

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

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DIRECTOR OF YOUTH & FAMILY MINISTRY: Marsha Meyer
CHURCH SECRETARY: Pamela Miller
MONETARY GIFTS SECRETARY: Jennifer Schoenefeld
MONETARY GIFTS ASSISTANT: Sharon Schoenefeld
CUSTODIAN: Cheryl Rortvedt

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
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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.

SEPTEMBER 2017
Volume 67 No. 8

FIRST NOTES

The summer is not yet over – it is still the middle of August as I write this – but it won't be long before the start of the program year is upon us. Yet, from this vantage point it sure has been a busy summer. Salem has sent two groups of people – a group of youth and an intergenerational group – on mission trips to Minneapolis and Back Bay Mission, respectively. Both trips (aside from some travel difficulties for the second group on the return trip) were successful by any way of measurement. The work of the Five Practices group continued on through the summer and it has had an impact on the continuing work of the Church and Ministry Committee, the Mission and Stewardship Committee, and the Worship Committee, to name just a few. We had a very successful Membership Gathering in July and one is being planned for early November. Our regular summer events – such as the Church Picnic, VBS, and the hosting of the band concert concessions – also went well.

On a personal note, my sabbatical time in June was productive, as well. I put down the foundation work for the Jonah musical and I have hopes that October's sabbatical time will help me bring that project to completion.

Summer was not a time to mark time; it was a time to move forward. All of this activity has been part of an effort to move the church's resources toward mission – the sharing of the Good News with the world around us – and away from maintenance. Some maintenance in the church's ministry is necessary, but our maintenance work should not prevent us from being a people dedicated to mission, and that is what I believe Jesus calls the church to do.

It is my hope that we will come to the start of a new program year ready to face new challenges.

Your servant in Christ,

Rev. Jim Hoppert

P.S. In response to some of the questions that I've had about a Monday morning book study, we will resume this in November. I had thought about starting in September, but that would only give us three weeks before I'd have to take a month-long break for my sabbatical time.



SEPTEMBER BIRTHDAYS

9/1 Eugene Boll
 Eugene Littlefield
 9/2 Kevin Andrews
 9/3 Magnus Blad
 9/5 Jeff Greuel
 9/6 Robert Becher
 Janet Veleke
 Brady Pratt
 9/7 Joanne Lammers
 9/9 Ian Andrew
 Reta Klemme
 Debra Lisowe
 9/11 Anna Hoppert
 Zachary Gambrell
 Deegan Schilder
 9/12 Jay Ellis
 Diane Kaczmarek
 Ethan Fontany
 9/14 Lucia Blad
 9/15 Zachary Boldt
 9/16 Larry Huenink
 Jennie Schoenefeld
 Jennifer Miller
 Laura Diver
 9/18 Jennifer Prange
 9/19 Mary Bender
 9/20 Warren Faas
 Roger Rortvedt
 Gladys Palm
 Lindsey Mauk
 9/23 Pietje Markus
 9/25 William Klemme
 JoAnn Kraus
 9/26 Evelyn Kalk
 Delores Titel
 Trevor Thiel
 Gabriel Hengst

SEPTEMBER ANNIVERSARIES

9/3 Bill & Angie Iserloth
 9/5 Ken & Kay Mauk
 9/6 Al & Linda Bosman
 9/9 Jered & Ashley Krueger
 9/9 Bernard & Maureen Rudebeck
 9/10 Randy & Laurie Gutschow
 9/10 David & Amy Nischik
 9/12 Kevin & Kathy Andrews
 9/16 Norman & Karen Raeder
 9/18 Dave & Carol Barts
 9/25 Paul & Susan Clarke
 9/27 Roger & Jackie Rortvedt
 9/28 Gerry & Sheila Wagner
 9/30 Peter & Marsha Meyer



PLEASE KEEP THESE FAMILIES IN YOUR THOUGHTS AND PRAYERS

Hospitalized

St. Vincent, Green Bay

Jean Halida

Aurora, Grafton

Janis Knuth, Lucille Matzdorff

Wheaton Franciscan Healthcare, Milwaukee

Laurie Born

Aurora, Sheboygan

Ken Schoening, Florence Kleinhans

Funeral

8/18/17 Dennis Faas at Suchon Funeral Home

Wedding

7/15/17 Jason Twohig* & Nicole Widder*

*denotes non-member

ADDRESS CHANGES

If you have a change of address or go away for the winter, please contact the church office (920-892-7456) so we can update our files. We are charged for every newsletter that is returned because of an address change.

