

# U-C-C See What's Up

## Edgerton Congregational United Church of Christ May – 2015



10:30 AM  
Sunday Worship Service  
9:30 AM  
Sunday School



May 3	10:30 AM Worship Service <b>Communion</b> 9:30 AM Sunday School
May 10	10:30 AM Worship Service 9:30 AM Sunday School <b>Baptism for Jaxson Davis</b>
May 17	10:30 AM Worship Service
May 24	<b>SUMMER WORSHIP BEGINS</b> 9:00 AM Worship Service
May 31	9:00 AM Worship Service

*April 3-30 (Good Friday)*  
*April 5-84 (Easter)*  
*April 12-42*  
*April 19-47*  
*April 26-46*



Alan and Patricia Carrier-May 22

*Best Wishes!*

*HAPPY MAY BIRTHDAYS!*



Luke Smerchek-May 6  
Tracy Tronnes-May 7  
Stephanie Tronnes-Wilson-May 7  
Eastlyn Lanham-May 15  
Joan Granger-May 15  
Zoe Riley-May 17  
Alan Arneson-May 18  
Candy Wilke-May 21  
Leyla Ninmer-May 22  
Seth Wiersma-May 23  
Lauren Brown-May 29

*Have a special day!*

# 2015 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<b>3</b> Worship 10:30am Communion Sunday School 9:30am	4	5	6  Luke Smerchek	7  Stephanie Tronnes Tracy Tronnes	8	9
<b>10</b> Worship 10:30am Jaxson Davis Baptism Sunday School 9:30am <i>Mother's Day</i>	<b>11</b> Trustees Mtg 6:15pm Diaconate Mtg 6:30pm Council Mtg 7:00pm	12	13	<b>14</b>  Ascension Day	<b>15</b>  Eastlyn Lanham Joan Granger	<b>16</b> Mental Health Workshop 8:30am-4:00pm UCC Sanctuary and Fellowship Hall
<b>17</b> Worship 10:30am Mental Health Sunday  Zoe Riley	<b>18</b>  Alan Arneson	19	20	<b>21</b>  Candy Wilke	<b>22</b>  Leyla Ninmer	<b>23</b>  Seth Wiersma
<b>24</b> Summer Worship Begins Worship 9:00am Pentecost Sunday	<b>25</b>   Memorial Day	26	27	28	<b>29</b>   Lauren Brown	30
<b>31</b> Worship 9:00am Trinity Sunday						

# **UCC ACTIVITIES**

**Your Input Please:** In early May the Long-Range Planning Committee will be conducting a survey about our congregation's values and mission. Church members and friends are encouraged to complete a survey so the congregation can plan for the future. Surveys will be available in church and via email. If you have questions, please see Becky Riley, Julie Norland, Norma Thompson or Connie Wiersma.

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**May 10<sup>th</sup>, Sunday-Last Day of Sunday School**

***Happy Mother's Day***

**Jaxson Davis Baptism at 10:30AM Worship**

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**May 11<sup>th</sup>, Monday-Trustees Meeting-6:15 PM**

**Diaconate Meeting-6:30 PM**

**Council Meeting-7:00 PM**

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***\*REMINDER\****



***Summer Worship Schedule***

**Church Summer Worship Hours will change to 9:00 AM on Sunday, May 24<sup>th</sup> (Memorial Day weekend) and remain at 9:00 AM through September 6<sup>th</sup> (Labor Day weekend).**

**Please mark your calendars.**

## THANK YOU'S

**Thank You. . .Thank You. . .Thank You. . .**

To all those who helped with the clean up the Earth Day celebration on Sunday, April 19<sup>th</sup>. The news is you picked up lots of stuff! A job well done.

A thank you also to those who helped to organize this productive event.

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Thank you to Kirsten Almo, Mimi, Zoe, Nancy Durgin, Derek and Gracey Nimmer, Connie Tronnes, Cal and Connie Wiersma for your help with Breakfast Week, April 27<sup>th</sup> through May 1<sup>st</sup>. It is always appreciated and a great service. The children look forward to it. You do good work. Thanks again.

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Thank you to Edgerton Congregational United Church of Christ for your beautiful sympathy cards and thoughtful memorial gift in memory of my mom.

