

THE UNITED CHURCH OF CHRIST
(Congregational)
13740 Pearl Road
Strongsville, Ohio 44136



Church Telephone: (440) 238-6697
Email: StrongsvilleUCC@gmail.com
Website: www.strongsvilleucc.com

Rev. Heidi Denman McDougall
Pastor

Worship at 10:00 A.M. on Sunday

JUNE 2020 NEWSLETTER

FROM THE PASTOR'S DESK

Dealing with it.

This virus thing just goes on and on. The running gag is whether or not we know what day it is. We make up new days—my favorite is SumotuwedthufriSAT. I can use it every single day. The roller coaster of change is a stiff ride, isn't it? (And one that churches typically prefer not to ride. . . .)

I want off. I really do. But the cars are nowhere near the platform yet.

We all think we are handling things pretty well. In the midst of all this *stuff* is this truth: *Part of what we are experiencing is **grief***. Some of us are grieving loved ones lost to the virus; others are grieving our freedoms, or the loss of accustomed lifestyles—or our time together on Sunday mornings. We grieve the hugs we miss, catching up with friends-- the day-old Panera pastries with the ooey gooey chocolate inside. . . . Even things like being able to just run to the store for a couple of things, instead of trying to limit our trips to once a week.

It stinks. It *all* stinks.

When we experience loss, the main thing that *has* to happen is admitting something we care about is gone, and it is affecting us. As with an actual death of a loved one, this grief will affect us, one way or another, one *time* or another.

If you don't make space to grieve, the grief will make its own space. If you will not admit you're struggling, one morning you just might be overcome.

Find a space. Find a friend with two big, listening ears. Hit your knees. It's *okay* to hurt. It's *okay* to weep. ***It's okay.*** Sooner, rather than later, it *will* be okay again. Different, but okay.

Peace, Hope and Strength for the Journey,
Pastor Heidi

If you have faith, then your whole life is put in a new perspective. You get to work but enjoy the work at the same time. If you grow spiritually, you do what's in front of you

and let the results speak for themselves.

—Roy Orbison

ONLINE WORSHIP OPPORTUNITIES



SUNDAY – JUNE 7 – ONLINE
Sacrament of Communion
Trinity Sunday



SUNDAY – JUNE 14 – ONLINE
Second Sunday after Pentecost

SUNDAY – JUNE 21 – ONLINE
Third Sunday after Pentecost



SUNDAY – JUNE 28 – ONLINE
Fourth Sunday after Pentecost

PLEASE NOTE: *Our worship services are video recorded each week and posted on our YouTube channel for all to enjoy. Just go to **strongsvilleucc.com**, go to **Worship**, and click on **Service Videos**. Our You Tube Channel: <https://www.youtube.com/channel/UCynOZfg4uKoX7HMnKORbXfQ/videos>*

FOREST THERAPY

Ever hear of *forest therapy*? It's more than taking a walk through the forest. Based in the Japanese practice of *shinrin-yoku*, forest bathing means taking the time to genuinely pause, surrounded by nature, and *experience* your surroundings, allowing yourself to become immersed in the atmosphere. A nice soak in the forest might include listening for different bird songs, noticing variations between, for instance the bark of the white birch and the bark of the shagbark hickory. It might mean chatting with the toad who's hopped across your path. It might even include hugging a tree. (Try it—it can be a *very cool*, calming experience!)

The idea behind *shinrin-yoku* is to become mindful of your immediate space. It's usually easier to do this by getting away; what's important, however, is to be able to take that experience of *presence* and carry it over into more ordinary (dare I say, potentially *stressful*) situations. *Shinrin-yoku* can lead you to being able to pause, slow your breath, and tune out what's about to make you explode. It's therapeutic—and it's cheap. Ready to try it?

