

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

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MARCH 2019

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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.

March 2019
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FIRST NOTES

The start of this year's Lenten pilgrimage is late – March 6th. We will begin Lent with our traditional Ash Wednesday service of Holy Communion and the imposition of ashes at 7:00 p.m. On the Lenten Wednesdays that will follow, we will have a five-week study/worship series based on Robert Schnase's book, *Five Practices of Fruitful Congregations*. Salem's leadership has spent the better part of two years studying this biblically-based model of viewing ministry, and feel that it has a great deal to offer us at this stage in our congregation's life. Each week during the Lenten season we will focus on a different practice, and the schedule will be, as follows: March 13th – "The Practice of Radical Hospitality;" March 20th – "The Practice of Passionate Worship;" March 27th – "The Practice of Intentional Faith Development;" April 3rd – "The Practice of Risk-Taking and Service;" April 10th – "The Practice of Extravagant Generosity." We will begin each of the Lenten midweek schedule with a simple meal at 5:30 p.m., a time of study around the tables following supper, and then worship (based on the theme of that week) at 7:00 p.m. Copies of the book will be available for those who would like to read about the subject matter in more depth, but one does not have to read the book to participate in each week's session.

I hope that a number of you will join us around the tables for a time of study and reflection during these Wednesdays in Lent.

I believe that it is a fitting thing that we should study these "Five Practices" during this Lenten season. The "Five Practices" are really a way of sharpening our focus on what it means to be a faithful disciple of Jesus, and Lent is really about the business of following a Jesus who has "set his face" to go to Jerusalem. Instead of giving something up in the Lenten season, we are taking something on. We are taking discipleship seriously.

May these Lenten days ahead be a time of spiritual enrichment as we follow in the steps of Jesus.

Your servant in Christ,
Rev. Jim Hoppert



MARCH
BIRTHDAYS & ANNIVERSARIES

- 3/01 Richard Rortvedt
- 3/02 Louise Leverenz
- 3/03 Nola Fieck
Evelyn Kretsch
Kay Mauk
- 3/04 Brittany Winscher
Simon Feldner
Ray Gremminger
- 3/05 Claude Kent
Carol McElroy
- 3/07 Jackie Veldman
- 3/08 Victor Tewinkle
- 3/09 Brian Pagel
- 3/10 Morgan Clarke
- 3/17 Marion Mayer
Joshua Veldman
Wiley Wolfert
- 3/18 Janice Bunyea
Anne Hernandez
Kevin Mauk
Marion Lehmann
- 3/19 Linda Bosman
- 3/21 Florence Blanke
- 3/23 Don Hurlburt
- 3/24 Evan Raeder
- 3/25 Leslie Blad
- 3/26 Don Laack
- 3/28 Cody Wolfert
Kathy Schaap
- 3/29 Carol Barts



- 3/03 Jeremy & Jody Pratt
- 3/23 Jeff & Linda Krueger
- 3/30 Jeff & Laurie Born
Tom & Carol Melger

PLEASE REMEMBER THESE
FAMILIES IN YOUR PRAYERS

FUNERAL

2/16/19 Evelyn Gundersen at Salem Church



Daylight savings time starts on Sunday, March 10th. Don't forget to turn your clocks **ahead** 1 hour!



Thank you for the delicious meal you brought me when I broke my wrist. It was greatly appreciated. Also, thank you for all your prayers. May God bless you all.

Sincerely,
Arlene Heckmann



AN IRISH BLESSING

May you have walls to keep out the wind, a roof to keep out the rain, warm drinks by the fire, laughter to cheer you, those you love near you, and all that your heart may desire, including the love of God within.

Newsletter, Newsletter

FROM THE PARISH NURSE . . .

RAYNAUD'S DISEASE – Fingers or toes turn white on exposure to cold, with an accompanying stinging pain; the skin may turn blue or red before it recovers.

Named after the French physician who described it more than a century ago, Raynaud's disease results from changes in the circulation in the hands or feet. It is a normal physiologic reflex mechanism for the blood vessels in your extremities to narrow when exposed to cold. However, for unknown reasons, in the person with Raynaud's disease this response is exaggerated.