CHURCH PICNIC

We would like to thank everyone involved in making the 2017 church picnic a success, from the picnic committee to all the people that pitched in, in the kitchen afterwards to help do dishes and deliver meals to shut-ins. It was truly a group effort that got things done.

I would also like to thank the House Band for playing. It may not be said enough but we are very fortunate to have such a talented group sharing the gifts God blessed them with, with our congregation. Thank you!

Thank you notes were sent out to individuals or businesses that made donations towards the picnic. All donations were very much appreciated. This made my job so much easier!

In Christian love and gratitude,
Julie Sukowaty and the 2017 Picnic Committee:
Linda Bosman, Lorena McKerrow, Lori Holzer,
Carol Barts, Linda Lehrke, Pat Schoening and
Kathy Ferguson

MEMBERSHIP GATHERING

The Consistory is grateful for the participation of those who attended the July Membership Gathering and the many members who have been signing up to share in Salem's ministries and missions. As requested at the gathering, we are making plans to meet again. Please mark your calendars for our next Membership Gathering on **Thursday, November 2, beginning at 6:30 pm**, in Fellowship Hall. Sign-up sheets will continue to be offered in the weeks ahead to provide more opportunity

for individuals to consider ways in which to grow in faith and service within our church and community. (Notes from the 7/12/17 gathering are available in the church office.) Please contact Mary Bender or another Consistory member if you have questions or would like more information. Thank you. Peace and blessings be with you!

COMMITTEE UPDATES

Ken Mauk has been appointed to the Salem Green Board of Directors, and Steve Fieck has been appointed to fill a vacancy on the Long Range Planning Committee.

WORSHIP MINISTRY TEAM

You are invited to join in as a new Worship Ministry Team develops at Salem. The team will include members of all ages who feel called to participate in the planning, setup, leading, and/or evaluating of passionate worship at our church. The team will address many aspects of worship, so all interested persons are encouraged to inquire how you may offer your gifts and talents in this new endeavor. The team will begin to meet as soon as possible based on the schedules of those involved. Please sign up on the **Worship Ministry Team** sheet on the board; or contact Pam in the church office at (920) 892-7456 or churchoffice@salemuccplywi.org, if interested.

PRAYING HANDS MINISTRY

Due to family commitments the facilitators with Praying Hands will be unable to meet until further notice. Always in our prayers.

NEW CHURCH EMAIL ADDRESS

The church office has a new email address churchoffice@salemuccplywi.org. Please update your records.

MISSION & STEWARDSHIP

You know what's really great? There are always many exciting things happening at Salem, relative to mission and ministry.

What's not always great is that we don't all take part in that mission and ministry. To be honest, as members we may not always know what opportunities are out there. We may sign a stewardship card saying that we could help with something, but we don't always consider the myriad ways that Salem has to be a participant in the church's ministry and mission areas.

Our Mission & Stewardship team, together with the help of our ministry teams, would like to change that by holding a **Mission & Ministry Fair on September 17**, following worship, as an extension of coffee hour. Our plan is to set up tables in Fellowship Hall. Think of a career fair that you may have attended after high school or college.

I will be reaching out to the various Salem Groups: Food Pantry, Red Tent, Audio / Visual; Welcome Table, Helping Hands, Men's Club, Music, Christian Ed, Called to Care, Sonshine Circle, Parish Nurse, Care Meals, Called to Care, Altar Guild, Missions - to take some time to put together some information to share about what you're doing around Salem and the community, to share during our coffee hour time. We may also be able to resurrect some other groups like Usher / Greeter groups, drivers for members who cannot drive to church, etc.

We're scheduling this time because we really want all our members, including our younger family members to learn more about some of the ways that they can take part in our church's missions and ministries.

So, please mark your calendars.

We've been blessed with freewill donations for our **Christmas in July** fundraiser reaching \$346.00 for SCIO / Bridgeway. An additional

\$200 has been added from the Church Picnic receipts for a total of \$546. That leaves a balance of \$454 to complete Salem's support goal for the year. Thank you all for your support.

We are also planning on other special offerings coming up to support immigrants and refugees, as well as Rainbow Kids. So, please keep your eyes on upcoming bulletins for those opportunities.

Also, regarding our **5 for 5 UCC** benevolences, we will be hoping to supplement the regular giving to our alphabet soup of OCWM, NIN, OGHS, etc., with freewill offerings at our Coffee Hour table, each Sunday. Individuals and groups who volunteer to host the Coffee Hour will be able to select from these offering jars and choose what benevolence they would like to support. We are hoping that our members will embrace this chance to help with a bit of change here and there to add impact to our charitable giving.

