

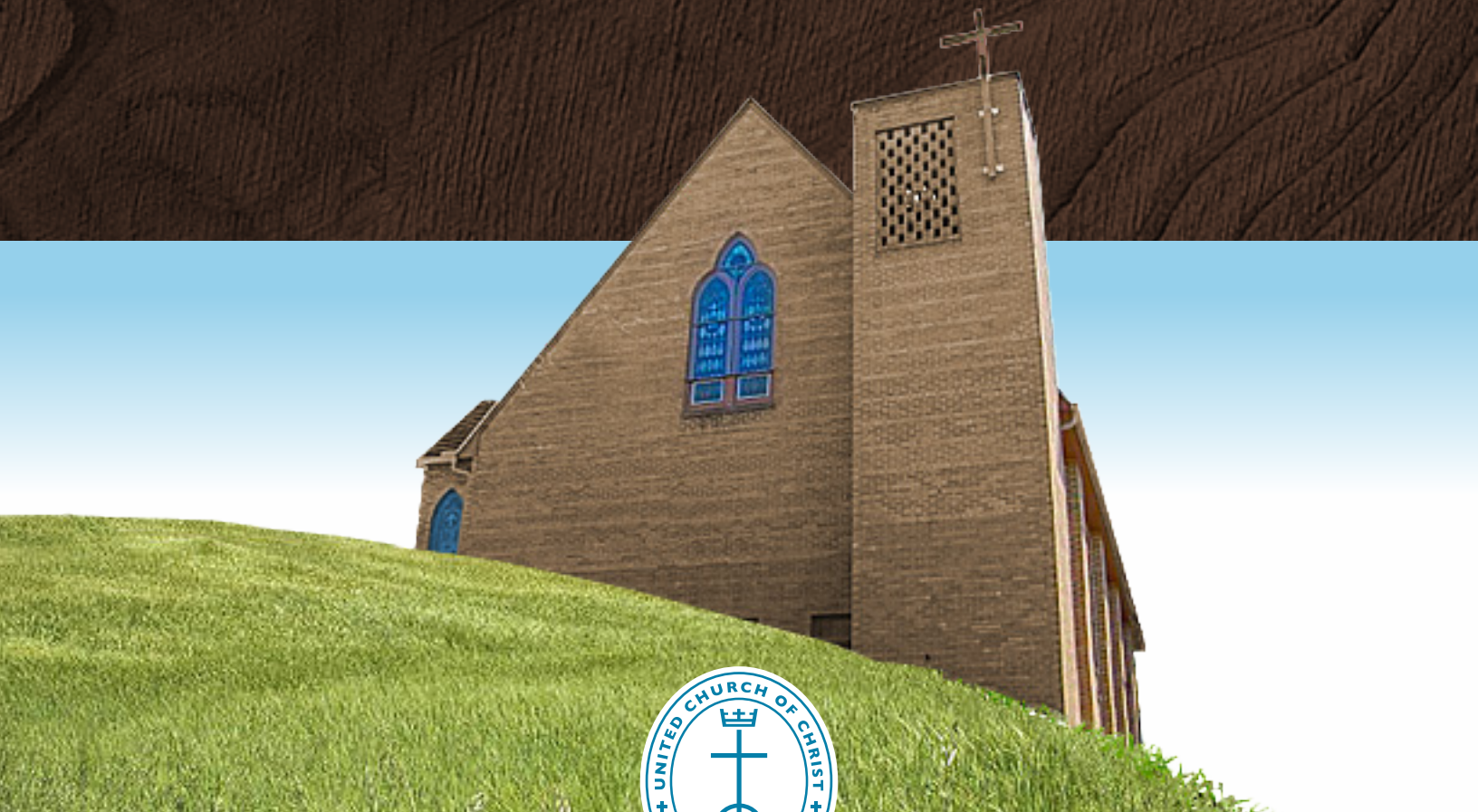


St. John's

United Church of Christ

Digital Newsletter

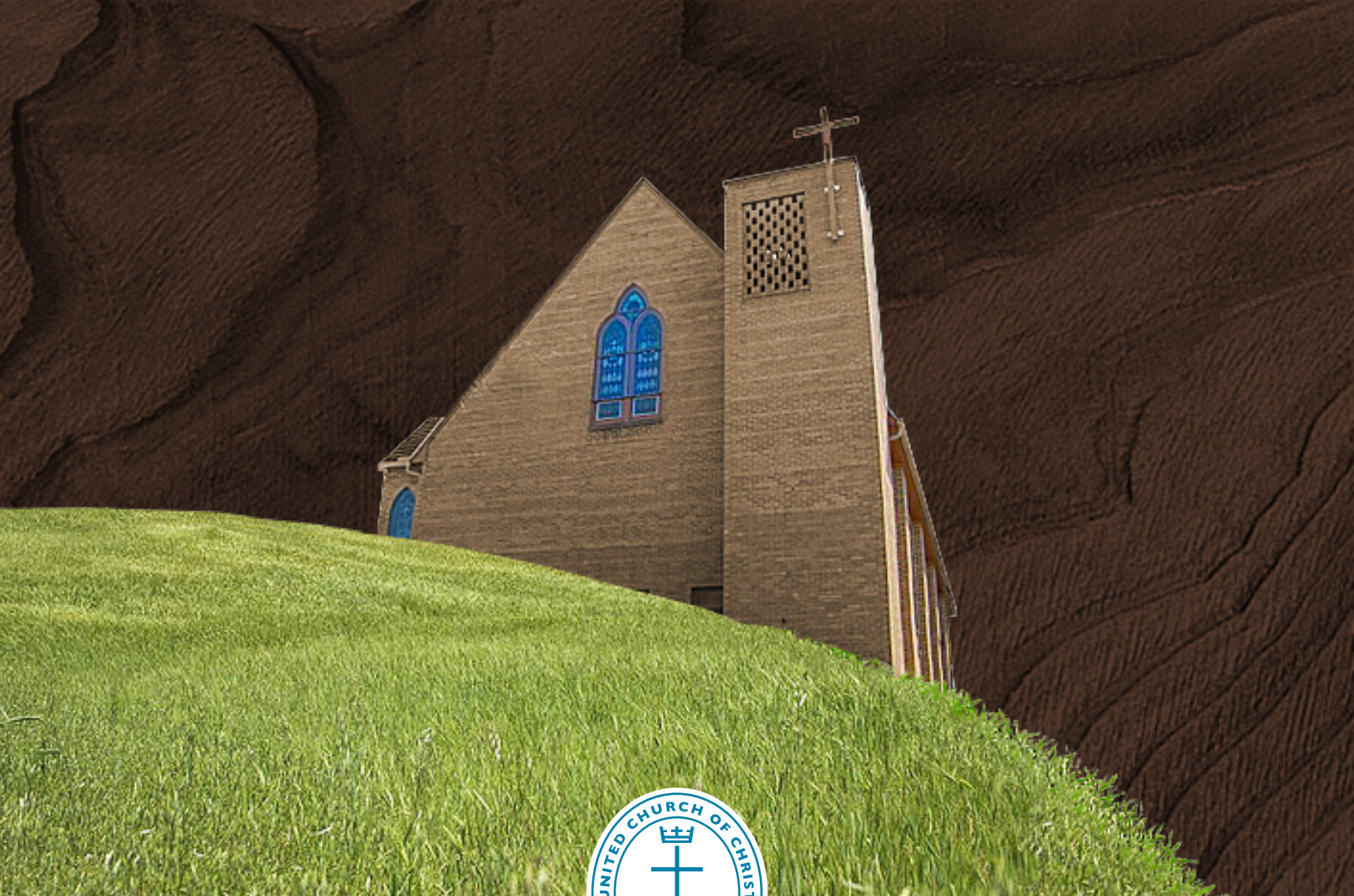
SJC Issue 0523 - May 2023



stjohnsfcwi.org

St. John's Church | PO Box 130 | 303 S Hill Street | Fountain City, WI

608.687.3277



Sunday Worship @ 8:30am

We offer two options for worship on Sundays: in person or online. Whether you prefer to worship from the safety of your home or with others, we at St. John's want to make sure you get the spiritual encouragement you need. Join us in person each Sunday at 8:30am or watch a video recording of the online service. The service is not recorded live but is uploaded after the service has ended. We look forward to worshipping with you!

