November 2024

The Good News Herald

Zwingli
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A Small Church with a Big and Open Heart!

Check out our Zwingli UCC - Paoli Facebook page! https://www.facebook.com/zwingliuccpaoli

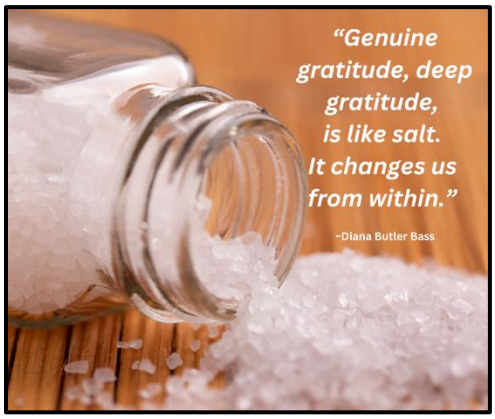
Gratitude is Like Salt!

November, the month of gratitude, has arrived. Even though it is best to reflect on and practice gratitude all year long, we in the States tend to focus on gratitude in November. To help us realize how important it is to practice gratitude daily throughout the year, I want to share some words of author and American Historian of Christianity, Diana Butler Bass (a bit long, but worth it!). She writes:

"Over the years, as I've gotten to be a better cook, I've learned about that salt shaker — and the pepper shaker — in the kitchen. Those shakers look the same, but they are not the same. Salt and pepper work very differently. And understanding the difference between the two actually enlivens Jesus' words.

Pepper is a spice. If you have pepper, just plain old pepper, in a shaker, or more optimally, a grinder, the flavor is released when the pepper is cracked or ground. When you put pepper on a chicken breast, you're not getting the taste of the chicken breast. . . Pepper adds pepper flavor to enhance or complement the chicken. That's how spices work. They add their flavor to ingredients.

But salt is not pepper. It is not a spice.



Salt is a mineral. It's found all over the world, at the edge of the sea, in caves where there was once water. When this mineral — salt — is added to food, something extraordinary happens. Almost like a miracle. When salted, food undergoes a number of chemical reactions that change the texture and flavor of the food *from within*. Pepper adds spice *on the outside* but salt changes the food *from the inside out*.

Great cooks throughout the world know that salt has a greater impact on what they're cooking than any other ingredient. . . . Not only does this magic mineral work from the inside out, it also reduces bitterness. We humans find bitter things difficult to swallow, quite literally. Bitterness often ruins the taste of food. But salt modifies any bitterness within food and balances it out. . . .

The quick difference between the pepper and salt? Pepper is put on the outside and salt brings out what is the inside. One adds its own flavor; the other brings flavor forth. . . .

We often think of spiritual practices like gratitude — or meditation or prayer — as if they are pepper. Maybe you already have a pretty good life, generally happy, successful, or healthy. We are blessed. Spiritual practices give some additional flavor. Peppering gratitude is little like sprinkling thanks on top of our blessings. We add a bit of extra spice to give those good things a bit more flavor, an extra kick.

In recent years, science has discovered that gratitude is not like seasoning life on the outside. Instead, genuine gratitude, deep gratitude, is more like salt. It changes us from within.

A while ago, I saw this headline in the *Washington Post*: *Can gratitude help you recover from a heart attack?* The article said absolutely yes. Indeed, gratitude will actually change your heart. . . .

Medical researchers, psychologists, and social scientists have studied gratitude in relation to heart attacks and a number of other conditions and diseases — and they've found that gratitude is not only good for your heart but pretty much every other part of you, too.

People who practice gratitude become grateful people — they build up something inside, a reserve of resilience enabling them to meet health challenges more easily than people who are not grateful. Gratitude is really good for us. Professor Robert Emmons, an expert who studied gratitude for decades, points out how scientific studies have shown that gratitude blocks toxic emotions, envy, resentment, regret, and depression. If you have a strong sense of being grateful, it changes the way your brain functions.

Practicing gratitude strengthens empathy, courage, and compassion. It strengthens resilience and gives us a greater capacity to connect with others in community. Gratitude is like the salt of spiritual practice. Gratitude changes you from within. Thankfulness is not a flavor we add to life. . . .

Gratitude brings what is deep inside to the surface; it intensifies the best flavors of our lives. And gratitude modifies any bitterness or spoilage that may have developed within. Everything gets tastier. Jesus said, "Have salt in yourselves and be at peace with one another." (Mark 9:50) That is deeply and profoundly true. If we live a life that is salted with gratitude, it opens us toward the world and toward one another in peace."

So, let's practice gratitude, and 'Living Salty' this November!

