

Salem United Church Of Christ
217 Salem Drive
Plymouth, WI 53073

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PASTOR: Rev. James M. Hoppert
DIRECTOR OF YOUTH & FAMILY MINISTRY: Marsha Meyer
CHURCH SECRETARY: Pamela Miller
MONETARY GIFTS SECRETARY: Jennifer Schoenfeld
MONETARY GIFTS ASSISTANT: Sharon Schoenfeld
CUSTODIAN: Pietje Markus

*CHAPEL CHIMES IS A MONTHLY NEWSLETTER
PUBLISHED IN THE INTEREST OF FAMILIES AND FRIENDS OF
SALEM UNITED CHURCH OF CHRIST*

OFFICE HOURS: 7:30 a.m. to 3:30 p.m. Monday – Thursday
E-MAIL ADDRESS: salemuc@excel.net - WEB SITE: www.salemuccplywi.org
TELEPHONE: 920-892-7456/Rev. Hoppert's Cell 920-838-0405

SALEM UNITED CHURCH OF CHRIST MISSION STATEMENT

To praise and glorify God through Jesus Christ, Salem United Church of Christ will be a nurturing family that shares the Good News with people of all ages. Our congregation will invite and warmly welcome others into this faith community. Empowered by the Holy Spirit, we will create and maintain places and programs, which satisfy needs and nurture spiritual growth while recognizing and utilizing the diverse gifts and talents of all.

FIRST NOTES

Given that Easter falls on April 16th this year, we will have a relatively late start to Ash Wednesday and the beginning of the Lenten season. In fact, this is one of those rare years where Lent does not overlap into the month of February.

Over the years, those of us in this part of the Christian tradition have changed our way of looking at these Sundays that fall after Epiphany. Back when I first started out in ministry, we treated this time as almost a separate season to itself, complete with its own themes. We used the same liturgical color – white – that we used for Epiphany itself. Now, we reckon these days as part of “ordinary time,” a non-specified time of the church year with Sundays that can be numbered, and we use the same color that we used for all of those Sundays after Pentecost.

Still, this time of varying length between the Epiphany and the last Sunday before Lent seems to have a quality of its own. We begin on the heels of the story of the visit of the Wise Men, which is a story of light and revelation. Then, in rapid succession, we read the stories of Jesus’ baptism and the beginning of his public ministry in Galilee, which itself is a narrative of light and revealing. Finally, on the Sunday before Lent we have that wondrously odd story of the Transfiguration: Jesus is revealed in a flash of brilliant white light, foreshadowing his resurrected glory. He appears with Moses and Elijah. Then, the vision ends, and it is time to come down from the mountain and begin that final journey to Jerusalem. We begin with glory and revelation and we end with glory and revelation.

It is my wish that the stories of light and revelation that we touch on during these weeks of the church year may be a welcome time of hope in what is often a dark season of the year. The light that came to us at Christmas, and has been gradually revealed to the world during these last weeks of the church year, cannot be overcome by the darkness around us. This should be good and welcome news.

May your journeys in this season be filled with light and hope.

Your servant in Christ,

Rev. Jim Hoppert



BIRTHDAYS & ANNIVERSARIES

2/1	Greta Debbink
2/2	Lorena McKerrow
2/5	Arline DeMunck
2/6	Dale Zimmermann
2/7	Ashton Debbink
2/8	Lori Holzer
2/9	Avrien Garcia
	Abigail Hoppert
2/10	Dena Adamson
2/11	Kenneth Hoppert
	Judy Lukaszewski
	Laverne Eickberg
2/12	Dale Katsma
	Margaret Bub
	Judy Wilmot
2/13	Denise Kleinhans
	Molly Hengst
	Lucas Guillette
2/14	Donald Diver
	Richard Groene
	Dale Vanderkin
	Georgine Littlefield
	Pat Schoening
	Jenna Iserloth
	Carol Fenner
2/15	Scott Miller
2/16	David Bohrmueller
	Andrew Hartmann
	Judy Triplett
2/17	Robbie Gremminger
2/19	Carrie Ardell
2/22	Tammy Huenink
2/23	Betty Klemme
2/24	Steve Groene
	Jered Krueger
2/25	Gloria Eldredge
	Natalie Richart
2/27	Joan Petters
	Sam Meyer
	Gerald Wagner
2/28	Nathan Mauk
2/29	Helen Toerpe
	Kaye Theune

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

2/27 Richard & Sharon Groene

THANK YOU

Thank you for the college gift box, I really appreciate it! It was nice to be thought of and I love getting packages while at school!

