

# Light *of* Life

JULY 2020

## OUR STAFF

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WE ARE MOVING, MOVING, MOVING!!!



June 20, 2020

Moved church off of original foundation and  
parked it back by where the old garage once stood



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# **WE ARE MOVING, MOVING, MOVING!!!**

*Continued from Page 1*

**June 24, 2020**

Turned church to get it ready to move across cemetery



**June 25, 2020**

Moved the church across the cemetery,  
parking it next to the new foundation



*Continued on Page 3*



# WE ARE MOVING, MOVING, MOVING!!!

*Continued from Page 2*



**June 29, 2020**

Honey bee removal—they moved in a month ago—today the queen finally decided she had enough—swarming around the beams—the beekeeper got the queen on the box, waited for the drones to calm down—and the honey bees are now safely in their new home!



*Continued on page 4*

# WE ARE MOVING, MOVING, MOVING!!!

*Continued from Page 3*



**June 30, 2020**

Moving the sanctuary onto the new foundation



Beam me up, Scotty :)



**To Be Continued!!!**





## A MESSAGE FROM PASTOR ROBERT.....

Brothers and sisters in Christ,

Grace and peace to you from our Lord and Savior Jesus Christ. I hope that as you read this you are doing well and keeping healthy. This is a strange year, and there is a lot going on both in the world around us and at our church. As I write this our church building is still in the process of being moved and skilled workers toil away just outside my window as they ready the new foundation before moving our beloved sanctuary on top of it. Meanwhile in the world around us a virus continues to spread, protests are happening all over, and people are generally feeling rather unsettled.

I do not claim to have all the answers to everything that is going on but as my Sunday School teacher told me once upon a time, "if you don't know the answer, Jesus is always a safe bet". Thus in life when I look out at the world around me I constantly try to discern where is Jesus in all this, not some physical statue, painting, or building where Jesus is represented, but instead where is the Spirit leading me at this particular time. Recently this led me to participating in a Black Lives Matter protest on State Street in downtown Madison. During this protest I marched alongside hundreds of other religious leaders from various denominations, and faith practices. Along with these many church leaders dozens of police officers joined us, and over 10,000 other individuals all united in an effort to move our society toward putting an end to the systemic racism that plagues our country. While the Black Lives Matter movement has unfortunately been tarnished by the violent acts of extremists both inside and outside the movement it is peaceful gatherings like this that give me hope that we can truly move forward in a loving and supportive way where our country does not blindly ignore color, but instead honors the many colors and cultures that make up this great nation we live in. Now some of you may be saying, "pastor stop being so political, the church shouldn't be involved in politics." You

are right, I agree that churches should not wed themselves to a particular party, or openly support candidates. Yet that being said I don't believe Systemic Racism is a political issue, it is a human rights issue that politicians have made into a political issue. As people of faith we are called to stand with those who feel oppressed and/or cast aside by society, to listen to their voices and do what we can to love and support them in their struggles. Instead of denying something exists just because it does not personally affect us or those we know, we need to listen to those who are affected and understand how their experiences may be different than our own.

Like any mass movement there are going to be aspects of it that we agree with, and others that we don't. It is possible to support our police officers, while admitting that there is racism in the way certain laws are written and/or enforced. It is also possible to support the efforts to expose systemic racism, while also disagreeing with some of the ways people are going about carrying out that message. The most important thing we can do as brothers and sisters in Christ is to listen to those in pain and try to understand what might be driving that pain, instead of just dismissing and attacking those in pain because their words and actions make us uncomfortable.

As we know Jesus died as a result of our sin, and upon that cross he demonstrated his love for each and every one of us by granting us forgiveness. Yet despite that love for everyone, he made sure to lift up and single out those he felt were oppressed and in need of support. Beyond just simply proclaiming "love everyone", Jesus intentionally went out of his way to single out and support those individuals and groups that were feeling marginalized in the world he lived in, such as the Jewish people, women, Samaritans, children, gentiles, those suffering from leprosy, and many other mental and physical ailments. In the same way we are called to lift up and name those in our own world that may be marginalized, while

## PRAYER CONCERNS

During the month of June, we have remembered the following individuals in our Sunday prayers:

|                 |                |              |             |
|-----------------|----------------|--------------|-------------|
| Tina Bauman     | Lisa Thompson  | Mary Skinvik | Bev Lowe    |
| Harper DeBauche | Helen Knuteson | Rudy Nielsen | Lucy Wisner |
| Stuart Svoboda  | Dave Wisner    | Marv McCoy   |             |

Our condolences to the family and friends of Ron Brantmeyer.

