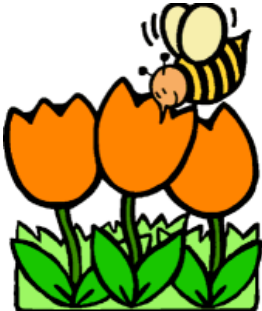


Salem United Church of Christ
217 Salem Drive
Plymouth, WI 53073

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MAY

PASTOR: Rev. James M. Hoppert
DIRECTOR OF YOUTH & FAMILY MINISTRY: Marsha Meyer
OFFICE MANAGER: Anna Cortez
MONETARY GIFTS SECRETARY: Jennifer Schoenefeld
FINANCIAL SECRETARY: Mary Mullen
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: 9:00 a.m. to 4:00 p.m. Monday - Wednesday, Friday
E-MAIL ADDRESS: churchoffice@salemuccplywi.org - 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

It literally seems like it was just yesterday when I was preparing the front page for April's newsletter. The time has certainly flown by.

Of course, the time in question took place during Lent and the entirety of Holy Week—a busy time in its own right. By all measures, the Lenten season (with our emphasis on “The Five Practices” in both the Wednesday night study and worship times) and Holy Week was a time of good energy, good numbers, and spiritual growth. Many thanks to those who helped out with the serving of the simple meals, for those who attended study, and for those who participated in worship. It was a rewarding time, full of activity.

In addition to the standard and customary Lenten activity, we also faced a time of transition in the church office, as Pam Miller, who had been our church secretary for over 25 years, announced her resignation. The time that followed included finding someone to replace Pam and then navigating the transition to a new person. I am eternally grateful to Pam, not only for her 25 years of faithful service (and for the many roles which she handled so well), but for her help in the transition, as well. We are pleased to welcome Anna Cortez to Salem's staff in her capacity as Office Manager. She brings a knowledge of technology and a knack for organization to the position that is much appreciated.

And now we are into Eastertide!

As I have mentioned often, the Great Fifty Days is my favorite time of the church year. The news of the Risen Christ becomes the focus of these days. As I mentioned on Easter Sunday, the business of Easter is not to commemorate an ancient event, some 2,000 years in the past, but it is to live and breathe Easter in our own lives and in the life of the church. We live in a world that needs Easter—and the resurrection of our lives and all creation the comes with it.

Part of that celebration of new life and renewal will be confirmation of baptismal vows by five of our young people—Luci Blad, Morgan Clarke, Megan Fontany, Karlee Hartmann, and Cora Meyer—on Sunday, May 5th, at the 8:30 a.m. worship service. This has been an exceptional group to work with and they bring a lot of energy and creativity to the life of the church. Please show your support of their decision to confirm those baptismal vows and to be more fully a part of the life of Salem church.

Let the celebrations continue during Eastertide!

Your servant in Christ,

Rev. Jim Hoppert

MAY LECTIONARY READINGS

Sunday, May 5, 2019- Third Sunday of Easter

First Reading: Acts 9:1-6

Psalm: Psalm 30

Epistle: Revelation 5:11-14

Gospel: John 21:1-19

Sunday, May 12, 2019 - Fourth Sunday of Easter

First Reading: Acts 9:36-43

Psalm: Psalm 23

Epistle: Revelation 7:9-17

Gospel: John 10:22-30

Sunday, May 19, 2019 - Fifth Sunday of Easter

First Reading: Acts 11:1-18

Psalm: Psalm 148

Epistle: 1 Corinthians 15:19-26

Gospel: John 13:31-35

Sunday, May 26, 2019 - Sixth Sunday of Easter

First Reading: Acts 16:9-15

Psalm: Psalm 67

Epistle: Revelation 21:10, 22-22:5

Gospel: John 14:23-29

MAY USHERS

Saturday, May 4:

4:30 pm **Head Usher:** Consistory

Ray & Robbie Gremminger, Dick Groene

Sunday, May 5:

8:30 am **Head Usher:** Mary Bender

Dale & Janis Knuth, Bette Humbracht

Saturday, May 11:

4:30 pm **Head Usher:** Barb Hengst

Bruce & Barb Hengst, Sharon Klemme

Sunday, May 12:

8:30 am **Head Usher:** Mary Mullen

Alyne Bosman, Linda Bosman, Cindy Conrad

Saturday, May 18:

4:30 pm **Head Usher:** Consistory

Lois Faas, Kathy Schaap, Rachel Risse

Sunday, May 19:

8:30 am **Head Usher:** Amy Nischik

Sunday School & Youth

Saturday, May 25:

4:30 pm **Head Usher:** Kay Scheible

Scott & Annette Bunyea, Bob Becher

Sunday, May 26:

8:30 am **Head Usher:** Susan Clarke

Terry & Amy Debbink, Greta Debbink

KEEP THESE FAMILIES IN YOUR THOUGHTS AND PRAYERS

HOSPITALIZED

Aurora Sheboygan Memorial Medical Center -

Dean Brocker



THANK YOU - LENTEN SIMPLE SUPPER

Thank you to all of the people who made our Lenten Simple Suppers a success, thank you to the soup and sandwich makers; thank you to the people who served us. Thanks for all the help with set up and especially with all the cleanup. Thanks to everybody who brought desserts. It was a joy to do this and I appreciated your help and your fellowship.

Thank you all for your help with this ministry,

Cyndi Huibregtse



MAY BIRTHDAYS

5/1	Jean Groene Lucille Matzdorff
5/2	Kathy Bruggink Ken Schaap
5/4	Robert Metze Brenda Nabak
5/6	Haylen Odekirk
5/7	Evan Wachter
5/8	Cheryl Rortvedt
5/9	Bonnie Laack
5/11	Lynn Ditter
5/12	Kathy Ferguson Lyle Theune Ashley Konrad Larry Zwerg
5/13	Kathy Zelm
5/16	Karen Raeder
5/17	Janice Nohlquist Madelyn Markus
5/18	Joan Vorpapel
5/20	Tom Miller
5/22	Ron Schoenfeld
5/23	June Miller
5/24	Denise Prange Tom LeMahieu Ethan Feldner
5/25	Sharon Groene
5/26	Ardice Schuette
5/27	Alayne Bosman Linda Lehrke Ben Meinnert Carol Bournoville
5/29	Elsa Blad
5/30	Jayna Flunker

MAY ANNIVERSARIES

5/5	Gary & Lynette Sesing
5/7	John & Judy Meerstein
5/16	Todd & Julaine Thiel
5/18	Robert Groene & Michelle Roiger
5/19	Dennis & Andrea Kapellen Brett & Jill Pilling
5/20	Ryan & Shyanne Halle
5/23	Kevin & Debbie Lisowe
5/24	Gene & Georgine Littlefield
5/25	Steven & Betty Davenport
5/30	Jim & Deanna Lindow

ENDOWMENT FUND NEWS

The Endowment Fund Team is grateful that Salem is blessed with the opportunity to provide support for participation in many local and worldwide ministries and missions. The following grants were awarded at our April Endowment Fund meeting:

Existing Ministries:

Implementation of 5 Practices	\$ 770
Assn/Conference Annual Mtg	750
Worship Bulletin Service	700
Radio Fund	500
Lawn Maintenance	200

Innovative Ministries:

UCC Music Conference	\$1,211
Presbyterian Church of Malawi	904
Recycling Initiatives/Education	875
United Christmas Choir Event	500

Capital:

Zoar-Salem Cemetery	\$1,000
Line of Credit Reduction	890

We pray God's blessings will continue to be upon the persons and ventures impacted by the granting of these funds.

Respectfully submitted,
Mary Bender, Secretary

From Mission & Stewardship and Finance

Spring continues, and we continue in a time of transition.

We have celebrated Easter and now we must focus on keeping the Good News in our minds and hearts as we move forward into the summer months.