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Letter From The Pastor

May 2023

Since 1949, May has been designated as “Mental Health Awareness” month. Recent studies of the impact of the CoVID pandemic on the mental health of people who had it as well as the wider community indicate that this is needed more than ever. Churches across the nation often designate the third Sunday of the month as “Mental Health Awareness” Sunday. Though we won’t be doing that this year, I still want to share some facts about mental health and illness with you, and some suggestions on how to help.

- Just as diabetes is a disorder of the pancreas, mental illnesses are disorders of the brain. Mental illness is a medical condition that disrupts a person’s thinking, feeling, mood, ability to relate to others and daily functioning.
- One in four adults experiences a mental health disorder in a given year, though indications are that this has increased since the pandemic. One in 17 lives with a serious mental illness such as schizophrenia, major depression, anxiety disorder or bipolar disorder. About one in 10 children live with a serious mental or emotional disorder. This means if you don’t have a mental illness yourself, you probably know at least one person dealing with an illness.
- Fortunately, most mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan, which may include medication, psychosocial treatments, and other support services.
- However, treatment availability may be severely limited or not available, especially in rural areas. There are fifty-five counties within the U.S. that do NOT have a single psychiatrist.
- Mental illness can disrupt a person’s ability to work, care for himself/herself, and carry on relationships. It affects every aspect of life. However, because mental illness may not be immediately visible to others, the person can be negatively judged as being weak, lazy, or uncooperative.

Continued on next page...

Page 2

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Letter From The Pastor

May 2023

- This lack of understanding can lead to the stigma of people with mental illness. This stigma impacts the availability of treatment, insurance coverage, and the willingness to acknowledge that one is experiencing symptoms or accept treatment.
- Friends and family members feel the impact of mental illness experienced by their loved one. Those feelings range from being protective to anger to denial, to exhaustion. All may feel helpless to provide support and encouragement. This range of feelings is common, and friends and family members may feel all of these at different points and should be encouraged to seek professional counseling as needed.

So what does this have to do with the church? Jesus reached out to the marginalized and those who were considered outcasts and calls us to do the same. The way of Jesus was to comfort and not to ridicule, to love and not be indifferent, to show empathy, not hostility. Many of the exorcisms in the Bible by Jesus are thought to actually be healings of mental illness. This has led the UCC to widen its welcome and provide education and support to members experiencing mental health challenges. It also recognizes the wider church's role over the centuries, and some even now, that erroneously and cruelly labeled those dealing with a mental illness as not having enough faith, dangerous, and even sinful.

The Mental Health Ministry of the UCC suggests these five simple acts as ways to start helping to make the world a better place for people with mental illnesses and their families:

1. **Be a friend: Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group.**
2. **Listen without judgement. Pray for those you know with mental illnesses and for their family members.**

Continued on next page...

Letter From The Pastor

May 2023

3. Be an inspiration: Share your story. Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
4. Watch your language: Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as “crazy,” “psycho,” “lunatic” or “mental.”
5. Be a “StigmaBuster”: Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.

If you want to learn more, good places to start include: the UCC Mental Health Network, www.mhn-ucc.org, the National Alliance on Mental Illness, www.nami.org, and the National Institute of Mental Health, www.nimh.nih.gov.

If you or a loved one are experiencing mental health difficulties, please reach out. While I am not a therapist, I can be with you as you seek treatment, face any struggles, and let you know that you are not alone. For you aren't even when it feels as if God is absent, God is always there.

God's grace and peace.