Thanks again,
Hannah Mauk

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Dear Friends at Salem,

The Plymouth Food Pantry would like to thank you for your recent monetary donation and many bags of food donated to our pantry through the Living Nativity.

Sincerely,
The Plymouth Food Pantry

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Thank you so much for supporting families served by the Family Resource Center. Because of your generosity, Christmas was a bit brighter for many.

Best Wishes to you all,
Carissa

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

The family of Bill Zelm wishes to express their sincere gratitude for the many acts of kindness shown to our family during this difficult time.

A special thank you to Rev. Hoppert and Dale & Judi Miller for their visits and prayers. A big thank you to the choir for singing at Bill's funeral. Choir was a very special part of Bill's life.

Kathy Zelm & Family



WHERE IS THE DIRECTORY?

This is a question that has been asked by a number of Salem members. Quite simply, the answer is that the directory is in need of some volunteers to help get it completed.

Member photos were taken, but there wasn't a core group beyond one or two consistory members at the time to help pull it together.

When consistory members changed in 2016, there were great intentions to get the directory done but we found that we were missing some organizational photos. That, together with the demands of our full-time jobs and other consistory responsibilities put the project on the back burner.

So, here we are. We have credit with the company who took the pictures to print a small directory, but we need to decide how we want to move forward.

Our choices are to reorganize and have new photos taken of new members and complete a full directory for 2017, or to simply put out a photo / membership directory, request photos from members who had not had their photos taken a couple years ago, and eliminate the other activity information, which is where we currently have holes.

Also, something we should consider is that Jan Koepsell has put quite a bit of work into updating our Salem website. As a medium that can be updated more frequently and can be kept current more efficiently, it could be argued that the website is where we should make our investment in group and activities content.

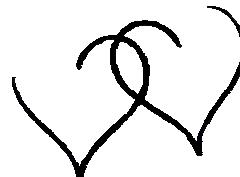
So, with this information shared, we are eager to hear your thoughts. We know that there is a desire to have the directory updated. What

form it takes will be determined by your response.

Also, please consider offering your help. If you've worked with publications before, if you've had any experience in creating brochures, great. If you know enough of our church members that you can look through photos and help identify the people that's great, too.

The thing to remember is that this is your directory. It doesn't belong to the consistory alone. This is a good opportunity to be engaged in the life of the church on a single-project that can (hopefully) tap into some broader member participation.

Yours in Christ,
Mary Mullen



We would like to honor all couples who have been married 50+ years. This recognition will be held on Sunday, February 12th. Please contact the church office if you would like your name listed in the bulletin.



KEEP THESE MEMBERS IN YOUR THOUGHTS AND PRAYERS

HOSPITALIZED

St. Nicholas, Sheboygan

Ralph Groene

Memorial, Sheboygan

Joanne Lammers

FUNERALS

1/4/17 William Zelm at Salem UCC

1/14/17 Willard Matzdorff at Salem UCC
Dorothy Machut (date of death 1/14/17)

PARTH NURSING PROGRAM

Called to Care is announcing another part of their mission in bringing back the Parish Nursing Program--in memory of Sherry Flunker and Sheryl Jarosch, their dedication to serve helped many people. We see the need for this to come back to our congregation at Salem. Called to Care is still in the early stages of developing the Parish Nursing Program and Robbie Gremminger has agreed to head this program.

Some of our ideas include a library of books that can be checked out for individual reading, help with benefits and government programs, help with diagnosis and reading reports, one on one conversation time and blood pressure monitoring.

Our future plans will be to include a respite program where a caregiver can "take a break" and know their loved one is not alone.

We will keep our updates in the bulletin and in the *Chapel Chimes*.

For any questions, concerns or ideas, please contact Dale Miller or Judi Miller at 893-8817 or Robbie Gremminger at 893-5377. We can also be reached by calling the church office (892-7456) and talking to Pam.

FROM THE PARISH NURSE . . .

