

**FIRST CONGREGATIONAL UCC ZUMBROTA
and
PRESBYTERIAN CHURCH OF ORONOCO**



September 2016 Newsletter

(Z) Country Store Wants You

That last Saturday in October will be here before we know it, and with it the annual Country Store. Don & Cindy DeBlieck have agreed to coordinate the event this year, but need help. Here are some of the ways **you** could help (starting now!) to make this year's Country Store a success:

1. We'll need to give the kitchen a good cleaning before the end of October. We are planning to meet following worship on October 23rd. All are welcome to join us!
2. Good advertising makes for a good crowd. Could you be the advertising chairperson? This means putting a large ad in the *News Record* the week before the Country Store and seeing that posters are put up, plus possibly getting the bank to put us up on their sign at the downtown bank. Any other ideas you might have will be welcome.
3. The meal this year will be soup, chili, and two kinds of sandwiches. If you are willing to make any of that or enlist helpers, please contact Cindy. We'll also be selling baked goods & crafts again this year, so bring whatever you can.

Planning ahead helps everything run smoothly. If **you** are willing to pitch in, let Don or Cindy know as soon as possible. Call them at 507-732-7545, or email them at cindy.deblieck@gmail.com.

Thanks to all who give of their time and resources so generously to make this event happen each and every year. We are looking forward to another successful Country Store in 2016!





A Message from Our Pastor

At the end of July, I spent some continuing education time in Iowa at Synod School. You've seen it advertised in our newsletter, and I know I've spoken about it in church before. Synod School is an incredible experience open to pastors and lay people alike. It's a week-long conference that offers a central convocation speaker (this year's was John Bell) as well as a staggering variety of classes – everything from basket weaving and folk dancing to an in-depth study of Lamentations to the Gospel According to Harry Potter or Star Wars or the Big Bang Theory. It's also an incredibly family-friendly experience. There were 645 participants in Synod School this year, and more than 100 of them were children. There's educational programming for kids age 0-18 so that parents have a chance to experience some classes for themselves, but children are most definitely present and welcome.

This year, one of the courses that I took was called Managing Stress in Ministry led by Rev. Dr. Mark Sundby, an ordained minister in the United Methodist Church and currently the Executive Director of the North Central Ministry Development Center in New Brighton. In it, we spent time talking about the various aspects of ministry that can be stressful and the amount of stress that clergy are under in general compared to other professions.

But we also spent time talking about a variety of ways that we can relieve stress in our lives – not just ministers, but everyone else. We did some deep breathing exercises. We participated in some silent meditation and some guided meditations. And on the final full day of classes, we spent time experiencing a walking meditation.

The general idea of a walking meditation is to remain present in the moment and be constantly aware of your surroundings ... not your mental grocery list, not your to-do list, not your email or your Facebook account or the current headlines. Be present and aware of the world around you and your place in it.

There are a number of ways to “do” a walking meditation. It can be as easy as focusing on your breathing: breathe in for a count of three with one step and out for a count of four with the next step. You can

focus on the feeling of the ground under your feet. You can focus on a particular word or phrase – something to keep bringing you back to the present moment when your mind inevitably starts to wander. One of the phrases that Mark suggested to us was:

- Step one: Present moment.
- Step two: Wonderful moment.

Truly, the possibilities for walking meditations are endless.

For that final day, because the weather was beautiful and we had time, I chose to take my sandals off – to truly feel and connect with the ground beneath my feet. As I wandered through the Buena Vista University campus, I consciously kept my left foot in the grass and my right foot on the sidewalk whenever possible.

This action turned into a little bit of a guided meditation for me because I began to look at the ground under my left foot as life. Sometimes it was lush and green, soft under my feet and pleasant to walk on. Sometimes it was rocky or there were little twigs and things sticking up that were uncomfortable under my bare feet. The elevation changed slightly – sometimes a little higher, sometimes a little lower. Every step was sometime different – a new feeling, a new environment, a new experience.

At the same time, I began to look at the ground under my right foot as God. It was solid. It was strong. It was constant. No matter whether the ground under my left foot was higher or lower, the ground under my right foot was always a little bit higher still – keeping me up, keeping me steady, keeping me grounded. And in those times when there was no grass on which to place my left foot, there was always pavement to carry me forward.

Like many other people, I have always struggled with Paul's exhortation to “pray without ceasing” in 1 Thessalonians 5:17. Life gets busy. I find myself running and running and forgetting to stop. But this exercise of walking meditation brought me closer to an understanding of what Paul might have meant. It was a chance to pray without words – to pray with my imagination, with my feelings and my fears, and yes, even with my feet.

