community service (20%), service to the church (20%) and moral character (20%). The awards are to help with tuition, books and supplies.

The Czerepinski fund was established by the estate of Henry Czerepinski, a member of this congregation. The Price endowed scholarship was established by long-time members, Alton and Roma Price.

Applications, with instructions, can be picked up at the church office or emailed to you. The applications are due back in the church office by **Thursday, March 31**.



#### STEPHEN MINISTRY

We are all facing different kinds of life challenges:

- isolation and loneliness
- anxiety over health
- grief
- juggling work, childcare and schooling responsibilities
- financial strain or job loss
- uncertainty about the future

But you don't have to go through it alone! If you or someone you care about is experiencing difficulties like these, our Stephen Ministers are ready to listen, care, encourage and be there to offer support. You can find out more by calling Mark Buffat or Pastor Paul.

#### MUMC MEN'S GROUP

All men of the church are invited to the Men's Club breakfast that will take place on **Saturday, February 12** at 9:00 am at Monona Gardens Restaurant 6501 Broadway. Come and enjoy great food and fellowship.

#### **HILLTOPPERS**

We will be changing our schedule this year. In the past, we have not met during the months of June, July and August. In 2022, we will <u>not</u> be meeting during the months of January, February and March. Inclement weather is the reason since we do not want anyone to risk falling on slippery sidewalks or streets.

#### UNITED METHODIST WOMEN INFORMATION



**Friendship Circle** - **Wednesday, February 9** at 1:30pm in Fellowship Hall at church. Jeanette Williams will be our host.

**Faith Circle** will not meet in February. Call Jan Wanek at 608-395-2433 with any questions.

#### JAVA JIVE -

Adapted from the Equal Exchange Website WHAT WE ACHIEVED TOGETHER IN 2021

We sincerely thank you for your support during 2021 as the pandemic continued to challenge all of us. Equal Exchange has forged ahead despite obstacles to farmers, supply chain disruptions, rising product costs, and looming uncertainties......

We were inspired by the dedication and adaptations that faith-based groups and individuals showed to keep their communities connected to the farmers behind the products we consume. Even though many of you were not back to the usual in-person activities like coffee hours and holiday sale markets, we moved over 153,000 pounds of small-farmer grown coffee in 2021.

#### THANK YOU FOR YOUR ORDERS IN 2021

Each and every one was meaningful. Below are the numbers of groups and individuals that ordered from Equal Exchange last year broken down by faith partner denominations:

Women of the Evangelical Lutheran Church in America: 1381

Catholics: 1062 Methodists: 918 Presbyterians: 788

Jewish: 701

Unitarian Universalists: 579 United Church of Christ: 456

Episcopalians: 397 American Friends: 230 Mennonites: 222

Disciples of Christ: 157

Baptists: 135

Church of the Brethren: 63

This year we're counting on you to help us keep the farmers resilient in the face of challenges as the pandemic changes and continues. Our mission can only be realized by building and strengthening our alternative economic supply chain with community participants like you.

Thank you for standing with small farmers around the world and being a part of the Equal Exchange community.

Coordinators
Jackie Hull. 608-576-7837 (C)
Karelyn Hopkins. 608-577-3185 (C)
Questions or suggestions always welcome.

#### OUR SYMPATHY GOES TO

Mike Jackson and his family, upon the death of his wife, Yvonne, on January 15.

#### READ 'EM & MEET

The book club will meet on **Sunday, February 20** at 2pm to discuss, *Becoming* by Michelle Obama at Lake Edge Lutheran Church. **Visitors and new members are always welcome to attend.** 

#### HELP WANTED



The church has a job opening for someone who has been pondering how United Methodists today could respond to the many social justice issues of our time from a Christian Perspective. While the United Methodist Social Principles are our guide to work toward a world that resembles what Jesus describes as the Kingdom of God, it is not easy. Surface understanding of each issue does not seem to be enough.

So, "Church & Society" is looking for someone who could help the congregation access information about current ongoings nationally and statewide in the areas of Voting Rights, Criminal Justice, Racism, Immigration, and Environmental Justice. This **volunteer position** would involve **weekly monitoring of two unbiased organizations, Wisdom and the League of Women Voters,** and sending out notices to the church constituency about where to access details about the issues that our church is currently focusing on.