As always, we must keep in mind how we are all blessed, and look for ways to share our blessings with the wider world. It's up to us to seek unique ways to share, and our committee's hope that as a church we're willing and able to share God's love.

REMEMBERING 911

Loving God of Peace: On this anniversary of unbelievable sorrow, comfort those who mourn, and guide our hearts toward healing and hope. Remind us of the love of Christ, love which leapt over cultural and ethnic boundaries to feed the hungry, seek the lost and care for the least. Make of Your children, no matter how we name you, one human family, bound together in the work of justice and peacemaking. Make us one with the Light that shines in the darkness and illumines a path toward understanding and reconciliation. Let love be our genuine call. Amen.

FROM THE PARISH NURSE . . .

AIR SCARE - EARLY DIAGNOSIS CAN SLOW THE PROGRESSION OF COPD

More than 120,000 Americans die from chronic obstructive pulmonary disease (COPD) each year in the United States. Of the nation's top three causes of death—only heart disease and cancer outrank it—COPD is the only one that is increasing rather than decreasing in prevalence.

About 15 million adults in the United States report that a doctor has diagnosed them with COPD. "The actual prevalence may be much higher than that because many people don't undergo pulmonary function testing to establish a diagnosis," says Meilan Han, associate professor of internal medicine at the University of Michigan and a spokeswoman for the American Lung Association (ALA). The ALA says it could be as high as 24 million.

Unfortunately, many people don't talk to their doctors when they experience early signs and symptoms, such as shortness of breath, coughing, wheezing, excess mucus or phlegm. People often dismiss their symptoms as a part of normal aging, or may curtail activities so they are not short of breath. This behavior can contribute to a delay in diagnosis.

On the other hand, plenty can be done early to reduce symptoms, improve exercise tolerance and reduce the frequency of flare-ups often associated with the disease, Han says.

WHO GETS COPD? COPD goes by some other names, such as chronic bronchitis or emphysema. "Those are both a part of COPD," Hans says. "Both fit under the umbrella."

COPD is an equal opportunity disease in that it affects men and women alike. However, some doctors still view it as an "old man's disease." This holdover attitude may contribute to its being underdiagnosed in women, Hans says.

In fact, more U.S. women are hospitalized—and more die—from the disease every year.

People at high risk are those who smoke or used to smoke. Middle-aged and older adults are most likely to develop COPD, but lung function decline associated with smoking starts in early adulthood, Han says. Other risk factors include those who have been exposed to lung irritants like industrial pollutants and secondhand smoke, according to the COPD Foundation. Nonsmokers can also get COPD, Han says.

"When you have COPD, you have a hard time breathing air out," Han says. Your airways narrow and the air sacs in your lungs are destroyed, leading to breathing difficulties.

COPD cannot be cured but can be treated, Han says. Stopping smoking is the most important thing patients can do to change the course of the disease, Han says. If you need help quitting, your doctor may suggest smoking cessation programs as well as gum, patches or medications. The ALA also offers online resources.

TREATMENT OPTIONS – When you have COPD, your doctor may prescribe medications. Depending on the severity of symptoms, you may be given bronchodilators, which may relax the muscles around your airways and make it easier to breathe. Short-acting bronchodilators last about four to six hours and are used on an as-needed basis. Long-acting bronchodilators last 12 to 24 hours. If your COPD is severe or you have frequent exacerbations, your doctor might suggest inhaled steroids. Inhaled steroids are not usually prescribed alone in COPD but in combination with bronchodilators, Han says.

Pulmonary rehabilitation, a program of prescribed exercises, can also help you cope with COPD, along with nutritional and psychological counseling. Your doctor can refer you to a pulmonary rehab program near you.

