







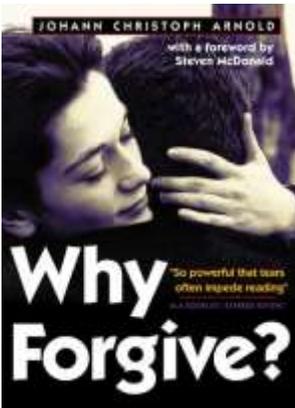
### **Reunion Sunday September 9**

We will begin a new church year together with worship at 9:30 am on Sunday, September 9. The First Day of Sunday School is also September 9, which will be held immediately following the children's sermon in worship. After worship we'll celebrate the beginning of the new church year together with a potluck, so please bring a dish to share. September 9 is also the first Packer game of the season, so wear your Packer gear to church! Join us—and invite a friend or neighbor!



### **“Aging Gracefully & Well”: September 26 Brown Bag Lunch Senior Program**

On Wednesday, September 26, from 11:30-1:00 pm, we will host a Brown Bag Lunch Educational Program for Seniors in Fellowship Hall called “Aging Gracefully & Well” presented by Kristin Hosking, Nutrition & Wellness Supervisor from the Department of Aging and Disability. Beverages and dessert will be provided. Join us—and invite a friend or neighbor!



### **“Who Needs Forgiveness?” Study Begins September 16**

Pastor Glenn will lead an adult education study on the topic of forgiveness beginning on Sunday, September 16, from 11 am to 12 pm in the upstairs conference room. We will look at what Jesus and the scriptures teach us about forgiveness and explore why forgiveness is so hard—yet so essential—to each of our lives. Every participant will receive a free copy of the book *Why Forgive?* by Johann Christoph Arnold. Join us—and invite a friend!



### **Confirmation Orientation September 23**

A Confirmation Orientation will be held on Sunday, September 23, from 11 am to 12 pm in the upstairs conference room. This orientation is for all parents and 8<sup>th</sup> and 9<sup>th</sup> grade students who wish to be confirmed. At least one parent is required to attend this orientation with their confirmation student. The purpose of this orientation is to get better acquainted with one another, clarify confirmation class schedules, curriculum, and expectations. If you have any questions or concerns, please call or e-mail Pastor Glenn at (414) 550.1553 or SPPastor@yahoo.com.



### Summer 2019

#### Eco-Mission Trip

Pastor Glenn will be leading an Eco-Mission Trip to Chicago next summer from **July 27-August 3** for youth and adults (friends are welcome!).

The purpose of this trip is to study environmental sustainability and provide volunteer service as increasingly faithful and responsible stewards of God's good creation. Trip overview:

\*Visit the Institute of Environmental Sustainability at Loyola University Chicago, rated as the

“greenest campus in the Midwest”, meet and study with faculty and staff, and tour the biodiesel lab, greenhouse, aquaponics and urban agriculture program, and LEED certified building.

\*Worship at Trinity United Church of Christ, the largest UCC congregation in the U.S., tour the church's solar energy and urban gardening projects, and provide volunteer service.

\*Visit Elmhurst College, a UCC-affiliated college, tour the campus, meet with faculty and staff to learn about their green initiatives, and provide volunteer service.

\*Have plenty of time to enjoy Chicago sightseeing, museums, and restaurants.

\*Lodging and meals will be provided in Loyola University Chicago residence halls and dining halls, and we will travel in a rental van and/or personal vehicles (depending on group size).

\*The cost of this mission trip will depend on group size, but be very affordable, with need-based scholarships available (i.e., if you're interested, we'll find a way to get you there!).

**An Informational Meeting about this Eco-Mission Trip will be held after worship on Sunday, September 30, at 11:00 am in the sanctuary.** For more information or to express interest, contact Pastor Glenn at [SPPastor@yahoo.com](mailto:SPPastor@yahoo.com) or (414) 550.1553.



### Calling all

#### SUPERHEROES!!

Every Sunday starting on Sunday, September 9<sup>th</sup> 2018

Meet During Worship

All Children 4k thru 7<sup>th</sup> grade

Come learn about the Heroes

In the Bible with us!!



### School Partnership

#### Forming

In keeping with our ministry priorities of serving children and young families and hands-on outreach to our community, the Church

Council has approved the development of a School Partnership ministry with Erin Elementary School. District Administrator Kieth Kriewaldt has approved this partnership and welcomes our members volunteering to support children, families, and teachers in numerous ways. We will be working with the District Volunteer Coordinator over the summer to identify ways that our congregation can volunteer beginning this fall. If you'd like more information or would like to volunteer, contact Pastor Glenn or John Duwell for more information.



