

The Messenger



A Newsletter of the
Genesee 1st Congregational, United Church of Christ, Inc.

June, 2024 special edition

Volume 19, Number 1.5

From the Pastor

Stewardship of our bodily health



Paul writes, ***“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?”*** - 2 Corinthians 6:19

God has given each of us a physical body that, like an automobile, is a masterfully engineered, complex vehicle that carries us along our road of life. Like our cars, our bodies need attention and care to function optimally and bring us smoothly down the road of life.

Of course, everybody gets sick sometimes, and many of us have health problems that are beyond our control, such as genetics, environment and misfortune. With so many variables over which we have *no control*, we need to do our best with the variables we *can* control.

For June, dedicate yourselves to being a better steward of your body. Here are some ideas:

- **Get a physical.** A doctor can evaluate you and advise you on optimizing your health.
- **Move it!** Even small amounts of exercise improve health and wellbeing. Ask your doctor how to get going.
- **Diet.** Not just eating to lose weight, but watching your diet for healthy living. Learn about the nutritional value of the foods you now eat, and explore choices that are more healthful.
- **Stop smoking.** The number one preventable health risk, smoking causes cancers, high blood pressure, heart disease, etc. Enough said.
- **Sleep.** Eight hours of shuteye does wonders for body and mind.
- **Pray and meditate.** Spiritual disciplines lower your stress, which improves physical health, too.

God gave us wonderful bodies to carry us through our life's journey of discipleship. The better we care for it, the more fruitful our journey will be.

Pastor Jim

teamlangreder@gmail.com 262-309-5086

OFFICE HOURS:

■ (Scott Burdette) am usually in the church office from 2 – 4 PM on Wednesdays and Thursdays. The office phone number is **262-968-3849**.

In addition, below are the Rev. Jim Langreder's hours (during a typical week). In emergency, call Pastor Jim at **262-309-5086**.

Monday: Genesee 8 AM – 2:30 PM
Tuesday: Hartland 8 AM – 2:30 PM
Wednesday: Hartland 8 AM – 12:30 PM
Genesee 12:30 AM – 2:30 PM
Thursday: Genesee 8 AM – 12 PM
Hartland 12:30 PM – 2:30 PM

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OUR TOP STORY

GOT STUFF ?

We will have a Church Rummage Sale the 1st week of August. Start thinking of items you wish to donate! The dates and times are Thursday, August 1, 9 AM – 5 PM; Friday, August 2, 9 AM – 5 PM; and Saturday, August 3, 9 AM- NOON.

Sunday, July 21 (and not before – PLEASE!), you can start moving your contributions to the Ed. Center. All items should be in working condition. Thank you, in advance, for your contributions.

**HOPE CENTER
MEAL SERVICE DATES FOR 2024.
NEW LOCATION!**

We need your help Friday, June 28.

A special THANK-YOU to those individuals who volunteered and served the meal on Wednesday, April 10. Our church is one of 46 congregations, throughout Waukesha County, which serve the meals at Hope Center in Waukesha. The service dates are, every week except holidays, Mondays, Wednesdays and Fridays. Meals are served at 5:30 PM – with volunteers asked to arrive by 5 PM. Our additional service dates for 2024 are...

Friday, June 28 and Friday, November 29

We are asked to have 6 – 8 volunteers present to serve, on average, 60 – 70 people. Trays of desserts: cookies, brownies, cake, etc. are also asked for and are always well appreciated. **NEW!** Hope Center is now located at 101 W Broadway, in Waukesha.

JUNE – JULY USHERS

The following teams / individuals are scheduled to usher on Sundays in June and July. Arrive by 10 AM (for the 10:30 AM service). Your job is to greet people, hand out bulletins, light candles and take collection. For the latest update, or if you are unable to fulfill your commitment, please notify Diane Sickels at **262-968-3954**.

June 2	Deacons
June 9	OPEN
June 16	OPEN
June 23	OPEN
June 30	OPEN
July 7	Deacons
July 14	OPEN
July 21	OPEN
July 28	OPEN

Church Budget Update:

The most recent income and expense figures are shown below.

March Income	\$4,292.00
March Expenses	<u>\$4,403.05</u>
Net Total	- \$110.05

We continue to be grateful for all the gifts contributed by our members. We pray for God's grace and blessings as we continue to navigate through these challenging times. We value your fellowship. Join us at our Sunday service, enjoy the beauty of our church building, listen to the good word and say "hello!"

Welcome to the June, 2024 special edition of the Messenger. We share Pastor Jim with the Hartland, UCC. As such, we have the early service six months and Hartland gets it the other six months.

Our Sunday service is currently at **10:30 AM.**
(9 AM service time starts Sunday, July 28.)