- Choose a quiet outdoor space for your first experience. Sit comfortably, feet flat. Notice your breath. (If you're more comfortable indoors, dedicate a space to this practice.)
- As you focus on your breath, notice if your mind is drawn away by something else. (That's okay—it's going to happen.) It could be a sudden sound, a loud noise—even a chill, or intrusive thought of something you (think you) should be doing.
- Acknowledge whatever has taken your attention away from your breath, and turn back to your breathing.

The first time you try this, it will probably feel strange and awkward. Try to keep focused for two minutes. As it becomes more familiar, as the intrusions become less frequent, lengthen the time. *Don't become discouraged*. Ultimately, aim for 20-30 minutes.

Over time, you may find you look forward to your "therapy sessions." That special tree you hugged may call to your spirit.

May you find peace, love and calm within, even during a season of storm.



OUR PRAYER LIST

Please provide updates for this list to the church office. Thank you.

Long-Term Care or Homebound: Janet Kato at Kemper House, Martha Liebert, Marge McKinney, Karen Rak, Connie Church Family: Joan Beckwith, Lloyd Bridle, Elaine Coffey, Betty Craig, Rev.

Larry and Christina Craig, Joe Craig, Robert Craig, Sam Cuyler Jr., Dan Davis, Sue Hawk, Steve Herzog, Paul Hirt, Carole Kapcar, George Kapcar, Debbie Krause, Lori Kovatich, Karl and Sharon Kuhlenschmidt, Millie Lafave, Lacey Marshall, Judy Maur, Laurie Meister, Michele Mihlack, Bill Ritchie, Alysha Rolland, Ginger Rothel, John and Maggie Struhar, Keith Sullen, Jamie Trinckes, Josh Trinckes, Sharon Wilson, Sally Vetovitz, Peg Weakley, Claire Wills, Marty Winch

Extended Church Family: Fred Beba, Amy Carroll (sister of Marty Winch), Hunter Colao (grandson of Mark & Barb Camp), Lyla Joy Crowley (great grand-niece of Irene Jannsohn), Elaine Fuelling (friend of Judi Pavisich), Rebecca Gordon (niece of Irene Jannsohn), Kim Filiatraut (friend of Sarah Keenen), Elizabeth Fulford (friend of Lora Rung), Dana Hardy (wife of Craig), Kelly Kling (Strongsville Emergency Food Bank), Rev. Kent Knife (retired pastor from MHUCC), Diane Mason (friend of Lora Rung), Pat Masuga (mother of Dan), Donna McDonald (friend of the Ritchies), Zachary McKeever (great-nephew of Pastor Heidi and Chuck), Linda McNabb (sister-in-law of Ginger Rothel), Mae O'Shea (mom of Sandy O'Shea), Carrol Riley (father of Marjorie Morrison), Terry Robson (friend of the Camps), Mike Rung (brother of Lora), Amanda Shannon (friend of Sarah & Jon Hayes), Sherry Sheeks (sister of Mark Camp), Brad Williams (friend of Judi Pavisich), Daphne Wilson (niece of Irene Jannsohn)

Please contact Pastor Heidi if you would like to be added to our email prayer chain to pray for others.



*Our deepest sympathy to **Betty Jacobson** and family. Betty's husband, **Milton Jacobson**, passed away on April 29,*

2020. He was buried at Sunset Memorial in North Olmsted on May 4, 2020.

*We also send our condolences to **Richard and Mary Densmore** and family. Richard's stepmother, **Karen Densmore**, died at home on May 14, 2020 in Perry, Ohio. Karen had been in home hospice care for some time.*

*Our love and prayers to **Eddy and Adria Bond** and family; Eddy's dad, **Jesse Bond**, aged 105, went home to the Lord on May 18, 2020.*

UNSUNG HEROES

Did you know that **Kathie and Gary Paul** have been taking the time and energy to plant flowers on the church grounds? Thank you for beautifying our little corner of the world!



Did you know that church member **Linda Ponstingle** sewed and donated 85 cloth masks to the church for people who don't have one of their own? Anyone wishing to take a mask and leave a donation for the Pastor's Outreach Fund may do so during church office hours.