### Extending the Table September 2

We will be “Extending the Table” to our neighbors in need by collecting goods for area food pantries again on Communion Sunday, September 2. Here are the items currently most needed: canned mixed vegetables, canned carrots, canned mandarin oranges, juice (64 oz. bottles), refried beans, chunky soups, pastas (bow ties, shells, mostaccioli), boxed potatoes, jell-o, oatmeal, desserts (cake mixes, brownie mixes, frosting).



### Church Planning Retreat Highlights

Our third annual Church Planning Retreat was held on June 23 in Fellowship Hall. Pastor Glenn led a morning of lively discussion, with attendance by Council members, chair persons, and representatives from a number of committees.

We began by reviewing and affirming the Ministry Priorities developed at last year's Church Planning Retreat:

- Create higher visibility in and outreach to our community
- Continue to develop faith formation programs for children, youth and young families
- Enhancement and streamlining of communication and decision making processes

We celebrated our successes to date in each of these areas and brainstormed action plans for the further development of our Ministry Priorities.

After small group discussion and full group collaboration, we have some exciting plans to share including the following:

- Enhancement of Senior programs and outreach
- The creation of a school partnership ministry with Erin School
- The improvement of church record and data storage, and development of an electronic data storage strategy
- The development of a marketing and evangelism plan to promote church growth
- Creation of a strategy to address building space and storage needs

We plan to share further details, answer questions, and invite feedback and participation from the congregation during worship on Sunday, September 16. For more information contact Church Council President John Duwell or Pastor Glenn.



### September 15 Serving Day at Sussex Food Pantry

We are responsible for providing a team of 4-5 people to serve at the Sussex Food Pantry from 9:30 am-12:00 pm on the 3rd Saturday of each month. Our next serving day is scheduled for Saturday, September 15 (friends are welcome, too!). Please sign up on the sheet in Fellowship Hall or let Pastor Glenn know if you are interested in serving. The Sussex Food Pantry is located in the new Sussex Civic Campus at N64 W23760 Main Street, Sussex, WI.



### September Liturgist Schedule

September 2: John Duwell  
September 9: Jamison Duehring  
September 16: Bernice Dieball  
September 23: Steve Manuell  
September 30: Curt Hultstrum



A BIG THANKS to all of the wonderful people at St. Paul's United Church of Christ!

Thanks for your support and prayers for our Granddaughter Cassie.

Thanks for the many personalized happy birthday cards you took the time to send for Alice's 80th. Thanks for your prayers and support for us as Alice recovers from her foot surgery.

We really appreciate your love and friendship.  
Alice and Steve Manuell

## Women's Guild



St. Paul's Homemade Bread and Soup Lunch and Bake Sale is on Saturday, September 15. We again ask your help advertising the event by inviting friends and neighbors and giving them a flyer (available on the greeter's stand) which also includes the date of St. Paul's Chili Dinner and this year's Cookie Walk. Business posters are also available (see Carol) if you work or shop at a business in this area which has a public posting area.

If you can help at the sale (11 AM to 3 PM – Saturday, September 15) or with set up (5 PM to 8 PM - Friday evening, September 14) please see Jill. We need a few more helpers.

St. Paul's bake sale is popular and the wonderful homemade bars, sweet and yeast breads, cookies, pies, jellies, etc. fly off the tables. Start thinking of what you can make for the sale to keep our enthusiastic customers happy and keep those tables stocked. Bring baked items to church on Friday, September 14. The church will be open to accept baked goods from 9 AM to noon, and from 6 PM to 8 PM. If that time doesn't work for you, please contact a Guild member to make other plans.

We will again be holding a silent auction with part of the proceeds going to fund postage for our Operation Christmas Child mission. Any church group or church member who would like to furnish a basket or gift card for the auction, please see Debby Schlafer.

The next Guild meeting is Thursday, September 20. We invite all St. Paul's women to attend.



## Know of Someone in the Hospital?

If you know of someone in our congregation who is currently hospitalized or would like a pastoral visit, please contact Pastor Glenn at [SPPastor@yahoo.com](mailto:SPPastor@yahoo.com) or (414) 550.1553.