Pastor Lisa

(O/Z) Pastor Out of the Office

Pastor Lisa will be out town Sept. 23-25 for a wedding and Sept. 29-Oct. 2 for continuing ed. I will have my cell phone with me in case of emergencies.

achievement, *The Road to Character* is a book about inner worth. It sounds like a worthy read!

So, enjoy your summer by adding a few good reads and plan to join us in September for stimulating discussion.

(O) Dorothy Day Dinner

The annual September Dorothy Day House dinner will be served on Wednesday, September 28. The Ostrom's and Carol Tiede are coordinating the event and will be looking for volunteers to prepare and serve food. A signup sheet for salads and dessert is posted on the bulletin board. See Janice or Carol for the meal plan. This is a great way to "Play It Forward" and experience God's love. Your help is greatly appreciated by all the Dorothy Day residents.

(O/Z) Communion Date Changes

Both the Oronoco session and the Zumbrota council have voted to move the celebration of communion for the month of Sept. due to our "usual" communion Sunday falling on a holiday weekend. Because of the Labor Day holiday weekend, both OZ congregations will be celebrating communion on Sun., Sept. 11. **Please note: We will still have worship on Sun., Sept. 4.** We simply will not celebrate communion that day.

(O/Z) Readers of OZ Meet September 13



Our book discussion group will gather again on September 13 at 7:00 p.m. We will meet at the home of Ellen Simon who has moved to Gramercy Senior Cooperative located at 1333 Arthur Lane NW.

(O/Z) September 11 Worship

This year is the 15th anniversary of the terrorist attacks on 9/11, and Sept. 11 happens to be a Sunday. We're going to commemorate this day in both congregations with a special worship service – a time of prayer, of reflection, of silence, and of communion.

Our selection for September is "*Being Mortal: Medicine and What Matters in the End*" by Atul Gawande. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande, a practicing surgeon, offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

(O/Z) Confirmation

As the school year picks up again, we will also be picking up again with our confirmation class. We will keep the same schedule as last year: 6-8 p.m., 1st Wed. of the month in Oronoco, 3rd Wed. of the month in Zumbrota. We will also be needing meals again, so there are sign-up sheets in both churches. Confirmation parents, a letter and a calendar have gone out in the mail, so be on the look-out for those in your mailboxes.

If you want to read ahead, the selection for October is "*The Road to Character*" by David Brooks. This selection is described as his most eye-opening and deeply personal book yet. David Brooks—*New York Times* bestselling author of *The Social Animal*—tells the story of ten great lives that illustrate how character is developed, and how we can all strive to build rich inner lives, marked by humility and moral depth. In a society that emphasizes success and external

Confirmation mentors, we will need to have a meeting sometime in the early fall, preferably the first few weeks of Sept. I will be sending out an email so we can figure out a date/time that works best for everyone.

(O) The Chocolate Affaire



The Chocolate Affaire ... it's BACK!! And ONCE AGAIN, it will be a fun-filled night of great live entertainment and delicious chocolate.

WHAT: We're asking everyone to bring their favorite chocolate concoction divided up into small portions. The evening will be a chance to come, sample a wide variety of dishes (plus coffee, sparkling cider, and, of course, milk) and enjoy some live music. Free will donations accepted at the door, and boxes can be purchased to take some of your favorite goodies home with you!

WHEN: Fri., Oct. 28 from 6:30-8:30 p.m.

Children are welcome as well! There will be a "Decorate your own brownie" station for the kids.

Keep an eye out for the Chocolate Affaire sign-up sheet on the bulletin board!

We will be decorating for the Chocolate Affaire in the evening on Thurs., Oct. 27. If you're interested in helping with that, please contact Pastor Lisa or Brenda Longman.

(O/Z) 50th Anniversary of the Yoke

Believe it or not, we are coming up on this incredible milestone – on the 50th anniversary of the OZ yoke!! We are in the process of planning a joint celebration (including a joint worship service) for April 2017, but we need your help ... especially those of you who have stories about the yoke. Maybe it's a story of your own experience. Maybe it's a story that you heard from one of our dearly departed saints of the church who was present during the yoking. Please feel free to share those stories with Pastor Lisa or anyone on our planning committee:

- Z: Nattalie Vath, Hailey Vath, Bonnie Rolland
- O: Jenny Rand, Gail Rucker

Also, if you're interested in being a part of this planning committee, please let Pastor Lisa know. The more, the merrier!