Just to be clear,
the Church has not been closed,
so it doesn't need to be re-opened.
We have simply stopped worshipping
in our buildings for a time
to protect the health & well-being
of our people & our communities.
The Church does not require a building
in order to be the Church.
What is required is love, compassion,
& the presence of God.



I was profoundly touched by the caring get-well wishes, cards, messages, calls, and texts I received while recuperating from my sports(!) injury. I am thankful EVERY DAY that I am a part of this congregation. Love and miss you all, **Irene Joyce**

Thank you for the many expressions of sympathy on the loss of Eddy's father. The congregation's concern was a great comfort. **Eddy & Adria Bond**

Thank you for your kind thoughts, cards and prayers.
Lori Kovatich



River Valley Paper Company

KEEP RECYCLING YOUR PAPER, MAGAZINES, AND CARDBOARD! The church (and everyone else) benefits any time you recycle, especially during bonus week where your paper donations count for more. Thank you!

EMAIL IMPOSTER

Hello friends,

Please be reminded that Pastor Heidi will never send out cryptically worded emails asking for unspecified amounts of money for vague purposes, mysterious requests for nebulous assistance, or erroneously capitalized missives. Her genuine email address is Heidi Denman McDougall H.E.Denman@gmail.com

If you receive an email from someone posing as Pastor Heidi, please double check and don't be fooled.

Mark it as spam and delete. Thank you!



EVEN IF OUR CONGREGATION IS NOT MEETING IN PERSON, PLEASE FEEL FREE TO REACH OUT TO OUR CHURCH FAMILY WITH A CALL, CARD, OR TEXT.

FREE LUNCH FOR ALL
is suspended until further notice, but we are working on a plan to continue to serve the community during the COVID crisis.



Are you an online shopper? If so, why not benefit the church while you make your purchases from Amazon? It's incredibly easy! Here's what you do:

1. Instead of typing amazon.com into your search bar, type in **smile.amazon.com**.
2. Select United Church of Christ Congregational Strongsville by clicking this link: <https://smile.amazon.com/ch/34-1298100>
3. Shop as you would normally—that's it!

Your addresses, billing information, and shopping cart are still saved and your Prime membership privileges still apply. A small percentage of your purchase price will go toward supporting the church. **Every little bit helps!**



You can still order gift cards by calling the church at least two days in advance and then picking them up at the church

office with your payment.

ALTAR FLOWER DONATION

May 10— *In loving memory of our mother and grandma, Betty Babics, on Mother's Day*
The Gigliotti and Kubancik Families



You may provide flowers on any Sunday you wish because multiple vases are accepted on Sunday mornings. The cost is \$15 for one vase, \$30 for two vases. **Altar flowers are suspended until our in-person worship services resume.**

STEEPLE LIGHTING

Week of May 3

Happy Birthday to Hayley McKane on May 7th and Debbie Wentz on May 9th—With love, Grammy/Mom

Week of May 10

In celebration of our 30th Anniversary on May 12th
Judi and George Pavisich
Birthday wishes to Dorothy Ritchie today
With love from her family

Happy Birthday to Patti Johnson on May 11th
With love, Mom

Week of May 17

Happy Birthday to Ryan Craig and Tracey Hill on May 22nd

With love, Grammy

Happy Birthday to Cathy Hawk! Love, your church family

Week of May 24

Happy Anniversary to Adam and Kristina Craig on May 25th

Happy Anniversary to Stacie and Dan Sauter on May 25th

Happy Birthday to Sandra Wentz on May 28th
With love, Grammy

In celebration of our Wedding Anniversary on May 24th! Ginger and Ron Rothel

Honoring those who have lost their lives in service to our country--Lola Milhoane

Week of May 31

Happy Anniversary to Patti & Nate Johnson on June 3rd
With love, Mom

Remembering our mom on her birthday, May 29th
Becky and Bill Robinson



To light the steeple, the minimum donation is \$5.00. Thank you to all who light the steeple. **You may still light the steeple even though we are not meeting in person. Please email the church at**

strongsvilleuuc@gmail.com.