ARTHRITIS - Of the many types of arthritis, the two most common ones have very different causes. Osteoarthritis (OA or degenerative arthritis) occurs mainly in the elderly (also from injuries) when a smooth, pearly-looking cartilage covering the bone-ends in joints, wears away. Weight-bearing joints like hips and knees become painful, stiff, and inflamed – especially on arising, after strenuous activity, or during damp weather. Rheumatoid Arthritis (RA) however, is a disease which affects the entire body and destroys cartilage, tissue, and bone around the joints. Its onset is often sudden (frequently in

women age 25-50) and may be related to a viral or bacterial infection. Symptoms include joint swelling, pain, fatigue, fever, weight loss, and anemia. Symptoms may disappear and recur later. There appears to be a genetic predisposition to RA which allows an overactive immune system to attack its own tissue. Early diagnosis is important; prompt treatment can minimize joint damage. Studies show benefits from strength-building exercise. Arthritis (both RA and OA) may benefit from:

- Daily range of motion exercises (but limited, if painful)
- Short-wave diathermy, physical therapy
- Acupuncture
- Swimming
- Tai Chi
- Glucosamine sulphate to stimulate new cartilage growth
- Losing excess weight
- Avoiding cold drinks
- A vegetarian diet
- Testing for allergy (by eliminating dairy products, meat, nightshades, and wheat for 2 weeks)
- Capsaicin ointment for pain relief
- Aspirin or other NSAID to reduce inflammation (but it can accelerate joint deterioration in OA)
- Supplementing with omega-3 oils for several months
- Vitamins A, E, C, D, and B-complex (especially niacin, B-6, folic acid and pantothenic acid)
- Minerals—calcium, magnesium, manganese, zinc, and selenium
- SOD (superoxide dismutase-injected or sublingual coenzyme Q-10)
- Low doses of minocycline over months for (RA)
- Copper
- Yucca extract
- Royal bee jelly
- Amino acid methionine
- A positive attitude
- Relaxation techniques
- Family support

FEBRUARY LECTORY READINGS

Sunday, February 5, 2017 -

Fifth Sunday after Epiphany

Hebrew Scripture: Isaiah 58:1-9a

Psalm: Psalm 112:1-9

Epistle: 1 Corinthians 2:1-12

Gospel: Matthew 5:13-20

Sunday, February 12, 2017 -

Sixth Sunday after Epiphany

Hebrew Scripture: Deuteronomy 30:15-20

Psalm: Psalm 119

Epistle: 1 Corinthians 3:1-9

Gospel: Matthew 5:21-37

Sunday, February 19, 2017 -

Seventh Sunday after Epiphany

Hebrew Scripture: Leviticus 19:1-2, 9-18

Psalm: Psalm 119:33-40

Epistle: 1 Corinthians 3:10-11, 16-23

Gospel: Matthew 5:38-48

Sunday, February 26, 2017 -

Last Sunday after Epiphany/Transfiguration

Hebrew Scripture: Exodus 24:12-18

Psalm: Psalm 2

Epistle: 2 Peter 1:16-21

Gospel: Matthew 17:1-9



FEBRUARY LITTLE LAMBS CHILD CARE

Sunday, February 5th:

Linda Lehrke

Sunday, February 12th:

Amy & Greta Debbink

Sunday, February 19th:

Annette & Lauren Bunyea

Sunday, February 26th:

Susie Katsma & Janice Miller

FEBRUARY USHER LIST

Saturday, February 4th:

4:30 p.m. Head Usher: Mary Bender
Richard Groene, Kevin & Debbie Lisowe

Sunday, February 5th:

8:30 a.m. Head Usher: Bret Schoenefeld
Norman & Karen Raeder, Steve Fieck

Saturday, February 11th:

4:30 p.m. Head Usher: Kymn Schicker
Jerry & Reta Klemme, Lori Holzer

Sunday, February 12th:

8:30 a.m. Head Usher: Mary Mullen
Betty Klemme, Cheryl Rortvedt, Evie Kretsch

Saturday, February 18th:

4:30 p.m. Head Usher: Jeff Bender
Rollie Bruggink, Shelley Bubb, Roger Rortvedt

Sunday, February 19th:

8:30 a.m. Head Usher: Tom Daigle
Dale & Janis Knuth, Annette Bunyea

Saturday, February 25th:

4:30 p.m. Head Usher: Kymn Schicker
Ed & Darla Ardell, Linda Krueger

Sunday, February 26th:

8:30 a.m. Head Usher: Consistory
Anne Hernandez, Lois Faas, Bette Humbracht

Ash Wednesday, March 1st:

7:00 p.m. Head Usher: Mary Bender
Ansel Tupper, Janice Bunyea, Cindy Conrad

Saturday, March 4th:

4:30 p.m. Head Usher: Kymn Schicker
Bob Becher, Judy Wilmot, Sharon Klemme

Sunday, March 5th:

8:30 a.m. Head Usher: Consistory
Terry, Amy & Greta Debbink