Blessings,

Karla

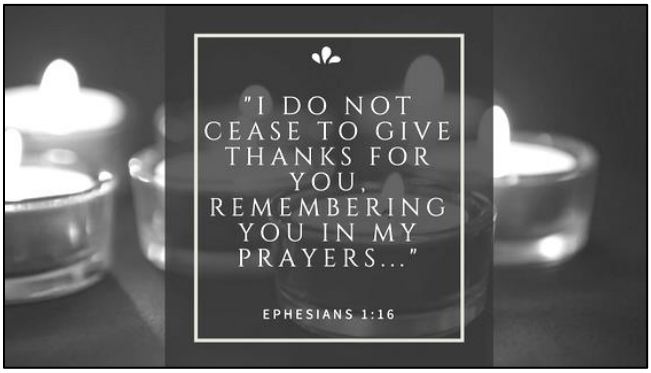
Advent Sunday Readers



Advent begins in December and runs for 4 weeks before Christmas, as an opportunity to prepare our hearts and minds for Christmas, the birth of Christ. **As is the custom at Zwingli, we will light the Advent Wreath each of these Sundays and invite you (and a friend, your spouse, your family) to take one of the Sundays. There is a signup sheet on the bulletin board (sign up soon as there are only 4 Sundays!).** Pastor Karla will give you the information you need for your Sunday.

Sunday, November 3





We will celebrate All Saints Day on Sunday, November 3. This Worship service will be one of remembrance for members who have passed this year, as well as an opportunity for you to light candles for others you have lost (this year or in preceding years). Join us as we remember our dearly loved departed, as well as come together at the Lord's Table.

November 10 Installation Service



On Sunday, November 10, at 3:00 pm, we will have a Service of Installation for Pastor Karla to officially designate her as our pastor and teacher. She has already demonstrated her skills in both areas, but this will be an opportunity for us to commit to supporting her in her ministry with us as she promises to serve us in this role. Our Associate Conference Minister, Rachel Bauman, will be with us to represent the SW Association Church and Ministry Committee. This will be an extraordinary worship time as a former student at The Crossing (where Karla worked the last 22.5 years) Rev. Jen Petricca Bloesch, will be offering the Message.

Another former student at The Crossing, Quintin Bovre (whose name may ring a bell!!) will be with us to offer special music, along with other former Crossing students! This is truly going to be a wonderful service of worship and a celebration! **And, of course, we will have our delicious Dessert Buffet (please sign up to bring a dessert on the bulletin board or contact Kathie at the Church Office).** All the churches of the Association will be invited to attend so we have a chance to welcome other pastors and lay people to Zwingli UCC. We hope you can join us on this special day for Zwingli!

Stewardship and Thanksgiving Sunday Nov. 17

What is Stewardship?

Stewardship involves OUR NEED TO GIVE, rather than giving to a need.

Stewardship is a TOTAL WAY OF LIFE, a conversation of mind and heart.

Stewardship is not something we do, it is about WHO WE ARE and WHOSE WE ARE.

Stewardship is about asking ourselves, “WHAT DO WE OWN and WHAT OWNS US?”.

Stewardship is an ACT OF WORSHIP, rather than an obligation.

(from https://www.saintcharles.org/stewardship-as-a-way-of-life/)

You should have received a letter from our pastor inviting you to consider filling out a ***Time & Talent Form*** and/or a ***Pledge Card*** to support Zwingli for the coming year (if you didn’t and would like them, please contact the church office or Pastor Karla). Join us for Worship on Sunday Nov. 17 at 9:30 a.m. as we hold our Zwingli Thanksgiving and Stewardship Service to dedicate our commitments to the church. The sharing of our gifts comes from both the desire to meet the needs of many in our world, as well as our gratitude for the gifts we have received from God. If you can’t make that Sunday, we encourage you to send in your Form and Card by Nov. 17 so we can dedicate them in Worship (of course, we will also accept them after Nov. 17 if that works best for you).



Sunday, November 24

Join us for a special Worship led by members Jeanette Bossingham and Judy Batker. They will be sharing their experiences and reflections from their various volunteer trips to Pine Ridge Reservation in South Dakota. Come and learn more!









For those asking for our gluten free communion bread recipe, here it is:



4 large eggs
1/2 cup water
2 tbsp. olive oil
1 tbsp. + 1 tsp. honey
1/2 tbsp. molasses
1½ cups Pamela's Bread Mix, firmly packed
1/2 tsp. salt
1/2 tsp. baking soda

Whisk together eggs, water, honey, molasses and olive oil.