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MEN'S LUNCH BUNCH is suspended until further notice.



SPONSOR CAROLINE IN INDIA

Thank you to everyone who signed up for 2020:

January—The Sunday School
February—Judy Carte
March—Dorothy & Bill Ritchie
April—The Hawks
May—Gina Cathcart
June—Richard & Mary Densmore
July—Barbara & John Toth
August—The Hawks
September—Bill Robinson
October—Bev Wehr
November—Linda Plain
December—Sharon & Jim Heinrich



The Child Sponsorship Program is a part of Global Ministries, United Church of Christ and the Disciples of Christ (Christian) Churches.

PENNY SUNDAY NEWS



Penny Sunday collections will resume on the last Sunday of each month when our in-person worship services return. Please keep saving those pennies, nickels, dimes, quarters, and dollars!

THRIFT SHOP

The Thrift Shop is closed until further notice.



Thank you to Cathy Hawk, Sarah Hayes, Sally Herzog, and Janice Booth who have been coming in to clean, organize, and sanitize the shop during the shut-down.

WOMEN'S FELLOWSHIP



Scheduled meetings/programs are suspended until further notice. Tentative plans:

July 7 – “Outdoor Picnic in the Park”--TBD

September 1 – “Go to a Movie” TBD

October 6 – “A Harvest Craft”

November/December – “Make Candy” as a fundraiser for the group

December – “Bring-a-Friend Christmas Tea”



Don't forget to mention Strongsville United Church of Christ when making any purchases at GFS. Please label any items that are placed in the refrigerators with your NAME/GROUP and the DATE.



From Kelly Kling at the Strongsville Food Bank:

I hope you are all keeping healthy and safe! We have started small food drives again and are getting low on just about everything! We are still good for a few months. I am having trouble purchasing from Aldi where we normally get our supplies. They have limited quantities, so we cannot buy in bulk. I am waiting for the store manager to get back from vacation and hopefully they will reconsider. So in the meantime...Dollar Tree and Giant Eagle have been keeping us going. They have been so helpful during this difficult time!! So if you are looking to purchase somethingscereal, soup, and pasta are our biggest needs! Take care!

DONATIONS MAY BE TAKEN DIRECTLY TO THE FOOD BANK. It is located on Zverina Lane behind the Strongsville Communications Building. Hours: 9:30a.m. to 11:30a.m. on Tuesday, Wednesday, and Thursday.



STEWARDSHIP

Now, more than ever, your faithful support is needed to maintain our church and its ministry.

GIVING OPTIONS

If you are interested in giving electronically, Here's how: You can customize your giving based on how, when, and how much through **E-Offering**. Log on to our church website at www.strongsvilleucc.com and click "Donate Now". You will be taken to the church's myEoffering page. Simply click on the "Sign-up" button and you will then fill in your personal information and "Register". Follow the prompts to set up your payment, one-time or ongoing. You can also set up your giving through Bill Pay on your bank's website. **You may also mail a check to**

**Strongsville UCC
13740 Pearl Road Strongsville, OH 44136 or drop it off in the church's mailbox.**

NEWS FROM OUR FINANCIAL SECRETARY

Adria Bond

Below is a monthly report listing the budget income we need to receive from Pledges and Offerings and the amount received from **May 3 through May 24, 2020.**

This information also appears on a weekly basis in our worship bulletin.

Offering Needed \$13,893.08 for 4 Sundays
 Offering Received 22,403.25
 Difference + \$8,510.17



Thank you to everyone who is maintaining their giving!