Not only the fingers and toes but also the cheeks, nose, and ears may be affected. About 1 in 20 Americans has Raynaud's disease. Women are 4 to 5 times more likely to develop the problem as men. Typically, the first episode occurs before age 40.

Raynaud's Phenomenon – Raynaud's disease is an independent ailment and is not associated with any other problem or disease. In contrast, Raynaud's phenomenon may be a consequence of scleroderma, exposure to certain chemicals (especially vinyl chloride, used in the rubber industry), or long-term use of vibrating tools such as pneumatic drills, jackhammers, or chain saws. The signs of Raynaud's phenomenon resemble those for Raynaud's disease.

Acrocyanosis – Another related disorder, acrocyanosis, involves persistent coldness of the fingers, toes, or other affected tissues. Like Raynaud's disease, it is not a consequence of another disorder but, unlike Raynaud's disease, the affected areas are almost always cold. Excessive perspiration often accompanies the feeling of cold.

Treatment – For most people, Raynaud's disease is more a nuisance than a disability. Only rarely are there any long-term, serious consequences such as gangrene or ulcers of the fingertips.

Prevention – To avoid attacks of Raynaud's disease, adequate protection from the cold is essential. Dress warmly when exposed to cold,

protecting the entire body, head, hands, and feet. Other preventive measures include the following. Do not smoke. The nicotine in tobacco decreases blood flow in your skin. Use insulated glasses for cold drinks. Keep a pair of mittens or gloves adjacent to the freezer to use when handling cold containers. Run your car heater for a few minutes before driving in cold weather. In cases of acrocyanosis, further treatment is rarely necessary.

Medication – Avoid over-the-counter cold remedies and diet pills containing the drug phenylpropanolamine. If you use birth control pills, switch to another method of contraception because these drugs affect your circulation and may make you more prone to attacks.

If these measures are not sufficient, your physician may prescribe a drug to prevent the blood vessel spasms that lead to Raynaud's disease.

In extreme cases, a surgical procedure to cut the nerves that control the blood vessels may be done, but the operation (known as sympathectomy) is not always successful and usually is a last resort. A similar procedure called sympathetic blockade can be performed by using an injection of various chemicals into the appropriate sympathetic nerves.

Buerger's Disease – Buerger's disease, named after the American physician Leo Buerger, who identified its symptoms in 1908, is a rare disorder in which the blood vessels of the hands and feet become diseased. The skin of the hands and feet becomes tender and, over time, pain and ulcers develop and eventually amputation is needed. This occurs because of blockages that form in the blood vessels supplying the extremities.

The disease characteristically strikes men between 20 and 40; for unexplained reasons there appears to be a direct link between smoking or chewing tobacco and Buerger's disease.

The avoidance of tobacco usually results in a cure. However, many men with Buerger's disease seem to find it difficult to quit, and amputation of affected areas is the inevitable long-term result.

Frostbite – Signs and symptoms: Hard, pale, cold skin after prolonged exposure to cold; white patches of skin; lack of sensitivity in the area; flesh is red and painful after thawing.

When your skin and the underlying tissues freeze, the condition is called frostbite. The affected areas of the body most often are the hands, feet, nose and ears.

Frostbite can occur to anyone exposed to very cold temperatures for a sustained period of time (several hour or more), but people with circulatory problems such as atherosclerosis are at greater risk.

How Serious is Frostbite? In severe cases, the flow of blood to the affected area has stopped and the blood vessels have been damaged. In many cases, immediate treatment can reverse the damage, but in some instances amputation of the frostbitten areas is required.

Treatment – Prevention: The wearing of proper clothing in cold conditions can prevent most episodes of frostbite. Be sure to protect your hands, feet, nose and ears. Avoid consuming large amounts of alcohol when you are exposed to prolonged cold.

If you are arriving in a cold climate and your body is used to a warmer one, your body requires some time to adjust to the change. Try gradual ventures into the colder temperatures, allowing your body, and your circulatory system in particular, time to decrease the blood flow to the surface of your skin and to maintain the heat within.