*We apologize if we have missed anyone, it was not intentional*



## DO YOU SUFFER FROM THE HURRY SICKNESS?

"Carl" (not his real name) was focusing on the "Hurry Sickness" that afflicts our culture (well before COVID-19 descended on us). He believes God is exposing this soul-sickness in the midst of this pandemic-sickness. God, he said, is "exposing things that, had we carried on as we were, we never would have taken time to look at, pay attention to, or evaluate." Carl pointed out that busyness and productivity have become "gods" to some of us, and that we have an opportunity now to "re-boot." He called it a "holy pause." Finally, he said, "God didn't cause it (referring to the coronavirus), but He is using it."

## FINDING A NEW NORMAL

Of all the phrases and mantras during the pandemic: "We're all in this together", "Patience and faith will guide us", "Stronger together" – there's one that should be a lesson to us all as we move forward: "It's normal to not feel okay and it's okay to not feel normal".

Change is not easy for most people, especially when it is imposed upon them. There are a couple of things that may help you as you transition into a new normal. First, give yourself and others time and flexibility to adjust and settle in. Allow yourself to acknowledge your feelings – grief, nostalgia, confusion, hope. Trying to place blame or question why it happened is wasted energy. Focus on the why it happened is wasted energy. Focus on the positive. Remember that you are not in this alone and believe that in time your new normal will become familiar and comfortable. Give yourself that gift of time.

If you, a friend, or a loved one is struggling, please know that we at Lutheran Counseling and Family Services of Wisconsin are committed to helping alleviate the fear and uncertainty during these challenging times and into the future. Please contact our office at 414-536-8333 or 800-291-4513.

## TIPS FOR A NEW NORMAL

Following are tips from a few of the counselors at LCFS as you build and embrace your new normal:

**Deb Rayburn, MS, LPC**, serving the Milwaukee area: "Try this simple breathing exercise to calm yourself and reduce physical symptoms of anxiety: Breathe in deeply through your nose for four seconds, hold for seven seconds and slowly breathe out through your mouth for eight seconds."

**Brooke Siddell, MS, LMFT**, serving the Fitchburg and Sun Prairie areas: "Practice noticing the things you are grateful for each day. Keep a gratitude journal by writing 2-3 things daily that brought you joy. Share it with your family at a meal together, or call a friend and share with them."

**Lisa Hecht, MSSW, LCSW**, serving the Sun Prairie, Portage, Reedsburg & Fitchburg areas: "Resilience is, in part, having a healthy perspective on life challenges. What is your perspective on life's challenges in general? Does that view need adjusting? Upgrading? A total rewrite? Ask a friend or elder their perspective on the hardships of life."

**Donna Powless, Ph.D, LPC**, serving the Green Bay and Shawano areas: "There is nothing greater to bring us back to a normal feeling, than to dig in the dirt and feel the dirt between our fingers moving plants around."

**Deborah VanderKinter, MS, LPC**, serving the Milwaukee area: "Even when you are staying at home all day, get up in the morning, make your bed, take a shower and get dressed as you would if you were leaving your home. Getting up and getting ready to face the day can help you feel more awake and productive."

**Glenn Peters, LPC, SAC**, serving the Milwaukee area: "Get outside for some movement and fresh air. Just 15 minutes a day can improve your health and your mood."

**Rory Gaouette, MS, LPC**, serving the Milwaukee area: "When feeling anxious about the future, intentionally bring yourself back to the present moment. Focusing on your breath or engaging in activities that involve your 5 senses can help you to do this."

## LIGHT OF LIFE & SUNDAY BULLETIN ARTICLES

If you have news you'd like to see in the Sunday bulletin announcements and/or Light of Life newsletter:

1. Email your submissions to [burkelutheran@att.net](mailto:burkelutheran@att.net) (please indicate in the subject line whether it is for the bulletin, LOL or both), or
2. Mail to church, 5720 Portage Rd, Madison, WI 53718, or 3. Turn it into the church office with Attn: Peri

## RELAY FOR LIFE THROUGH AUGUST 1



Burke is again forming a Relay for Life team as we have since 1998. COVID-19 has changed the way we Relay, but with everyone's support, we can make sure the fight to end cancer doesn't stop. The Northern Dane County event will take place virtually from now through Saturday, August 1. If reading this newsletter electronically, [click here](#) to go directly to Burke's team page. Don't have access to the internet? Then call Sharon Hughes (608)-225-6172 on how you can help.

On August 1st, we will come together virtually to Celebrate, Remember and Fight Back.

Now more than ever, we are so grateful for the passion and dedication of millions of volunteers and supporters. Thank you for your continued support of our mission and for all you are doing to help lead the fight for a

### THREE INGREDIENT BLUEBERRY YOGURT POPSICLES

These super simple, protein-packed 3 Ingredient Blueberry Yogurt Popsicles hit the spot when the weather heats up!