## Please remember with your prayers, cards, calls & visits:

- \*The Truman family as Jeff continues to battle brain cancer
- \*Sheila Anderson, recovering from pneumonia at home
- \*Ron and Diane Smith, as Ron recovers from brain surgery
- \*Alice Manuell, recovering from foot surgery
- \*Ardyce Senfleben's daughter, Jill, receiving treatment for a cancerous brain tumor
- \*All students, parents, and teachers as the new school year begins
- \*The people of California recovering from wildfires
- \*The people of Indonesia recovering from a recent earthquake

## Greeters for September:

- September 2<sup>nd</sup> – Dick & Judy Nell
- September 9<sup>th</sup> – John & Polly Edgar
- September 16<sup>th</sup> – Steve & Alice Manuell
- September 23<sup>rd</sup> – Jim & Jo Swanson
- September 30<sup>th</sup> – Jean Sutter & Judy Nell



## Coffee and Conversation Hosts:

- September 2<sup>nd</sup> - Debbie Schlafer & Lucy Krapfl
- September 9<sup>th</sup> - Reunion Sunday Potluck.
- September 16<sup>th</sup> & 23<sup>rd</sup> - **\*\*NEEDED\*\***
- September 30<sup>th</sup> – Bernice Dieball

**Church Council Meeting Minutes**  
**July 9, 2018**

**Attendance:** Pastor Glenn Danz, John Duwell, Wanda Dieball, Adam Staus, Jill Paddock, LouAnn Evert, Connie Johnson. Guest: Jack Duehring, Eugene Dost Absent: Sue Miller

- 1) Opening prayer.
- 2) Approval of minutes – June minutes were reviewed and unanimously approved (Jill moved & Adam seconded)
- 3) Approval of financials –The June financial statements were reviewed and unanimously approved. (Adam moved & Eugene seconded)
- 4) Facilities Discussion – Solar panels analysis done by Brett Miller. KWH production has decreased each year and seems significant. Council recommends that Arch electric be asked to inspect the system to determine if it is efficient or needs any repairs. John moved, LouAnn seconded. Unanimously approved. Received a quote of \$7550 to replace the sanctuary furnace/air conditioner. Each furnace could be repaired for \$500 by replacing a part for the time being to keep furnaces running, but will need to be replaced fairly soon. John moved to authorize Jack to use up to \$500 for furnace parts, Adam seconded. Unanimously approved. Council will be aware to start budgeting for a new furnace/air conditioning unit.
- 5) Pastor's report – Written report presented and reviewed with Council. Report included June through July ministry highlights, upcoming events and prayer needs.
- 6) Committee Liaison Reports – This discussion will be added to all future Council Meeting Agendas to promote better communication. Committees are encouraged to advertise their activities in the media that is available to us such as: Facebook, web page, Chapel Bells, Sunday bulletins, etc. Personnel will meet with Jill L. as the first assessment as accompanist. Cemetery committee did meet. There are paper and computer copies of the cemetery plots. CE – Adam reported that the requested to represent the church at Richfield Days. May have a decorated float & classic cars/trucks. Would hand out flyers. This was OK'd.
- 7) Membership Review Process – Report on calls made to members. Will ask those that no longer plan to attend to submit a letter indicating they are withdrawing their membership.
- 8) Church Planning Retreat – Discussed how to communicate ideas/decisions made at the retreat to the church members.
- 9) School Partnership Team – It was determined at the Retreat to move forward with this with Erin Elementary. Erin has a volunteer coordinator. St. Paul's needs to develop a team to contact this coordinator & begin this partnership.
- 10) Council Calendar – Pledge cards: We now order our own that fits our campaign theme, so this can be deleted from the calendar. Stewardship committee: We now have a year round committee, so this can also be deleted from the calendar.
- 11) Next Council Meeting – Monday, August 6, 2018 – 6 pm.

Motion to adjourn made by Eugene, Adam seconded

Submitted by Wanda Dieball

## CHECKING UP ON CLERGY HEALTH ASSESSING THE COST OF SACRED WORK

Many people feel called to their work and respond to job demands in ways that reflect a sense of vocation. But do we expect clergy to perform their calling with even greater devotion and sacrifice? Because clergy define their work as sacred, taking care of themselves may always be a lower priority. One writer describes the high cost of sacred work in this way: “if your backdrop is burning bushes and having a child at age ninety, or if it’s bumping into an angel with premarital plans for you . . . who are you to turn down a relatively minor request like leaving vacation to perform a funeral?”<sup>1</sup>