I along with my family am very touched by your words of condolence and kindness shown during this difficult time.

Sincerely, Linda Everson

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**Thank you** to everyone who helped with the Easter Sunday Breakfast. Your delicious food and good work is much appreciated and does not go unnoticed.

**Thank you** to those who helped with the Easter egg hunt. Always a good time and brings lots of smiles and laughter.

**Thank you** for those who donated flowers in loving memory and loving honor of family and friends for the Sanctuary. Gorgeous.

**Thank you** to the musicians, the choir and the congregation.

**There was a note on the attendance sheets stating how beautiful the Sanctuary looked and how great the worship service was.**

**Everyone was part of that and made Easter morning a true celebration!**

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We want to thank George Lynts, Connie Tronnes and the many wonderful volunteers for their help with organizing and getting the organ ready for the recital done by the Organ Historical Society on Friday, April 10<sup>th</sup>. It was well attended and a good time had by all. The Organ Historical Society is very impressed by the age of the UCC

**organ and how good it sounds. Also thank you to those who attended and Connie Tronnes for providing snacks for this event.**

**Guest Preacher, Douglas Corry Smith  
U.C.C. Mental Health Sunday, May 17<sup>th</sup>**

Dear church, I am excited to share with you that we have a world renown guest minister coming to open up the Word with us during worship on May 17<sup>th</sup>. "Doug Smith is a professional speaker, trainer, and consultant with more than 25 years of experience as a counselor, therapist, patient-care advocate, and health care administrator. He is the author of the books *The Tao of Dying*, *Caregiving: Hospice-Proven Techniques for Healing Body and Soul*, *Being a Wounded Healer*, *Spiritual Healing*, *It Takes a Village to Say Goodbye*, and *The Complete Book of Counseling the Dying and the Grieving*. He has given presentations in all 50 states and throughout Canada. Smith's three masters degrees in three different disciplines give him a truly holistic perspective." Please invite your friends and family to share in this truly special worship service led by Bishop Douglas Corry Smith.

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**A Day of Workshops on Mental Health Awareness  
Saturday, May 16<sup>th</sup> from 8:30am – 4:00pm  
Our Church Sanctuary & Fellowship Hall**

You and our greater community are invited to spend the day listening to various speakers about healthy foods; exercise; and various speakers on Mental Health Education. There are still many calls out to potential speakers for this event.

Currently we have the following verified speakers:

**8:30am – 8:55am** Registration

**9:00am – 9:45am** Speaker TBA

**10:00am - 10:45am** Sara's Health & Fitness – Meditation/Nutrition/Exercise for a  
Healthy Mind – Body – Spirit

**11:00am – 11:45am** Speaker TBA

**Noon – 12:50 Lunch** (Provided In Fellowship Hall)

**1:00pm – 1:45pm** Nicole Morgan, Grief Program Coordinator at Beloit Regional  
Hospice will share with us the stages of grief and  
the importance of taking time to grieve a loss.

**2:00pm – 2:45pm** – Speaker TBA

**3:00pm – 3:45pm** – Speaker TBA

**4:00pm – 4:15pm** – A Remembrance Candle lighting Opportunity in Sanctuary

**THIS EVENT IS FREE, BUT REGISTRATION IS REQUIRED FOR ATTENDANCE.**

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## **Misconceptions about Mental Illness**

“The National Alliance for Research in Schizophrenia and Depression conducts nationwide surveys to determine leading myths regarding people who have psychiatric illness. NARSAD conducted a nationwide survey of mental health professionals to determine the most common myths, and below are the results.

Misconceptions about mental illness are pervasive and the lack of understanding can have serious consequences for millions of people who have a psychiatric illness. Misconceptions about mental illness contribute to the stigma, which leads many people to be ashamed and prevents them from seeking help. Dispelling these myths is a powerful step toward eradicating the stigma and allaying the fears surrounding brain disorders.” - *Constance Leiber, NARSAD President*

***MYTH #1: Psychiatric disorders are not true medical illnesses like heart disease and diabetes. People who have a mental illness are just “crazy.”***

FACT: Brain disorders, like heart disease and diabetes, are legitimate medical illnesses. Research shows there are genetic and biological causes for psychiatric disorders and they can be treated effectively.