Mix dry ingredients together. Add a quarter of the dry ingredients to the wet and mix until well incorporated. Repeat until all ingredients are mixed.

Pour 4 equal amounts of batter (about 1/2 cup) onto baking sheets lined with parchment paper, two per sheet. Spread batter into rounds, 5 to 6 inches in diameter.

Bake at 350 degrees for 15-16 minutes. Cool on wire racks. Serve with delight!



Hanging of the Greens (with snacks!)
Saturday, November 30

It's hard to believe it's time to think about Advent already! The first Sunday of Advent is December 1, the same weekend as Thanksgiving this year.

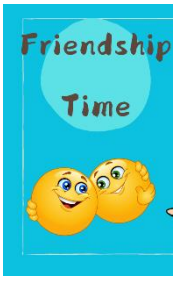
The Council has decided to have the Hanging of the Greens to prepare the sanctuary for Advent on Saturday, November 30 at 1:00. Please come and join the fun putting ornaments on the tree, preparing the Advent wreath, putting out candles, and more! There will be something for everyone to do, even if you prefer to supervise! Snacks will be provided as well as lots of good conversation.

CHURCH COUNCIL

Minutes of the September 15, 2024, meeting are now available in the wall pockets near the mailboxes.
Contact the church office to request an electronic copy.

Upper Room devotional booklets for Nov/Dec are now available on the bookshelf near the mailboxes.

Friendship Time Changes!



Friendship Time for Nov. 10 is cancelled – or you could say 'rescheduled' to following the 3:00 Installation that day! Hope you can join us at 3:00!

Starting in December, Friendship Time will be moved to 1st Sundays!

Items of Note

November Birthdays

Kari Ace

Jason Beloungy

Sue Bovre

Reinhold Meihsner

Katie O'Dair

Larry Stuessy

November Anniversaries

Tex and Connie Urfer

Calendar

November 17
Stewardship & Thanksgiving Sunday

November 26
Community Thanksgiving Service

November 30
1pm – Hanging of the greens

December 24
5pm – Christmas Eve Worship

December 29
Pot-luck celebration for Rich & Ruby Pleva

Contact Information for Pastor Karla
608-572-4557
pastor.zwingliuccpaoli@gmail.com

Christmas Poinsettia Orders



Kriss Ace will be placing an order for poinsettias for the sanctuary again this year. Be thinking about the color you want: pink, red or white. Estimated price for a 6½" pot is $16/$17 dollars. A signup sheet will be on the bulletin board. Please include the number of plants, color, your name and if the poinsettia is in memory or in honor of someone. The order deadline is November 24. Kriss will collect payments. Make your check out to Zwingli UCC Paoli and in the memo print: poinsettia payment.

CROP WALK
"Ending Hunger One Step at a Time"



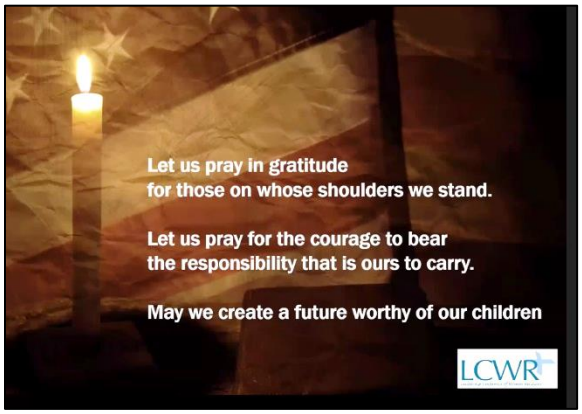
Our Zwingli CROP Walk Crew had a gorgeous day for the walk on Sunday Oct. 20! Many thanks to L-R: Faith Wittwer, Sue Bovre, Marvin Koch, Kriss Ace, Michelle Tollefson (and Archie)! If you want to support CROP and these walkers, make checks payable to CWS-CROP and put in the offering plate, mail to the church, or give to Kriss Ace. Thanks for your support whether walking, pledging or just in spirit to this greater community cause to end hunger (25% of donations will go to the Belleville Food Pantry.) Zwingli thanks Kriss for her leadership in organizing this CROP walk!

Vote With Love

In the coming weeks our country will choose a new president, as well as elect many other political leaders. The United Church of Christ is inviting us to Vote with Love. You can read more about their Campaign (below) as well as watch a 2 ½ minute YouTube video message from Rev. Dr. Karen Georgia Thompson, General Minister and President of the UCC here.

"The United Church of Christ's Our Faith Our Vote Campaign is our ongoing commitment to equip you with the tools for nonpartisan faithful engagement in our democratic process. The campaign is made up of three main components; voter registration, issue education, and voter empowerment.