Pastor Deb Kunkel

See All Letters & Messages Online Under The Worship Tab
stjohnsfcwi.org

Easter Lily Remembrance

The Clark Family

In Memory of Our Loved Ones No Longer Here on Earth with Us

Faye Conners

In Honor of Jeremy Ahrndt Family

In Memory of Marvin & Alethea Fugina

Susan Kreher

In Memory of Loved Ones

Pastor Deb & Greg Kunkel

In Memory of Pastor Deb's Parents, Lois & Joseph Pennimpede

In Memory of Greg's Parents, Doris & Greg Kunkel

Ruth & Paul Ehmcke

In Memory of Our Parents

Baylee & McKenna Osborn

In Memory of Grandpa Jerry Osborn

Ron Novak & Faye Strelow

In Memory of Loved Ones

Heidi, Kevin, Jordan & Katie Wachowiak

In Memory of Merton & Delores Sutter

Cindy Ziegler

In Honor of Loved Ones

Sunday Penny Collection

First Sunday of the Month

The Church School Students will be collecting pennies the first Sunday of every month. We haven't done this in a long time and are anxious to start again. This money enables us to do donations to people or needy projects in our area or throughout the world.

Sunday, May 7, 2023



Online Calendar

Visit Us Online 24/7

Please go online and visit our NEW easy to use website for current up-to-date, detailed event information. Our calendar is updated daily. Email us with any questions or comments.

stjohnsfcwi.org



Stewardship

Stewardship Moment from the Deacons

Strengthen the Church offering supports the expansion of ministry and growth of local UCC churches. Support of this offering helps the UCC fulfill its commitment to creating a just world for all by investing in ministries that meet the emerging needs of local communities. St. John's will take the offering on Pentecost Sunday, May 28. Envelopes will be included in the Sunday bulletin. ~ Deacon John Stettler



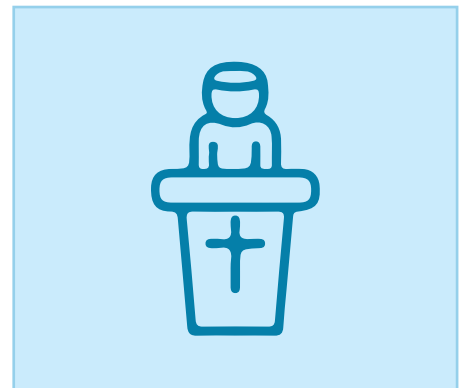
Sunday, May 28, 2023

Liturgists & Others Wanted

Do you like to read during the service?

Then you will be happy to know that Pastor Deb is seeking liturgists to start this year. Liturgists will lead the Call to Worship and read the first Scripture Reading. If you would like to be included in the pool of liturgists or readers, please let Pastor Deb know or look for the sign-up sheet.

Or do you like the spotlight or have a little bit of “ham” in you? Pastor Deb would love to have you join her in skits or dramatic monologues used on occasion during the service. Please let her know (all ages welcome.)



The Cake Auction Is Back!

Sunday, May 7, 2023

The Christian Education Committee is having their annual Cake Auction right after church in the Fellowship Hall. Tasty cakes, pies, and other goodies will be available for purchase. We look forward to your participation in baking and bidding. This is one of our favorite events & proceeds go to our Sunday School Program. A light lunch will be served by your Christian Education Committee.



Food Shelf

Report For April 2023

Can you give a couple hours a month and volunteer at the St. John's Food Shelf? Put a note in the offering plate this Sunday or reach out to Pastor Deb or Linda Clark at 715.495.5282. Thank you to our current volunteers! We are trying to help as many people possible!

Donations Most Needed:

- ✓ Toilet Paper
- ✓ Canned /Ham/Salmon
- ✓ Cake/Brownie
- ✓ Muffin Mixes
- ✓ Canned Frosting
- ✓ Instant Oatmeal
- ✓ Cereal (Healthier)
- ✓ Crackers (Saltines)
- ✓ Rice/Pasta Pouches
- ✓ Vegetable Spray
- ✓ Brown Rice
- ✓ Juice Boxes
- ✓ V8/Tomato Juice
- ✓ Boost/Ensure
- ✓ Canned Chili
- ✓ Canned Stew
- ✓ Spices
- ✓ Applesauce
- ✓ Salad Dressing
- ✓ Ketchup
- ✓ BBQ Sauce

1st & 3rd Monday: 4:30pm - 6:30pm
2nd & 4th Wednesday: 3:00pm - 5:00pm



- ✓ 514 Pounds Of Food Distributed
- ✓ Averages 20 Pounds Of Food Per Person
- ✓ 26 Total People Helped
- ✓ 00 Children
- ✓ 15 Adults
- ✓ 11 Seniors
- ✓ 15 Households (1 Came Twice)