If you are someone who likes to keep up with what is happening in our society today, why not help the rest of us gain better understanding of the social justice issues Jesus keeps calling us to respond to.

CH&SOC, Siv Goulding

#### 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.

#### OUR WEBSITE

Check out our improving website: www.mononaunitedmethodistchurch.org

- We have the recorded mini-service 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.

#### THANKS FOR MISSION OFFERINGS DURING 2021

#### SPECIAL UNITED METHODIST OFFERINGS:

Human Relations Day	\$ 290
UMCOR Sunday	1,016
World Communion Sunday	40
UM Student Day	87

#### MISSION OF THE MONTH GIVING:

Human Welfare Fund	430
St. Stephen's Food Pantry	585
Goodman Community Center	725
Second Harvest	315
Ingathering (Midwest Distribution)	275
River Food Pantry	525
Reconciling Ministries Network	505
Backpack Meals	580
Jewish Social Services-Refuge Relocation	800
Road Home	645
Giving Tree	1,051
Human Welfare Fund	840

#### OTHER MISSION GIVING:

Jail Ministry	495
UMCOR-US Disaster	1,630
UMCOR-Where needed	205
Additional Giving Tree	250
Additional Human Welfare Fund	1,020
Additional Backpack Meals	50
Additional Second Harvest	160

#### 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. Flowers may be dropped off on Fridays during office hours, 9am-2pm or on Sunday mornings. Thanks for brightening up our worship space.

#### VIM TRIP TO LAKE CHARLES, LA March 19-27, 2022

Lake Charles and Southwest Louisiana have been hit with four major weather events over the past year. Hurricane Laura devastated the area in August 2020, followed by Hurricane Delta in October 2020. A winter storm left many in the area without power and water in February 2021. Then, on Monday, May 17, 2021, Lake Charles received the third-highest rainfall amount in its history, flooding many homes. Your willingness to come alongside the Holy Spirit's work repairs homes and restores hope. Bless you! **Cost - \$275. This is a drive to camp.** Carpooling may be available.

<u>Co-leader</u> – **Jeff Cupery**, 100 La Crosse St, Beaver Dam, WI 53916; Phone: 920-887-8726; E-mail: jscupery1@charter.net; (Cell: 920-318-9513)

**Registrar/co-leader – Tom Rossmiller -** 3014 Graydon Ave., East Troy, WI 53120; Phone: 262-642-3727 E-mail: tomarossmiller@centurytel.net

#### ... ALL CHURCH READ COMING UP...

#### One Person, No Vote:

#### **How Voter Suppression Is Destroying Our Democracy**

By Carol Anderson

Wednesday, March 9th, at 7:00 via Zoom

Discussion Facilitator: Madison City Clerk, Maribeth Witzel-Behl

This spring, Church & Society is inviting you to participate in a discussion of a very timely issue: Voter Suppression. We know that all adult U.S. citizens have the right to vote. But for those who might have forgot exactly what the Fifteenth Amendment of the U.S. Constitution says, it might be relevant to reiterate that:

- S1: The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude–(Right to vote Clause)
- S2: The Congress shall have the power to enforce this article by appropriate legislation. (Enforcement Clause)

While people may remind you that the voting rights amendment is not in jeopardy, over time numerous efforts have been made to block people from voting. As United Methodists, who in our Social Principles have guidelines for how to approach human issues in our contemporary world from a sound biblical and theological foundation, we are stunned that voting rights has become one of the most important issues of our time.

To gain insight into this issue since the ratification of the act in 1870, we have chosen to let Carol Anderson speak to us. In the words of Jelani Cobb (author of *The Substance of Hope*), "Carol Anderson is one of our most incisive and cogent thinkers regarding history's fingerprints on current affairs. With *One Person, NO Vote* she has produced a crucial examination of ... voter suppression. At a time when democracy is under siege and the worst elements of the racial past are being resurrected, we can scarcely afford to avert our eyes from our most pressing challenges. Carol Anderson [helps us] look at these issues directly, unflinchingly, and offers us an invaluable insight regarding where we are, how we got here, and how we might navigate our way to safer shores."