### The Latest Numbers

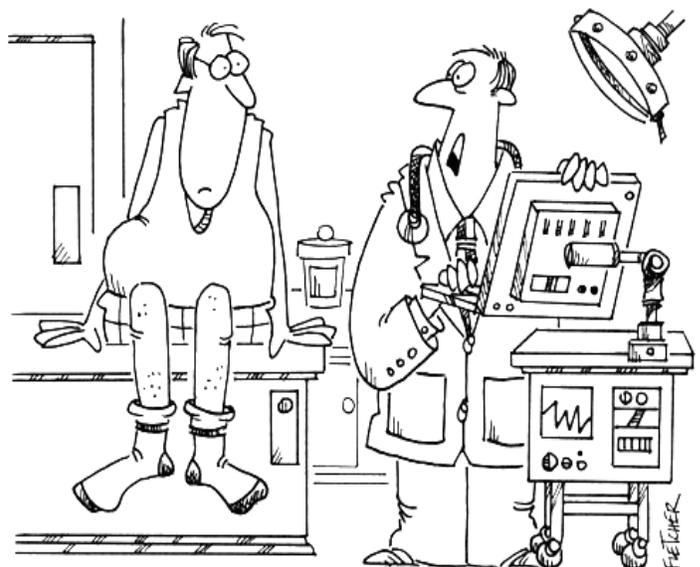
Findings from a ten-year, longitudinal study suggest that unraveling all the complexities of clergy health and well-being is not easy. Although the study drew from a large number of United Methodist clergy, the research results mirror findings from other Protestant clergy samples. This landmark study also carefully tracked intervention efforts and evaluated how individual clergy might change their health status and habits over time.<sup>2</sup>

**Physical health.** Just as health insurance costs for the general population continue to climb, the same holds true for clergy. In fact, these costs for clergy remain higher, partly because clergy submit more health care claims.<sup>3</sup> National studies reveal clergy have higher rates of obesity than the general population, regardless of age. Obesity causes and complicates other health issues, especially chronic diseases, such as diabetes, arthritis, asthma, and heart disease.<sup>4</sup> Lack of exercise and a damaging diet contribute to weight gain as well as high blood pressure, high cholesterol, stress, and other health negatives.

**Mental health.** Levels of depression among clergy remain higher than the U.S. population as well. The study found 8.7% of clergy suffer from some depression (compared to 5.5% of the U.S. population). Both male and female clergy demonstrated these higher-than-average rates of depressive symptoms. This surprising finding runs counter to what appears in the general population, where

females typically present much higher depression rates than males. However, among clergy, the opposite pattern surfaces: twice as many male clergy report depressive symptoms compared to males in the U.S. (8.8% to 4.4%).<sup>5</sup>

What might be some of the causes behind these higher clergy depression rates? There are probably more reasons than can be explored here, but some possibilities include aging (the average age of clergy continues to scale upward), side effects of medications, long hours, presence of congregational conflict, unrealistic clergy expectations about ministry, excessive demands by congregants, and serving as the first line of support in difficult life circumstances (illness, death, divorce).<sup>6</sup> Yet another factor could be self-selection. Some clergy who went through traumatic life events may seek out ministry as a healing experience. Their own life encounters could make them especially sympathetic to others’ suffering and form their approach to ministry. Henry Nouwen wrote about “the wounded healer,” who exemplifies how one’s own suffering can serve as a source of strength and hope for others.<sup>7</sup>



“WALKING THE WALK ISN’T ENOUGH...  
IT’S TIME TO TRY SOME LIGHT JOGGING.”

The good news: More than two-thirds of the study's clergy qualified as "flourishing" compared to only about half of the U.S. population. Clergy are more likely to report being happy, satisfied with their life, filled with a sense of direction and meaning, and enjoying many warm and trusting relationships.<sup>8</sup> What appears to be a contradictory finding, given the higher-than-average depression rates, confirms what other researchers discovered. Clergy consistently demonstrate remarkable resiliency and better-than-average psychological and social functioning. These measured positives simply do not lie on the same continuum as depression, anxiety, or stress.

### Hope-Filled Implications

What do these recent results say to clergy, those who care about them, and those who wish to see congregations strengthened by healthy leadership?

**For clergy.** After hearing about the health initiative, large numbers of clergy wanted to participate in the health program—so many that new groups had to start in waves every six months. The protocol called for assessment on key components of physical health once they agreed to participate, including weight, waist circumference, blood pressure, HDL cholesterol, and triglycerides. Even before clergy began to participate fully in the program, they showed significant improvements in these metabolic syndrome indicators, which are linked to heart disease, stroke, and diabetes. Awareness and frequent monitoring of physical health indicators resulted in improved outcomes and seeing improvements helped motivate pastors to stick to an exercise plan and continue healthy eating. Screening for potential risks and access to health care is essential for long-term outcomes.