Volunteers: May

Ushers

Knecht Family

Greeters

05.07.23 Chris & Kendra Ritscher Family

05.14.23 Marv & Carol Colbenson

05.21.23 Karen Pehler

05.28.23 Dave & Sue Schaffner

06.04.23 Dale & John Schmidtknecht

Counters

Sandy & Tom Ruben

Communion & Flowers

Sherry Guenther

Financial Report

For detailed information regarding the financial standing of St. John's Church, contact the office to review financial documents.

St. John's Church
United Church of Christ
PO Box 130
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Fountain City, WI 54629
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stjohnsfcwi.org

Birthdays

Faye Conners

Riley Ratz

Bert Schaffner

Ivy Mohlke

Beverly Engel

Michelle Holliman

Don Stettler

John Stettler

Paul Ehmcke

Jan Schaffner

Kashes Franz

Jo Muench

Sandy Ruben

Byron Hoch

Kathy Bowman

Angeli Engel

Luke Schaffner

Tyson Ely

Blake Maier

Chelsea Clark

Deanna Wiersgalla

Loren Ziegler

Mike Schmidtknecht

Tina Schowalter

Jacob Jandro

Gunner Eckelberg

Jeanne Fugina

Ken Engel

Carl Brommerich

Anniversaries

Paul & Ruth Ehmcke

Marvin & Carol Colbenson

Mark & Tiffany Schaffner

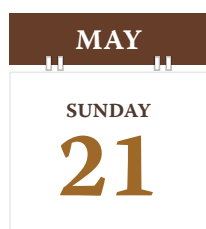
Brian & Lisa Wolfe

Neal & Diane Schaffner

Confirmation

Confirmation Class Schedule

We offer Confirmation class for middle or high schoolers. This process which includes class meetings, service opportunities, leading worship, and other activities created to fit the needs and interests of each particular class. Our youth will be enriched by these conversations and planning so that we can welcome them into the journey of our life together.



Confirmation Sunday Worship

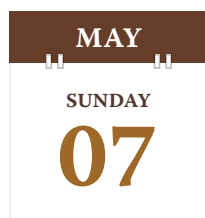
303 S Hill Street
Fountain City, WI
Starts @ 8:30am



Other Special Events

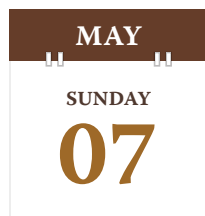
St. John's Church

Along with our Sunday Worship Service schedule, Pastor Deb's Office Hours, Consistory Meetings, Food Shelf Schedule and other recurring events. Below is a list of SPECIAL EVENTS located at St. John's Church and or the local area. Please contact us with any questions. Thanks again for all the support from volunteer and the community.