On the first Sundays of the month we meet at the Ed. Center (that brick building next to the church) – and communion is served. The other Sundays of the month we meet in the church sanctuary.

We have Sunday School for youngsters from Nursery through Junior-High age. They meet at the same time and place as the adults, and after the "Time With Our Young Disciples" follow their teacher(s) to class.

Currently, the Hartland service is at 9 AM and is livestreamed on the Genesee and Hartland Facebook page; and You-tube channel (First Congregational, UCC, Hartland, WI.)

Bible Study and Book Club

Bible Study has met, through the end of May, on the 1st, 2nd, 4th and 5th Wednesdays of the month – at 1:30 PM. Our Book Club has been meeting on Thursdays at the Mercantile Coffee Shop at 11 AM. For both activities, we will now take a summer recess until September.

Pilates

meets at the Ed. Center at 8:30 AM each Saturday morning.

Explore God's Word Daily

Copies of the devotional booklet: *"The Upper Room"* for July – August, 2024 are available. Call the church office at **262-968-3849**, or come to worship service on Sunday morning, to get your copy. On every page is an inspirational reading and accompanying Bible verse for each day.

NEW ! We have a **BRAND NEW LOCK BOX** that was recently installed (thanks to Rhea Whiteley and B. J. Williams). You may place orders, or other documents (when no one is in the office). The box is secure, weatherproof and is checked daily.

Verse of the month

"May God be gracious to us and bless us and make his face to shine upon us, ..."
Psalm 67:1 (RSV)

TOUCH BASE TUESDAY

Join Pastor Jim for lunch, drinks and conversation about whatever is on your mind and heart.

EVERY TUESDAY 11 AM – 1 PM

Phoenix Restaurant, 129 Cottonwood Av. in Hartland

BUILDING RENTAL AVAILABLE

Do you have a large family gathering, wedding, birthday party, etc., but not enough room to host it? Both our Ed. Center and Church are available to responsible parties. Call the church office at **262-968-3849** for details and a rate schedule.

Events Calendar

JUNE - JULY events

Listed here are the dates of meetings, holidays and events in June and July. All dates are correct at the time of publication. All events are at the Ed. Center, unless otherwise noted.

Service time is Sundays, 10:30 AM – at church. First Sundays of a month, the service is at the Ed. Center – and we will have communion.

In addition, the Ed. Center is used for a Pilates class which meets 8:30 AM each Saturday.

JUNE, 2024

SA 1 8:30 AM: Pilates

SU 2 10:30 AM service at the Ed. Center
w/ communion

FR 7 – SU 9

Annual Meeting Wisconsin Conference, UCC
- Green Lake Conference Center

SA 8 8:30 AM: Pilates

SU 9 10:30 AM service at church

FR 14 **FLAG DAY**

SA 15 8:30 AM: Pilates

SU 16 **FATHER'S DAY**

10:30 AM service at church

July - August edition copy due

WE 19 **JUNETEENTH**

TH 20 **SUMMER SOLSTICE**

10:50 PM CDT (summer begins)

SA 22 8:30 AM: Pilates

SU 23 10:30 AM service at church

MO 24 2 PM: Executive Board

SA 29 8:30 AM: Pilates

SU 30 10:30 AM service at church

JULY, 2024

TH 4 **INDEPENDENCE DAY**

SA 6 8:30 AM: Pilates

SU 7 10:30 AM service at the Ed. Center
w/ communion

SA 13 8:30 AM: Pilates

SU 14 10:30 AM service at church

SA 20 8:30 AM: Pilates

SU 21 10:30 AM service at church
Ice Cream Social

August special edition copy due

MO 22 2 PM: Executive Board

TU 23 **PASTOR'S BIRTHDAY**

SA 27 8:30 AM: Pilates

SU 28 9 AM service at church



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BREWERS

A FINAL NOTE 🎵

The deadline for the July-August edition is Sunday, June 16. The deadline for the August, 2024 special edition is Sunday, July 21. To submit an article, event information, or to receive your newsletter via e-mail, send e-mail to:

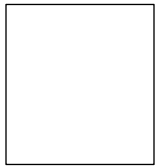
geneseechurch@wi.twcbc.com

Articles submitted in person need to be typed or written legibly.

Scott W. Burdette

**GENESEE 1ST CONGREGATIONAL
UNITED CHURCH OF CHRIST, INC.
W306 S5075 CHURCH ST.
MUKWONAGO (GENESEE), WI 53149-9732
262-968-3849 www.geneseechurch.org**

NEWSLETTER JUN 2024
TIME VALUE MAIL
ADDRESS CORRECTION REQUESTED



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Sunday services
10:30 AM - at church
EXCEPT
1st Sunday of the month
10:30 Sunday services
at the Ed. Center
with communion
9 AM service time starts
Sunday, July 28