Unfortunately, the program failed to decrease rates of depression or stress symptoms. Although pastors were encouraged to nurture their family and friendships, other components of mental and social health—financial and other context stressors—went largely unaddressed.<sup>9</sup> These findings underscore that clergy cannot obtain better health alone without the support of congregations and their denominational leaders.

**For congregations.** Lay leaders play an important role in supporting healthy behaviors in clergy. Encourage the pastor to take a day off a week, pursue a relaxing hobby or interest, get regular exercise, and spend time with family and friends. Other ways to provide stress-reducing support include honoring the boundary between ministry and personal time, offering a

Sabbatical, providing funds for continuing education or personal study (books), or granting time for participation in clergy peer groups.<sup>10</sup> Refrain from insisting that every ministry task is equally important and must be carried out by the pastor. When pastors find ways to spend more time on their joy-filled ministry tasks, they feel greater satisfaction in ministry.

**For denominations.** The most highly satisfied pastors cite their denomination as a critical partner in their ministry effectiveness. Judicatory leaders can advocate for adequate salaries, housing allowances, healthcare benefits, and pensions, even for clergy in part-time positions. And they can encourage pastors to seek help with physical, psychological, or family issues.

Too many denominations struggle to provide health care resources at the regional or judicatory level. Because the bargaining advantage of national-level organizations yields better and more cost-effective benefit plans, denominations should explore new, national strategies. Further, the obligation to ensure access to full benefits and equal compensation, regardless of age, gender, or race, rests with denominational bodies.

### Assessing the Rewards

**For clergy:** What gives you joy? How does your passion for ministry best connect to your congregation's needs?

**For congregations:** Have people in the congregation made too many demands on the pastor during the past year? How often have people been critical of things the pastor has done? How does your congregation make the pastor feel loved and appreciated?

**For denominations:** Do we regularly check in with our clergy to listen to their concerns and needs? How are we planning to improve the ministry environment to promote better clergy health?

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1. Rae Jean Proeschold-Bell and Jason Byassee, *Faithful and Fractured: Responding to the Clergy Health Crisis* (Grand Rapids, MI: Baker, 2018), 24.

2. *Ibid.*, xx-xxii.

3. *Ibid.*, xvi.

4. *Ibid.*, 84.

5. *Ibid.*, 37-38.

6. *Ibid.*, 3.

7. Henri J. M. Nouwen, *The Wounded Healer: Ministry in Contemporary Society* (New York City: Doubleday, 1972).

8. Proeschold-Bell and Byassee, 114.

9. Cynthia Woolever, "Big Ministry Trends for 2014," *The Parish Paper*, January, 2014.

10. Cynthia Woolever, "How to Avoid Pastor Burnout," *The Parish Paper*, January, 2013.

# September 2018

Wishing you a great start  
to your school year!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9:30 am worship w/ communion + Extending the Table Sharon Jossart	3 Labor Day, church office closed Debbie Braden	4 11:30 am Senior Group; 6 pm, Church Council mtg. Jim & Jo Swanson's Anniversary	5 Adam & Jessica Staus' Anniversary	6 Ashley Ressler	7	8 Mabelle Stein
9 9:30 am Reunion Sunday worship and 1st day of Sunday School w/ potluck luncheon	10	11 Brenda Klemmer Judy Nell	12 Tom & Mary and Rick & Vicki Guetzke's Anniversary	13	14 5-8 pm Soup & Bread drop off & set up	15 9:30 am-12:30 pm serving day at Sussex Food Pantry 11:00 am to 3:00 pm Soup & Bread Luncheon & Bake Sale
16 9:30 am worship	17 Sharon Schlafer	18	19 Brett & Susan Miller's Anniversary	20 Guild 12 Noon Jim Branchford Connie Johnson Jim Purtell Elise Gothard Jason & Becky Duehring's Anniversary	21 Zach Hahn Tim & Sue Guetzke's Anniversary	22
23 9:30 am worship Charmaine Duehring Jake Klemmer	24 Susan Guetzke	25 Dave & Betty Zimpelmann's Anniversary	26 11:30 am-1:00 pm "Aging Gracefully & Well" Brown Bag Lunch Senior Program Art & Debbie Schlafer's and Cliff & Debbie Braden's Anniversary	27	28	29 Taylor Raether
30 9:30 am worship; 11 am Summer 2019 Eco-Mission Trip Informational Meeting in the sanctuary						