St. John's Church Penny Collection

303 S Hill Street
Fountain City, WI
Starts @ 8:30am



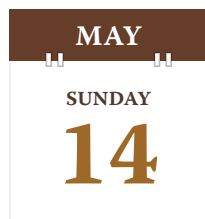
St. John's Church Cake Auction

Annual Event
Fountain City, WI
After Worship



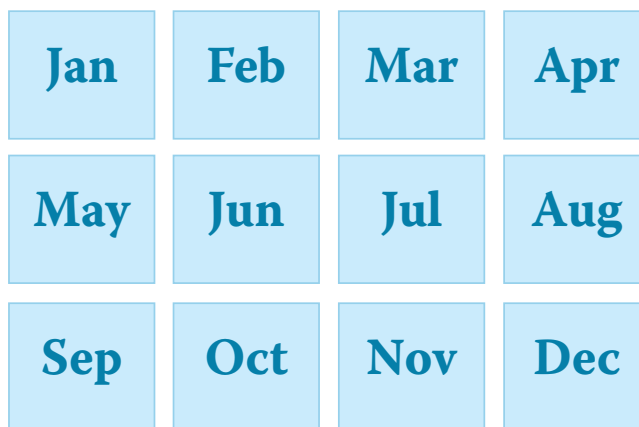
St. John's Church Consistory Meeting

303 S Hill Street
Fountain City, WI
Starts @ 6:00pm



St. John's Church Sunday Worship

Mother's Day
Fountain City, WI
Starts @ 8:30am



Online Calendar

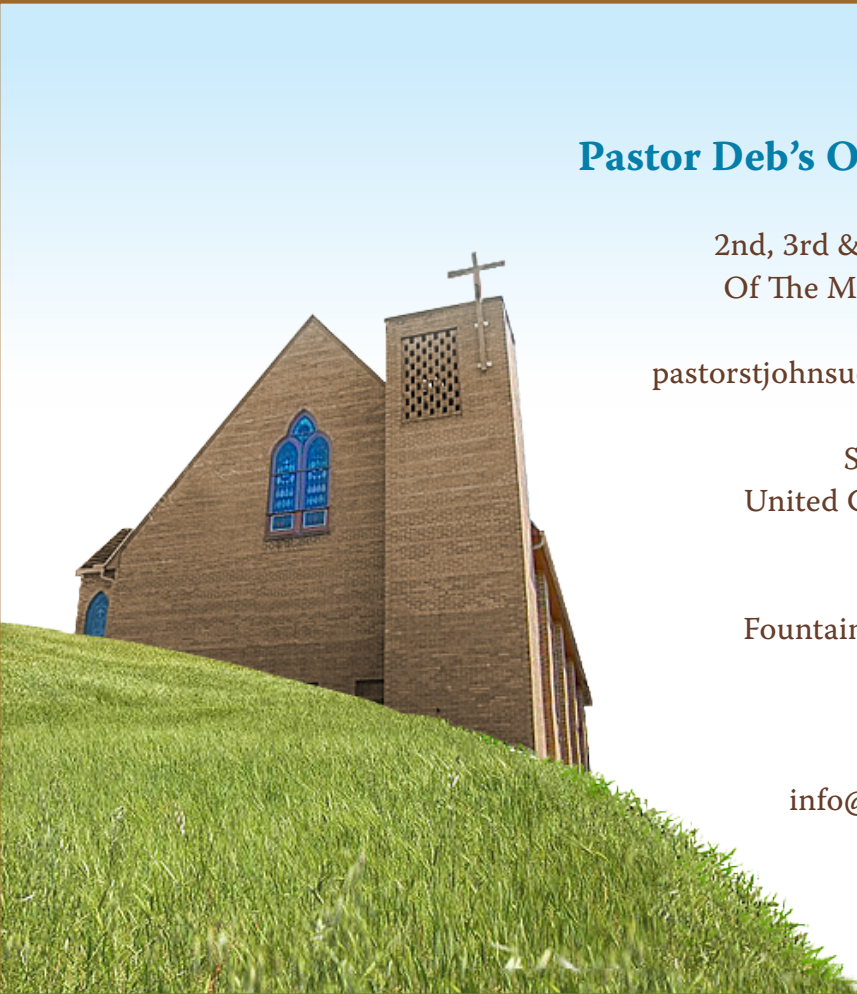
Please go online and visit our NEW easy to use website for current up-to-date, detailed event information. Our calendar is updated daily. Email us with any questions or comments.

stjohnsfcwi.org
info@stjohnsfcwi.org

Prayer Requests

St. John's Church - Pastor Deb Kunkel

Congregation members and non-members are encouraged to request prayers for times of need, comfort, healing, celebration and joy. If you would you like a visit from Pastor Deb, please call her to set up a time today!



Pastor Deb's Office Hours:

2nd, 3rd & 4th Wednesday
Of The Month @ 10:00am
239.994.2528
pastorstjohnsuccfc@gmail.com

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303 S Hill Street
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Fountain City, WI 54629

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stjohnsfcwi.org
info@stjohnsfcwi.org



St. John's

United Church of Christ

Church Office:

stjohnsuccfc@gmail.com

Newsletter:

stjohnsfcnewsletter@gmail.com

Pastor Deb's Office Hours:

2nd, 3rd & 4th Wednesday Of The Month @ 10:00am

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