Our confirmands are preparing for their commitment to Salem, and usually this is a time for us to all be conscious and set an example for them in mission and stewardship. I am thankful to say that this year's group of confirmands already have a strong track record in mission work. We are grateful to the mentors, parents and teachers who have nurtured this.

We are also in transition with staff, with Anna Cortez starting and doing very well. But this transition does include a period of higher payroll, covering the training time where Pam and Anna were both working, as well as fulfilling our commitment to Pam's compensation package.

Financially, as I reported in last month's Chapel Chimes, our giving during the long, cold winter was down. In total, we're about \$10,000 behind where we should be in giving. Holy Week was helpful with generous gifts to General Fund totaling \$6,578, but that's only about \$1,500 more than our ideal \$ 5,000 target for weekly giving.

To that end, we are likely to be celebrating a Festival Sunday in May, where we ask our members to consider generously doubling their weekly offering. Please keep your eyes open for more news on that.

Also in May, we will be focusing on our next 5 for 5 mission, **Strengthen The Church**. This fund supports the expansion of ministry and growth of UCC congregations. Half of the money raised goes to our local conference and

is used to help churches in Wisconsin grow and expand ministries. The primary date for receipt of gifts is Pentecost Sunday, June 9. Our goal is \$400.

Please continue to pray thoughtfully on your gifts of money and time to all the missions and ministries of Salem. Alone, the challenges are many, but together as a united church family with God, we can do wonders.

Thank you for your support and gifts.

On behalf of Mission & Stewardship and Finance
Mary Mullen



From Salem's Church Ambassador:



Join us for The Blasters Golf Tournaments - supporting Lakeland University student-athletes!

For more than three decades, The Blasters Golf Tournaments have brought together local business leaders and proud Lakeland University alumni for a fun-filled day of golf. Join us for one of these events and help make a real difference in the lives of Lakeland University student-athletes.

Upcoming events at Lakeland University:

**Saturday, May 11, Lakeland University
Commencement**

**Saturday, May 18, Movers & Shakers Gala
The Standing Ovation**

**Monday, June 17, Blasters Golf Tournament-
Moose Woltzen Cup
10AM Start – Pine Hills Country Club**

Moose Woltzen Cup

- Pine Hills Country Club
- Monday, June 17
- Scramble
- \$850 foursome; \$225 Individual

**Friday, August 2, Blasters Golf Tournament –
Mike Devaney**

10AM Start – Autumn Ridge Golf Club

Mike Devaney Cup

- Autumn Ridge Golf Club
- Friday, Aug. 2
- Scramble
- \$400 foursome; \$100 Individual

**Saturday, October 12 – Lakeland University
Homecoming**

**Questions? Contact us
at Blasters@lakeland.edu!**



FROM THE PARISH NURSE . . .

Migraine Headaches

Signs and Symptoms

- Intense head pain
- Nausea and vomiting
- Sparkling, rainbow-like colors, blank spots in your field of vision, or other auras

Migraines are also known as vascular headaches. The exact cause of migraines is unknown, although evidence suggests involvement of the blood vessels of your head.

A migraine headache usually begins in the early morning or during the day with intense, gripping pain on one side of your head that may gradually spread. The pain begins to throb on one side or over your entire head. It reaches the peak of severity in minutes to an hour or 2 and lasts for hours to 2 days, unless it is treated. It is often terminated by sleep, but you may be listless after waking up. The frequency of attacks can range from daily to one in several months. These attacks can be associated with nausea and, at times, vomiting.

Migraine has several clinical patterns: classic migraine (migraine with typical aura), common migraine (migraine without aura), and complicated migraine.

In migraine with aura (classic migraine), your headache is preceded by warning symptoms. About 20 minutes before the headache, neurologic symptoms often appear, including sparking flashes of light, dazzling zigzag lines, slowly spreading blind spots, dizziness, or a feeling of numbness on one side of your body. The symptoms preceding the headache are referred to as the aura. Less commonly, aura symptoms include a slowly spreading weakness or numbness of your face, a hand, or a leg; a tingling and numbness in your lips; or difficulty with talking or writing. Rarely, these symptoms can be permanent, presumably because of a stroke (infarct).