(O/Z) Contacting Pastor Lisa

Pastor Lisa has a new phone!!! The phone number remains the same (507-696-8753), but **now you can text me!**

A big thank you to the ICC for helping me get this all sorted out and to Lance Sorensen for donating a phone for me to use. Here we go, into the 21st century!



(Z) Outdoor Labyrinth

Our labyrinth has been installed! Walking the labyrinth in a meditative practice that has been used for more than 4000 years. So how do I walk the labyrinth? How do I use this as a spiritual practice? *"The entrance can be a place to stop, reflect, make prayer or intention for the spiritual walk you are about to take. The walk around the design to the center can be a "letting go" – a quieting of the thoughts, worries, lists of tasks to do, a letting go unto the experience of being present in the body. Arrival at the center rosette – a place of prayer/meditation – "letting in" Gods guidance, the divine into our lives. When ready, the walk out "letting out" takes us back into our lives, empowered by spirit to transform our lives and actions."* (from "Guidelines for Walking a Labyrinth," <http://sacredwalk.com/guidelines>)

Our labyrinth is roughly 40' in diameter and will have a bench in the middle, giving you the opportunity to sit and pray, think, meditate, or listen for God as long as you like before journeying out again. We will also have a sign explaining the purpose and function of a labyrinth to anyone that chooses to stop by. So come and give it a try!!



(O) Presbytery Meeting

The next Presbytery meeting is **Tues., Sept. 13** at **4:00 p.m.** at United Theological Seminary in New Brighton. As always, Presbytery meetings are open to anyone. If you're interested in coming, please contact Pastor Lisa.

(O) One More Campfire!



We've enjoyed getting together for Sunday night campfires so much that we're throwing in one more before the weather becomes uncooperative. So we're holding one last campfire gathering for the year on **Sun., Sept. 25**, 6:00—8:00 p.m. Join us!

(O) Donations Needed

Members are asked to turn in shoe strings to Joanne to be used for the busy bags, as well as, continue to collect items to be placed in the bags for Ronald McDonald and Women's Shelter. If you have any questions, please talk to Joanne Schenck.

IN TOUCH WITH THE WIDER CHURCH

United Church of Christ Contact Information

UCC national website...ucc.org
Minnesota UCC website...uccmn.org
Minnesota UCC weekly email newsletter...contact kareng@uccmn.org
United Church News bi-monthly magazine...online at ucc.org/ucnews or free subscription at United Church News, P.O. Box 247, Bellmawr, NJ 08099 or call 1-800-363-0575

Presbyterian Church Contact Information

Presbyterian national website...pcusa.org
Presbytery of the Twin Cities Area website...ptcaweb.org
PTCA weekly email newsletter...contact communications@ptcaweb.org
Presbyterians Today monthly magazine...subscribe (at cost) to Presbyterians Today, P.O. Box 5178, Brentwood, TN 37024-9931 or call 1-800-558-166

Readings for the Month of September

Sun., Sept. 4

Matthew 18:1-5; 1 Corinthians 12:12-27
Labor Day weekend

Sun., Sept. 11

Lamentations 3:19-29; Psalm 23
Special 9/11 Service of Remembrance

Sun., Sept. 18

Psalm 113; Luke 16:19-31

Sun., Sept. 25

guest preacher, Rev. Martha Hendricks

Birthdays for the Month

9/2 Jim Wedge
9/8 Aubrey Gustafson
9/14 Sarah Rand
Peter Johnson
9/15 Mia Ke Zhen Tiede
9/19 Paulette Barnhart
9/23 Mike Rand
9/26 Hannah Watkins



In Our Prayers

*The Lord is near to all who call on Him,
To all who call on Him in truth.
He fulfills the desire of all who fear Him;
He also hears their cry and saves them.*

Psalm 145:18-19

Joyce Rucker, Eunice Markham, Sue Wedge, Jo Ludington and Monica Blue (sister-in-law to Dick & Janice Ostrom).

IN THE COMMUNITY

Shopko Senior Discounts

Shopko would like to extend an invitation to attend a special shopping event for senior citizens. Seniors, age 55 and older, will receive a 15% discount off their total purchased on Wednesday, September 7th, 2016. *Some restrictions do apply.*

Smoked Pork Chop Dinner

Pine Island American Legion
Friday, September 18th
5:00-7:00 pm
Served with Cheesy Hashbrown Casserole, Calico Beans & Dessert Bar

(O) Peacemaking Offering (World Communion Sunday) October 2, 2016

We make a special point of remembering our unity with Christians worldwide on World Communion Sunday, the first Sunday of October (10/2/16). The Peacemaking Offering encourages all parts of the Presbyterian Church (U.S.A.) to work for peace. Each congregation is invited to find ways to promote peace within the congregation and within the community. The Peacemaking Offering supports the peacemaking efforts of the church at every governing body level and provides an opportunity to witness to God's gift of peace in the world. Please watch for the special envelopes and consider how you may help.