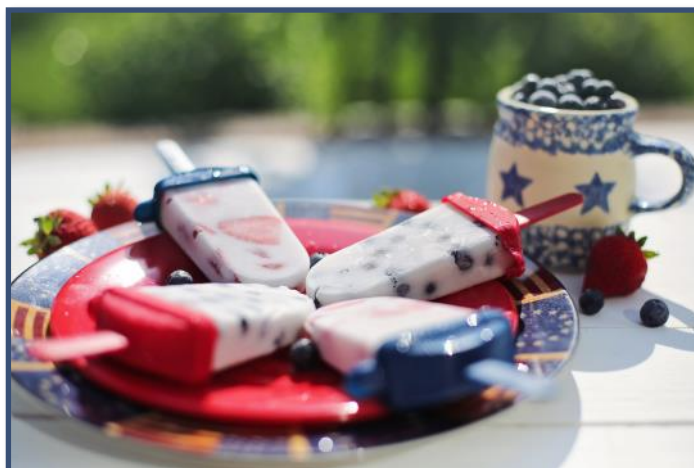
- 2 cups blueberries\*
- 2 Tablespoons agave or honey\*
- 2 cups vanilla Greek yogurt (or any flavor)

Blend the blueberries in a food processor or blender on high speed until nearly liquified into a smoothie-like consistency. Pour the thick blueberry liquid into a large bowl. Stir in the agave/honey. Add the yogurt and very gently mix everything together. If you want a tie-dye, swirly look to your popsicles—do not fully blend the yogurt and blueberries. You want those patches of white and blue. The mixture will be thick. Taste it. If you want it sweeter, you can add a little more agave/honey. Pour mixture evenly into each popsicle mold. If your popsicle mold has slots for sticks, you can insert them before freezing – if not, freeze for 2 hours, then put a wooden popsicle stick in the middle. Continue to freeze for an additional 4-6 hours or overnight.

#### NOTES:

**Blueberries:** You can be a little generous with the 2 cups of fruit (maybe closer to 2 and 1/4 cups). And try using another fruit! You can use around 2 cups of halved cherries, sliced strawberries, chopped peaches, blackberries, or raspberries.

**Sweetener:** The agave or honey really makes the flavors of the tart fruit and tart yogurt pop. I much preferred the batch made with a little liquid sweetener over the test batch without. If you're using a sweeter fruit mentioned above like dark sweet cherries, reduce down to 1 Tablespoon. Taste the mixture, then add a little more if you'd like it sweeter.





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**JULY CALENDAR**

The staff at Burke Lutheran meets most Thursday mornings at 9:00am. We will return phone calls after our meeting. Thank you for your consideration.

| Sun                          | Mon                            | Tue                                         | Wed                              | Thu                                             | Fri                                                                           | Sat                                                                                          |
|------------------------------|--------------------------------|---------------------------------------------|----------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
|                              |                                |                                             | <b>1</b>                         | <b>2</b>                                        | <b>3</b>                                                                      | <b>4</b>  |
| <b>5</b><br>Worship, online  | <b>6</b>                       | <b>7</b>                                    | <b>8</b><br>Nat'l Video Game Day | <b>9</b>                                        | <b>10</b>                                                                     | <b>11</b>                                                                                    |
| <b>12</b><br>Worship, online | <b>13</b><br>Amazon Prime Day  | <b>14</b><br>Council Meeting,<br>6:30pm     | <b>15</b>                        | <b>16</b>                                       | <b>17</b><br>Please consider<br>donating funds<br>to the River<br>Food Pantry | <b>18</b>                                                                                    |
| <b>19</b><br>Worship, online | <b>20</b>                      | <b>21</b><br>Foundation Mtg,<br>7:00pm      | <b>22</b>                        | <b>23</b><br>National Hot Dog Day               | <b>24</b>                                                                     | <b>25</b>                                                                                    |
| Pastor Rob gone              |                                |                                             |                                  |                                                 |                                                                               |                                                                                              |
| <b>26</b><br>Worship, online | <b>27</b><br>Preach Board, 9am | <b>28</b><br>National Milk<br>Chocolate Day | <b>29</b>                        | <b>30</b><br>International Day of<br>Friendship | <b>31</b>                                                                     |           |

Save the Dates: August 1 August  
Virtual Relay for Life Finale  
Sun Prairie Virtual Sweet Corn Festival

## Happy Birthday!

Have a birthday in July?  
Hope your birthday is spectacular,  
totally cool, really fantastic, wonderful, exciting, ma-  
jorly awesome, fun-filled, rocking and **HAPPY!**



## Happy Anniversary!

To all who said "I do"  
in the month of July!