Although voter suppression may bring people of color to mind, it is not just a non-white concept. Voter suppression blocks all kinds of Americans from voting, men as well as women, young and old of any color, at any social level, and it brings our democracy into question.

Welcome to the discussion. Church & Society, Siv Goulding
Madison Public Library has many copies of this book available.

#### AGRACE HOSPICECARE

#### Agrace Offers In-Person and Virtual Grief Group Options

In February, Agrace grief support specialists are offering in-person and virtual group grief support options:

- **Family Grief Support Group** meets at the Agrace Grief Support Center every other Tuesday, from 6 7 p.m. Dates vary, call (608) 327-7135 for details.
- **Spouse/Partner Loss Support (virtual)** meets online February 14 to March 21, from 6 p.m. to 7:30 p.m.
- Bridges (virtual) meets online February 2 and 16, from 9:30 a.m. to 11 a.m.

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

#### Agrace Adult Day Center Offers Daytime Care

Do you care for or know an older adult who cannot—or chooses not to—stay alone all day? The new Agrace Adult Day Center in Madison gives seniors the reassurance and comfort of having others with them throughout the day. It's especially helpful for people who have dementia or trouble with their memory. It's a welcome break for family caregivers, too. Learn more at (608) 327-7303 or Agrace.org/AdultDayCenter.

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### FOR THE LOVE OF GOD'S CREATION

...consider this plant based Sloppy Joe recipe...

#### SLOW COOKER BBQ SLOPPY JOES Based upon recipe by Sarah DeBraal-Minor

#### **INGREDIENTS**

- 2 (15 oz) cans chickpeas, drained
- ½ cup uncooked red lentils, rinsed
- 1 small onion, chopped (about 1 cup)
- 3 medium garlic cloves, diced
- 2 (15 oz) cans tomato sauce
- ½ cup water
- ½ cup apple cider vinegar
- ½ cup brown sugar
- 3 T Worcestershire sauce
- ½ teaspoon dry mustard
- ¼ teaspoon red crushed pepper flakes
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

#### **DIRECTONS**

- Add all ingredients to the slow cooker. Cook on low for 8 hours (or 5-6 hours on high), until the lentils are cooked through and the mixture thickens.
- Let the mixture cool for a while.
- Then process it briefly in a food processor until it gets desired grainy appearance.

#### **SERVE**

- piping hot, over cornbread made with whole grain corn <u>or</u> over whole grain buns
- topped with sliced red onions or dill pickles
- Serving this bean-based recipe with whole grain breads will ensure that you are getting all essential amino acids needed to build proteins in your body.
- Adding a **small amount of good quality ground beef** if you want, to bring out the flavor of good old fashioned sloppy joe, is all within the concept of plant-based diets.
- Besides resulting in healthier meals for us, promoting plant-based eating is one way to participate in protecting our earth. By reducing animal protein in our diet, we are helping to cut the release of methane (from farm animals) into our atmosphere and reducing the enormous requirements for water, energy and land involved in the raising of farm animals.

#### Bon Appetit!

# \$ Financial Report \$

## Cash Flow December 31, 2021

General Fund	Month		Year to Date	
Income	\$	25,765	\$	252,156
General Operating Expenses		27,825		254,046
Net Surplus (Shortfall)	\$	(2,060)	\$	(1,890)

#### STEWARDSHIP - AN ATTITUDE OF GRATITUDE MAKES A BIG IMPACT

Most of the time it seems as if making a positive change in your life takes a lot of discipline, time, and effort. This makes sense. If quick and easy fixes really led to things like better physical and mental health, financial wealth, and problem-free relationships – we'd all be rich, deliriously happy, and well-adjusted. We do know that life isn't that easy or simple.

But, what if one word was able to improve both your physical and mental health, give you more and better friends, and help you accomplish more? Such a word does exist. It is GRATITUDE.