Amateur Radio 2019 exam date:

Tuesday, May 21 Registration at 6:30 PM,
testing at 7:00PM in the library

Migraine without aura (common migraine) has no characteristic warning symptoms. Hours before the headache, you may be elated, full of energy, thirsty, hungry for sweets, drowsy, irritable, or depressed. These are sometimes referred to as premonitory symptoms. The headache usually builds to full intensity over several minutes or longer.

Complicated migraine is associated with prolonged neurologic symptoms that may outlast your head pain.

Less common forms of migraine headache include familial hemiplegic migraine (migraine with aura and paralysis of one side of the body; the affected person has at least one immediate relative who has identical attacks), migraine aura without headache (occurs mostly in elderly persons), ophthalmoplegic migraine (migraine with partial paralysis of the eyes), status migrainous (migraine persisting longer than 72 hours), and migrainous infarction (one or more aura symptoms that persist unabated for longer than 21 days).

Migraines may begin in childhood, adolescence, or early adulthood, and tend to taper off in number and intensity as you grow older. Migraine headaches strike many persons. Women are 3 times more likely to have migraines than men. Migraines may be associated with premenstrual tension. Attacks tend to decrease during pregnancy. There is a family history of migraines in about half of all cases.

The biologic causes of migraine are unknown, but many precipitating factors have been identified. A period of hard work followed by relaxation may lead to a "weekend migraine." Stress, premenstrual changes, alcohol consumption, hunger, or use of oral contraceptives causes migraines in some persons. Certain foods may produce attacks, including red wine, chocolate, aged cheese, milk, chicken livers, meats preserved in nitrates, or anything prepared with monosodium glutamate. Some persons even report that exposure to sunlight or exercise triggers their attacks.

Diagnosis

If you have migraines with characteristic warning symptoms or a family history of these headaches, your physician probably will have little difficulty diagnosing the condition. If you do not have these traits or if the headaches are severe and of recent onset, you need testing to rule out tumors, aneurysms, or other structural disorders that could cause your pain. You may need to have a lumbar

puncture to analyze your cerebrospinal fluid, skull and sinus X-rays, vision tests, and CT scanning.

How Serious Are Migraine Headaches?

Migraine is a chronic disorder without cure. The headaches are not life-threatening, and there is no proof that they lead to other disorders. With treatment, you should be able to reduce the number and severity of attacks.

Treatment

For Acute Attacks

Mild analgesics such as aspirin, acetaminophen, ibuprofen, naproxen sodium, or other nonsteroidal anti-inflammatory drugs may provide relief for mild to moderate migraines.

A combination of analgesic and barbiturate agents (such as aspirin, caffeine, and butalbital) helps some patients. The regular use of barbiturate compounds, however, may trigger daily headaches, and therefore they should not be used more than 2 days a week.

Antinauseants, such as metoclopramide, may be prescribed if your headaches cause nausea or vomiting. Some antinauseants can be prescribed in suppository form.

A drug called ergotamine has been used effectively for acute migraine. Sometimes, an analgesic painkiller is used in combination with it. Ergotamine can bring on headaches and other side effect such as nausea, vomiting, cramps, and tingling sensations. It should be used only a few times a week and not at all during pregnancy or breastfeeding.

Isometheptene is drug related to ergotamine and provides relief for some patients when it is given in combination with an analgesic and mild sedative (isometheptene, acetaminophen, and dichloralphenazone). Isometheptene may not be as effective as ergotamine, but it is better tolerated and produces fewer side effects.

The medication sumatriptan is a newer drug for the treatment of acute migraine attacks. There is evidence that it works by binding to certain serotonin receptors on cranial blood vessels.

Aimovig has proven to be a new effective injection medication taken once a month to prevent the onset of migraines. Talk to your physician if this may be right for you.