Warming Process – If your fingers or other areas are frostbitten, prompt treatment is essential. Seek professional care. Never immerse the affected part in hot water.

Further Treatment – In severe cases in which infection is present, after the affected area has been warmed, antibiotics may be necessary. Bed rest and physical therapy may be appropriate. Do not smoke cigarettes during recovery.

MARCH LECTIONARY READINGS

Sunday, March 3, 2019

Last Sunday after Epiphany/Transfiguration

Hebrew Scripture: Exodus 34:29-35

Psalm: Psalm 99

Epistle: 2 Corinthians 3:12-4:2

Gospel: Luke 9:28-36

Wednesday, March 6, 2019

Ash Wednesday

Hebrew Scripture: Joel 2:1-2, 12-17

Psalm: Psalm 51:1-17

Epistle: 2 Corinthians 5:20b-6:10

Gospel: Matthew 6:1-6, 16-21

Sunday, March 10, 2019

First Sunday of Lent

Hebrew Scripture: Deuteronomy 26:1-11

Psalm: Psalm 91:1-2, 9-16

Epistle: Romans 10:8b-13

Gospel: Luke 4:1-13

Sunday, March 17, 2019

Second Sunday of Lent

Hebrew Scripture: Genesis 15:1-12, 17-18

Psalm: Psalm 27

Epistle: Philippians 3:17-4:1

Gospel: Luke 13:31-35

Sunday, March 24, 2019

Third Sunday of Lent

Hebrew Scripture: Isaiah 55:1-9

Psalm: Psalm 63:1-8

Epistle: 1 Corinthians 10:1-13

Gospel: Luke 13:1-9

Sunday, March 31, 2019

Fourth Sunday of Lent

Hebrew Scripture: Joshua 5:9-12

Psalm: Psalm 32

Epistle: 2 Corinthians 5:16-21

Gospel: Luke 15:1-3, 11b-32

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“Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.

Psalm 46:10

MARCH USHER LIST

Saturday, March 2:

4:30 p.m. Head Usher: Consistory
Ray & Robbie Gremminger, Lori Holzer

Sunday, March 3:

8:30 a.m. Head Usher: Denise Buss
Steve Fieck, Betty Klemme, Evie Kretsch

Ash Wednesday, March 6:

7:00 p.m. Head Usher: Tom Daigle
Paul Clarke, Al Bosman, Ron Schoenfeld

Saturday, March 9:

4:30 p.m. Head Usher: Kymn Schicker
Roger Rortvedt, Bob Becher, Dick Groene

Sunday, March 10:

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

Wednesday, March 13:

7:00 p.m. Head Usher: Amy Nischik
Confirmation Youth

Saturday, March 16:

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

Sunday, March 17:

8:30 a.m. Head Usher: Consistory
Dale & Janis Knuth, Bette Humbracht

Wednesday, March 20:

7:00 p.m. Head Usher: Consistory
Confirmation Youth

Saturday, March 23:

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

Sunday, March 24:

8:30 a.m. Head Usher: Susan Clarke
Norm & Karen Raeder, Evie Kretsch

Wednesday, March 27:

7:00 p.m. Head Usher: Consistory
Confirmation Youth

Saturday, March 30:

4:30 p.m. Head Usher: Kymn Schicker
Ed & Darla Ardell, Lori Holzer

Sunday, March 31:

8:30 a.m. Head Usher: Consistory
Ansel Tupper, Janice Bunyea, Cheryl Rortvedt

Wednesday, April 3:

7:00 p.m. Head Usher: Consistory
Confirmation Youth

Saturday, April 6:

4:30 p.m. Head Usher: Consistory
Kevin & Deb Lisowe, Linda Krueger

Sunday, April 7:

8:30 a.m. Head Usher: Consistory
Marv & Judy Paulson, Steve Fieck



Lenten Simple Suppers - If you are interested, please sign up to help out during Lent with Simple Suppers. Make your favorite dish to share, work with a friend, or bring a dessert. The first of the suppers is March 13 and serving starts at 5:30 PM. This is a great ministry. If you have questions, please contact Cyndi Huibregtse, 920-892-6643.