CHURCH OFFICERS FOR 2020

Officers elected on Jan. 26, 2020, have an asterisk by their names.
 ** = appointed by the Official Board*



Moderator Rachel Zielinski
Vice-Moderator Rob Toth*
Treasurer Sally Herzog
Clerk Judy Gaumer*

Sunday School Superintendent
 Kristen Clotworthy

Board of Trustees

Eddy Bond* Greg Dickson Mike Clotworthy*
 Myron Costin* Bill Giuliano
 Dale Hawk Sandy Pogozelski
 Ed Sobek Linda Stepan Rob Stepan

Endowment Fund Subcommittee

Irene Jannsohn* Joyce Reed

Diaconate

Jennifer Barry Barbara Camp Gina Cathcart*
 Kristen Clotworthy Elaine Coffey* Cathy Hawk*
 Sarah Hayes Linda Plain Linda Ponstingle
 Nicole Stevens Dawn Rolland* Marty Winch
 Barbara White* Mary Ellen Zimmerman*

Christian Education Committee

Serena Abruzzino* Kristen Clotworthy Mary Densmore
 Linda Elkins Suzi Foley Sandy O'Shea
 Lora Rung

Music Committee

Richard Densmore* Ingrid Dickson
 Ken Mehalko Pam Keenen*
ex officio: Sharon Heinrich Tom Foley Mike Elkins

Stewardship Committee

Serena Abruzzino* Rosemary Bechtel Eddy Bond**
 Sue Gigliotti* Beth Giuliano Sharon Heinrich**
 Judi Pavisich** Bill Schneider**

Mission and Outreach Committee

Judy Carte Bobbie Krisak Tony Koussa*
 Michele Mihlack Gary Paul Lora Rung*
 Jennifer Sekorky** Bev Wehr

TRUSTEES UPDATE

You may not be aware, but the Board of Trustees has continued to meet through email meetings, doing the business of the church during this time.

- Our Royalton Road tenant has paid the rent through July and our Pearl Road tenant has paid the rent through October.
- The step from the Gathering Area into Pilgrim Hall has been replaced and reinforced and a railing has been installed.
- The church has applied for and received a PPP loan from the Federal government.
- A post and panel sign with the church's name and address has been ordered for the front of the church, paid through the Memorial Fund.

Thank you to our dedicated Trustees for their faithfulness.

EXTRAS NEEDED!

There will be a daytime shoot for the film "Disprezzato" at our church on June 18th. If you are interested, please RSVP by June 8th. If you participate, you **MUST** come prepared with the following:



SAFETY PRECAUTIONS

- Everyone participating must be **18+**
- At the door, you will be checked in and asked to fill out a release/wavier. We ask that you return to your car until your designated shoot time.
- Upon entry, temperatures will be taken at the door.
- Please bring your own mask!
- If you can, bring a friend you are comfortable sitting with in **CLOSE PROXIMITY**.
- Masks **WILL NOT** be **ALLOWED** during filming! (Only during rehearsals or any other time in the facility)

HAIR & MAKEUP

- Come **HAIR & MAKEUP READY!** (Hair and Makeup Dept. will do touch ups before your scene.)
- Wear something you would wear to a wedding! Remember, no **WHITE!** Also no **red!** Anyone wearing these colors will be asked to change!

***** Anyone who is in the high-risk category and/or not feeling well that day need not volunteer/attend.**

***** Please respond by JUNE 8TH**

EMAIL disprezzatofilm@gmail.com and cc Strongsvilleucc@gmail.com AND PROVIDE:

- NAME(S)
- Email addresses for everyone attending

The Crew of "Disprezzato" want to ensure the safety of our production team and cast members. We want to make this shoot as safe, smooth, and above all, fun for everyone involved!

GRADUATES

Even though high schools and colleges are not holding in person graduations, we would still like to recognize our graduates. We do not know what form that recognition will take yet, but please let us know if someone is graduating within your family. We are interested to have an accurate list of graduates from high school, college, and schools of higher learning.

Name of graduate: _____

School: _____

Graduation Date (month at least): _____

Church Family member: _____

Relationship to church member: _____

Activities: _____

Honors and Awards: _____

Diploma / Degree Earned: _____

Future Plans: _____

Parents/Grandparents: _____

Please email the above information, **along with a photo of the graduate**, to the church office at strongsvilleucc@gmail.com by **Sunday, June 7.**