(Z) Special Offering

Neighbors in Need (NIN) is a special mission offering of the UCC that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of the offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects.

We will receive the NIN offering on **October 2, 2016** as part of their World Communion Sunday observance.

Church Staff

Organist: Katha Johnson
Secretary: Sue Johnson
Custodians: (O) Sue Johnson
(Z) Debbie Floan
Pastor: Rev. Lisa Johnson

UCC Leadership Team

Chad Vath, Moderator
Cindy DeBlicke, Clerk
Amy Pahl, Financial Clerk
Parker Quammen, Treasurer
Connie Hawley, Trustee
Bob Hawley, Trustee
Arlen Kylo, Trustee
Sandy Pahl, Deacon
Nattalie Rolland-Vath, Deacon
Hailey Vath, Deacon
Marlene Kosobucki, Deacon
Kayn Wilshusen, Deacon
Wendy Kylo, Deacon

Presbyterian

Leadership Team

Kim Stanton, Treasurer
Kay Erdahl, Asst. Treasurer
Ron Peterson Rucker, Ruling Elder
Brenda Longman, Ruling Elder
Janice Ostrom, Ruling Elder
Mike Rand, Ruling Elder
Peter Johnson, Ruling Elder
Lance Sorensen, Ruling Elder
Sandy Bowers, Deacon
Deb Nelson, Deacon
Joanne Schenck, Deacon
Karen Peterson Rucker, Deacon
Jenny Rand, Deacon
Gail Rucker, Deacon

People of the Church

Janice Ostrom Co-Moderator
Joanne Schenck, Secretary

Secretary's Office Hours

Tuesdays in Oronoco 10:00 a.m. - 3:00 p.m.

Thursdays in Oronoco 10:00 a.m. - 3:00 p.m.

Office Phone# 1-507-367-4711

Email: oronocopc@bevcomm.net

Pastor Lisa's Office Hours

Oronoco—Mondays 1-4:00 p.m.

September 2016 Daily Lectionary

These Scripture readings are from the two-year daily lectionary of the Presbyterian Book of Common Worship (Westminster John Knox Press 1993). The readings from the three-year Revised Common Lectionary for Sundays and Festivals are not included in this document.

Thursday, September 1

Morning: Pss. 116;
147:12–20
Evening: Pss. 26; 130
Job 16:16–22; 17:1, 13–16
Acts 13:1–12
John 9:1–17

Friday, September 2

Morning: Pss. 84; 148
Evening: Pss. 25; 40
Job 19:1–7, 14–27
Acts 13:13–25
John 9:18–41

Saturday, September 3

Morning: Pss. 63; 149
Evening: Pss. 125; 90
Job 22:1–4, 21–23:7
Acts 13:26–43
John 10:1–18

Sunday, September 4

16th Sunday after
Pentecost
Morning: Pss. 103; 150
Evening: Pss. 117; 139
Job 25:1–6; 27:1–6
Rev. 14:1–7, 13
Matt. 5:13–20

Monday, September 5

Morning: Pss. 5; 145
Evening: Pss. 82; 29
Job 32:1–10, 19–33:1,
19–28
Acts 13:44–52
John 10:19–30

Tuesday, September 6

Morning: Pss. 42; 146
Evening: Pss. 102; 133
Job 29:1–20
Acts 14:1–18
John 10:31–42

Wednesday, September 7

Morning: Pss. 89:1–18;
147:1–11
Evening: Pss. 1; 33
Job 29:1; 30:1–2, 16–31
Acts 14:19–28
John 11:1–16

Thursday, September 8

Morning: Pss. 97; 147:12–
20
Evening: Pss. 16; 62
Job 29:1; 31:1–23
Acts 15:1–11
John 11:17–29

Friday, September 9

Morning: Pss. 51; 148
Evening: Pss. 142; 65
Job 29:1; 31:24–40
Acts 15:12–21
John 11:30–44

Saturday, September 10

Morning: Pss. 104; 149
Evening: Pss. 138; 98
Job 38:1–17
Acts 15:22–35
John 11:45–54