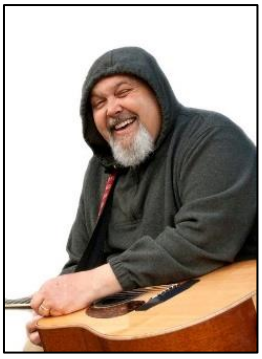
The 2024 Our Faith Our Vote campaign asks the church to answer the call of 1 John 3:18 to "let us not love with words or speech, but in action and in truth," by "voting with love." Vote with love for creation, for our neighbors both here and abroad, for a just peace, for repair and reconciliation of the brokenness of our nation. And encourage your family, friends, and community to do the same."



For anyone needing a quiet (and anonymous) space to pray and receive inspiration during the election season, the Dominican Sisters of Grand Rapids Michigan are offering a virtual prayer space.

For those who want more information on our Wisconsin election go to myvote.wi.gov.

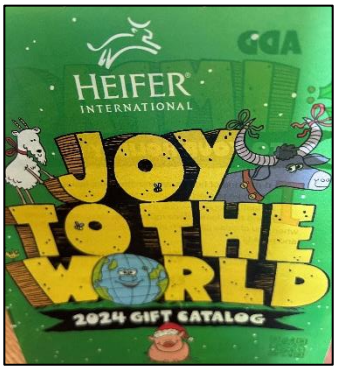
"Help Me See" Song Prayer by Marques Bovre for times of "sadness and madness and badness"



On Sunday Nov. 27 we reflected on the story of Bartimaeus (Mark 10:46-52). One of the things Pastor Karla shared is a memory of Marques Bovre (a son of this congregation) when he was the musician at the campus ministry where she served as campus minister. Marques would reflect on the scripture for each service and write a new song.

About the song, "Help Me See", he wrote a handwritten note that said: "This next song 'Help Me See' is a song I wrote early in the ministry, right after 9/11. Ultimately it is my prayer that I might be reminded of God's presence, of Christ's presence right here next to me in the midst of sadness and madness and badness. Fear not.". We listened to and sang along with the recording or Marques singing this song on Nov. 27. We share it here for anyone who would find it helpful during this election season or any other challenging times in your life. You can find the audio and lyrics here.

Help Zwingli Choose Which Animals to Donate to the Heifer Project!!



For many years our church has supported Heifer International at Christmas time. In millions of homes around the world, families like yours struggle to feed their loved ones three meals a day. We have a chance to make 3 meals a day a reality by donating money toward the purchase of a flock of chicks ($20), a goat ($120), one water buffalo ($250), or a bag of seeds ($60).

There will be a donation bucket near our goal poster where you can drop spare change, cash or checks. On December 15, we will see how much money we have gathered and determine what we will donate on behalf of our Church!!!! Let's bring Joy to the World from a little country church in Paoli Wisconsin!

Time to Celebrate!

As you remember, Pastor Rich and Ruby left us and retired in the midst of Covid. The Council then planned a very nice send-off, but it had to be held outside, and it couldn't be the personal time of thanks that would have been appropriate. Now we are able to have the worship and party that they deserve!

They will be with us in worship and for a potluck on Sunday, December 29. What a great way to end the year!! More details will come later but be sure to save the date and come to catch up with the Plevas and thank them for the ministry they shared with us so graciously.

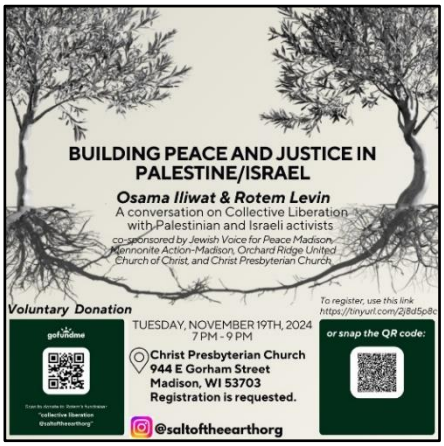
Milk FoodPantry

We are collecting for the Food Pantries in Belleville, Verona and Oregon. Let us know if you want your gift designated to a specific town, otherwise everything will be split up.

Please leave donations under the coat rack in the entry way. Good items to donate are:

- canned goods such as soups or vegetables
- boxes of cereal
- diapers
- toilet paper & Kleenex

Remember to check dates to make sure your items haven't expired. Thank you in advance for helping your neighbors!!!



You are invited to this opportunity to hear from both a Palestinian and an Israeli Jewish peacemaker. For more information on the speakers go here.