SEPTEMBER LECTIONARY READINGS

Sunday, September 3, 2017 -
Twenty-second Sunday in Ordinary Time
Hebrew Scripture: Exodus 3:1-15
Psalm: Psalm 105:1-6, 23-26, 45b
Epistle: Romans 12:9-21
Gospel: Matthew 16:21-28

Sunday, September 10, 2017 -
Twenty-third Sunday in Ordinary Time
Hebrew Scripture: Exodus 12:1-14
Psalm: Psalm 149
Epistle: Romans 13:8-14
Gospel: Matthew 18:15-20

Sunday, September 17, 2017 -
Twenty-fourth Sunday in Ordinary Time
Hebrew Scripture: Exodus 14:19-31
Psalm: Psalm 114
Epistle: Romans 14:1-12
Gospel: Matthew 18:21-35

Sunday, September 24, 2017 -
Twenty-fifth Sunday in Ordinary Time
Hebrew Scripture: Exodus 16:2-15
Psalm: Psalm 105:1-6, 37-45
Epistle: Philippians 1:21-30
Gospel: Matthew 20:1-16



SEPTEMBER LITTLE LAMBS CHILD CARE

Sunday, September 10th:
8:30 a.m. Susie Katsma & Janice Miller

Sunday, September 17th:
8:30 a.m. Pat Schoening & Linda Lehrke

Sunday, September 24th:
8:30 a.m. Amy & Greta Debbink

Some people with severe COPD may need oxygen to breathe better. You and your doctor will determine if you need oxygen for rest, exercise and/or sleep, and how much in liters per minute you need for your activity. You and your doctor will also determine how many hours a day you require oxygen.

Surgery is usually a last resort, reserved only for those with severe COPD, Han says. Surgical options include a lung transplant or lung volume reduction surgery, in which a part of the lung is removed to make room for the rest of it to work better.

If you have COPD, it's important you get vaccinated for the flu and pneumonia.

GET TESTED - If you're short of breath for any reason, you should talk to your doctor about a spirometry test. Spirometry is a simple, non-invasive test that measures how fast you can blow into the mouthpiece of a machine known as a spirometer. Depending on the results, you may need additional testing to determine if you have COPD or another lung disorder.

"The most important thing is to not ignore symptoms and to discuss them with your doctor," Han says.

THANK YOU

We want to thank everyone for the thoughts, prayers and cards sent during my recent operation. Also a big thanks to Rev. Hoppert and Dale Miller for their visits. Thank you to the care meal ministry. The meal we received was so delicious. Everything done for us was greatly appreciated.

Dale & Janis Knuth

SEPTEMBER USHER LIST

Saturday, September 2nd:

4:30 p.m. Head Usher: Kymn Schicker
Ray & Robbie Gremminger, Judy Wilmot

Sunday, September 3rd:

8:30 a.m. Head Usher: Mary Mullen
Norman & Karen Raeder, Annette Bunyea

Saturday, September 9th:

4:30 p.m. Head Usher: Kymn Schicker
Mary Bender, Sharon Klemme, Linda Krueger

Sunday, September 10th:

8:30 a.m. Head Usher: Amy Nischik
Ansel Tupper, Janice Bunyea, Evie Kretsch

Saturday, September 16th:

4:30 p.m. Head Usher: Mary Mullen
Jerry & Reta Klemme, Bob Becher

Sunday, September 17th:

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

Saturday, September 23rd:

4:30 p.m. Head Usher: Terry Risse
Ed & Darla Ardell, Shelley Bubb

Sunday, September 24th:

8:30 a.m. Head Usher: Bret Schoenefeld
Cindy Conrad, Betty Klemme, Cheryl Rortvedt

Saturday, September 30th:

4:30 p.m. Head Usher: Kymn Schicker
Julie Sukowaty, Roger Rortvedt, Judy Wilmot

Sunday, October 1st:

8:30 a.m. Head Usher: Consistory Member
Marvin & Judy Paulson, Bette Humbracht

CHANCEL CHOIR

Rehearsals for the Chancel Choir will begin on Wednesday, September 6th at 7:00 p.m. in the choir room.

Please consider joining us in this music ministry. As the children's song proclaims "All God's Creatures God a Place in the Choir". We welcome all voice ranges and ages from confirmation age on up.

THERE'S AN APP FOR THAT!

Today there's a smartphone app for just about everything. But what about spiritual concerns? Where can you turn?

Depressed? Try the joy app. Read Isaiah 51:11
Tired? Try the renewal app. Read Isaiah 40:30-31.

Unsettled? Try the peace app. Read Philippians 4:7.

Unloved? Try the love app. Read Romans 8:38-39.

Worried? Try the refuge app. Read Psalm 46:1.

Fearful? Try the power app. Read 2 Timothy 1:7.

Guilty? Try the forgiveness app. Read Colossians 1:13-14.

Praying? Try the prayer app. Read 1 John 5:14-15.

The Scriptures are God's storehouse of meaningful applications for what we face every day. Think of the Bibles as the iTunes Store of spiritual apps. Best of all, everything's free!

--the Newsletter, Newsletter