Sunday, September 11

17th Sunday after
Pentecost
Morning: Pss. 19; 150
Evening: Pss. 81; 113
Job 38:1, 18–41
Rev. 18:1–8
Matt. 5:21–26

Monday, September 12

Morning: Pss. 135; 145
Evening: Pss. 97; 112
Job 40:1–24
Acts 15:36–16:5
John 11:55–12:8

Tuesday, September 13

Morning: Pss. 123; 146
Evening: Pss. 30; 86
Job 40:1; 41:1–11
Acts 16:6–15
John 12:9–19

Wednesday, September 14

Morning: Pss. 15;
147:1–11
Evening: Pss. 48; 4
Job 42:1–17
Acts 16:16–24
John 12:20–26

Thursday, September 15

Morning: Pss. 36;
147:12–20
Evening: Pss. 80; 27
Job 28:1–28
Acts 16:25–40
John 12:27–36a

Friday, September 16

Morning: Pss. 130; 148
Evening: Pss. 32; 139
Esther 1:1–4, 10–19
Acts 17:1–15
John 12:36b–43

Saturday, September 17

Morning: Pss. 56; 149
Evening: Pss. 118; 111
Esther 2:5–8, 15–23
Acts 17:16–34
John 12:44–50

Sunday, September 18

18th Sunday after
Pentecost
Morning: Pss. 67; 150
Evening: Pss. 46; 93
Esther 3:1–4:3
James 1:19–27
Matt. 6:1–6, 16–18

Monday, September 19

Morning: Pss. 57; 145
 Evening: Pss. 85; 47
 Esther 4:4–17
 Acts 18:1–11
 Luke (1:1–4) 3:1–14

Tuesday, September 20

Morning: Pss. 54; 146
 Evening: Pss. 28; 99
 Esther 5:1–14
 Acts 18:12–28
 Luke 3:15–22

Wednesday, September 21

Morning: Pss. 65;
 147:1–11
 Evening: Pss. 125; 91
 Esther 6:1–14
 Acts 19:1–10
 Luke 4:1–13

Thursday, September 22

Morning: Pss. 143;
 147:12–20
 Evening: Pss. 81; 116
 Esther 7:1–10
 Acts 19:11–20
 Luke 4:14–30

Friday, September 23

Morning: Pss. 88; 148
 Evening: Pss. 6; 20
 Esther 8:1–8, 15–17
 Acts 19:21–41
 Luke 4:31–37

Saturday, September 24

Morning: Pss. 122; 149
 Evening: Pss. 100; 63
 Esther 9:1–32
 Acts 20:1–16
 Luke 4:38–44

Sunday, September 25

19th Sunday after
 Pentecost
 Morning: Pss. 108; 150
 Evening: Pss. 66; 23
 Hos. 1:1–2:1
 James 3:1–13
 Matt. 13:44–52

Monday, September 26

Morning: Pss. 62; 145
 Evening: Pss. 73; 9
 Hos. 2:2–15
 Acts 20:17–38
 Luke 5:1–11

Tuesday, September 27

Morning: Pss. 12; 146
 Evening: Pss. 36; 7
 Hos. 2:16–23
 Acts 21:1–14
 Luke 5:12–26

Wednesday, September 28

Morning: Pss. 96;
 147:1–11
 Evening: Pss. 132; 134
 Hos. 3:1–5
 Acts 21:15–26
 Luke 5:27–39

Thursday, September 29

Morning: Pss. 116;
 147:12–20
 Evening: Pss. 26; 130
 Hos. 4:1–10
 Acts 21:27–36
 Luke 6:1–11

Friday, September 30

Morning: Pss. 84; 148
 Evening: Pss. 25; 40
 Hos. 4:11–19
 Acts 21:37–22:16
 Luke 6:12–26



“You were preaching a 45-minute sermon in a 25-minute zone, Pastor. I’m going to have to see your license and ordination.”

First Congregational UCC
455 East Avenue
Zumbrota, MN 55992
(507) 732-7015



Presbyterian Church of Oronoco
PO Box 118
Oronoco, 367-4711



Check out our websites at
www.oronocochurch.org
www.ucczumbrota.org

Worship Times for the Month of September 2016



9/4	9:00 (Z)	11:00 (O)
9/11	9:00 (Z)	11:00 (O)
9/18	9:00 (Z)	11:00 (O)
9/25	9:00 (Z)	11:00 (O)

9/7 Confirmation 6-8:00pm at O
9/21 Confirmation 6-8:00pm at Z

Reverend Lisa Johnson—Contact Information:
Cell Phone 1-507-696-8753 Email address: pastorlisaj@gmail.com