A 2014 article from Forbes outlines seven benefits of showing gratitude:1

- 1. Gratitude opens the door to more relationships. When we say thank you or express appreciation to someone we've just met, the person we thank is more likely to seek an ongoing relationship.
- 2. People who express gratitude experience fewer aches and pains and they report feeling healthier than people who do not express gratitude.
- 3. Gratitude improves psychological health. Research confirms that gratitude effectively increases happiness and reduces depression
- 4. Gratitude reduces aggression and increases both sensitivity and empathy.
- 5. Grateful people sleep better.
- 6. Gratitude increases a person's self-esteem and reduces resentment toward people who are perceived as having more.
- 7. Gratitude increases mental strength. Studies indicate that people who are grateful respond to trauma and tragedy with greater resilience and strength. Recognizing all you have to be thankful for even during the worst times of your life fosters resilience.

How can you nurture an attitude of gratitude?

- Consider creating a gratitude journal, taking time each day to write out what you are grateful for.
- Surround yourself with "gratitude cues," which are notes or visual reminders of what you must be grateful for, set in places where you will see them throughout the day.
- During your daily prayer time, be sure to include time to give thanks.
- Begin practicing mindfulness. Mindfulness and gratitude are connected.

Yes, we may find that being grateful is neither easy nor simple, especially during difficult times. But I believe its impact on our lives is well worth the effort.

Rev. Jason Mahnke

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

<sup>1</sup> https://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-ofgratitude-that-will-motivate-you-to-give-thanks-year-round/?sh=6bde3ba4183c

## The Life and Ministry of God's People In Monona United Methodist Church **February 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEWSLETTER	R DEADLINE					
		formation arriving				
Remember, you ca	an FAX your article	to 608-222-2395 or	r email to <b>secretary</b>	mumc@sbcglobal.	net	
Watch your er update to our worship sched	Sunday	1 1:00 Staff Meeting 1-5:30 Blood Drive St. Luke's Episcopal	2 2-4pm Caregivr support 6:30 Confirmation 6:30-8:00 E.L. Bible St-upstairs	3 1:00 Zoom Church / Society 3-5:30 Paper Moon Drama	4 Pastor's Day Off 3-5:30 Paper Moon Drama	5 6-7:30am E.L. Prayer Vg
		1 1		6:30 Trustees		
6 See schedule below 8:30 Choir Rehearsal 11:30 Adult Sunday School	7 6-8pm Girl Scout Troop	8 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 7:00 Stephen Ministry-Zoom	9 1:30 Friendship Circle 3-5:30 Paper Moon Drama 6:30-8:00 El Libertador Bible Study-upstairs	6:30 Zoom SPRC	Pastor's Day Off  3-9pm Paper Moon Drama- Set night	6-7:30am E.L. Prayer Vg 9am Men's Grp Breakfast- Monona Garden
See schedule below Souper Bowl Collection 8:30 Choir Rehearsal 11:30 Adult Sunday School	5:30-7pm Girl Scout Troop	9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 6:30 Finance	16 10-11am RSVP Knit/Stitch-hall 6:30 Confirmation 6:30-8:00 El Libertador Bible Study-upstairs	17 1:00 Zoom Church / Society	Pastor's Day Off  3-4:30 Girl Scout Troop- Hall	6-7:30am E.L. Prayer Vg
20 See schedule below Newsletter Ddln 8:30 Choir Rehearsal 11:30 Adult Sunday School 2 Read / Meet ===================================	21  ======== 28 10:30am-3pm Monona Quilters-F.H  5:30-7pm Girl Scout Troop 7:00 Stephen Ministry-Zoom	9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 6:30 Ad Council	6:30-8:00 El Libertador Bible Study-upstairs	24	25 Pastor's Day Off	6-7:30am E.L. Prayer Vg
	9:00 Sunday 10:00 Worsh 11:00 Fellows	School for ch		,	,	,

#### MONONA UNITED METHODIST CHURCH

606 NICHOLS ROAD MONONA, WI 53716

#### ADDRESS SERVICE REQUESTED

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

#### **FEBRUARY 2022**

Worship 10:00am

#### ... ALL CHURCH READ COMING UP ...

#### One Person, No Vote: How Voter Suppression Is Destroying Our Democracy

By Carol Anderson

Wednesday, March 9th, at 7:00 via Zoom
Discussion Facilitator: Madison City Clerk, Maribeth Witzel-Behl

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More information can be found in an article in this newsletter.