***MYTH #2: People with severe mental illness, such as schizophrenia, are usually dangerous and violent.***

FACT: Statistics show that the incidence of violence in people who have a brain disorder is not much higher than in the general population. Those suffering from a psychosis such as schizophrenia are more often frightened, confused and despairing than violent.

***MYTH #3: Mental illness is the result of bad parenting.***

FACT: Most experts agree that a genetic susceptibility, combined with other risk factors, leads to a psychiatric disorder. In other words, mental illnesses have a physical cause.

***MYTH #4: Depression results from a personality weakness or character flaw, and people who are depressed could just snap out of it if they tried hard enough.***

FACT: Depression has nothing to do with being lazy or weak. It results from changes in brain chemistry or brain function, and medication and/or psychotherapy often help people to recover.

***MYTH #5: Depression is a normal part of the aging process.***

FACT: It is not normal for older adults to be depressed. Signs of depression in older people include a loss of interest in activities, sleep disturbances and lethargy.

Depression in the elderly is often undiagnosed, and it is important for seniors and their family members to recognize the problem and seek professional help.

***MYTH #6: Depression and other illnesses, such as anxiety disorders, do not affect children or adolescents. Any problems they have are just a part of growing up.*** FACT: Children and adolescents can develop severe mental illnesses. In the United States, one in ten children and adolescents has a mental disorder severe enough to cause impairment. However, only about 20 percent of these children receive needed treatment. Left untreated, these problems get worse. Anyone talking about suicide should be taken seriously.

***MYTH #7: If you have a mental illness, it will go away. Being treated for a psychiatric disorder means an individual has in some way “failed” or is “weak.”*** FACT: A serious illness cannot be willed away. Ignoring the problem does not make it go away either. It takes courage to seek professional help.

***MYTH #8: Addiction is a lifestyle choice and shows a lack of will power. People with a substance abuse problem are morally “weak” or “bad.”*** FACT: Addiction is a disease that generally results from changes in brain chemistry. It has nothing to do with being a “bad” person.

**TO LEARN MORE ABOUT MENTAL ILLNESS VISIT THE FOLLOWING WEB SITES:**

**Brain & Behavior Research (NARSAD)** (For the latest brain studies conducted and New Treatments) [www.bbrfoundation.org](http://www.bbrfoundation.org)

**National Institute of Mental Health** (Older Adults and Depression)  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**YES Rock County** (Youth Emotional Stability) for Children & Adolescents  
[www.yesrockcounty.com](http://www.yesrockcounty.com)

**National Alliance of Mental Illness – Wisconsin** (For All Age Groups & Counties in WI) [www.NAMLwisconsin.org](http://www.NAMLwisconsin.org)

**HOPES** Suicide Education & Prevention (Wisconsin)  
[www.HOPES-WI.org](http://www.HOPES-WI.org)

**SAVE** (Suicide Awareness Voices of Education)  
[www.save.org](http://www.save.org)

## **MAY COMMUNITY ACTIVITIES**

### **Edgerton Outreach Golf Outing and Auction**

**Saturday, May 2, 9:00am Tee off**

**9 hole/Best Ball Scramble**

**\$65 per golfer w/lunch**

**Hole in one contests**

**(Grand Prize: Pebble Beach Vacation)**

**18 Team Maximum so register ASAP**

**Registration forms available online**

**[edgertonoutreach.org](http://edgertonoutreach.org)**

**ALL ARE WELCOME**

***Silent Auction-Items on display all morning,***

***Closing at 1:00pm***

***Live Auction-Beginning around 1:30pm***

**Live auction items to include but not limited to Autographed Badger and**

**Steve Stricker Items**

**For more information contact Sarah Williams-884-9593**

**[outreachwilliams@gmail.com](mailto:outreachwilliams@gmail.com)**

### **Edgerton Hospital Auxiliary Luncheon and Style Show**

**Saturday, May 2, 12:00pm - Lunch**

**(Style Show will follow the luncheon)**

**\$10/person**

**Central Lutheran Church 100 West Rollin Street**

**Edgerton, WI**

**Fashions by**

***Lillians of Milton***

***-Raffle Tickets are available for purchase-***



***\$1 Each, or 6 for \$5***  
***(Prizes are \$100, \$75, \$50 and \$25)***  
***-Door Prizes will also be awarded-***