



HILLTOP HERALD-AUGUST 2022 MONONA UNITED METHODIST CHURCH

THE EVOLVING CHURCH

We are worshipping in our sanctuary and will continue to be cautious by wearing masks and social distancing. We encourage anyone with health issues or safety concerns to remain home and join in our virtual worship. If you have any questions, please contact the church office.

If you wish to schedule a group or event at the church, inside or outside, please contact Kay for the updated building use guidelines and forms. The office is open and staffed 9am-2pm, Monday through Friday.

WORSHIP VOLUNTEER SIGNUP

We have created an online Volunteer Sign Up Genius listing with the volunteer jobs needed for worship each week. We would especially like to fill the ushers position. Please check your schedules and sign on using the link below. You can also send an email to the church office with your requested dates.

<https://www.signupgenius.com/go/904094DA8AE22AB9-volunteer>

VACATION BIBLE SCHOOL

AUGUST 1 thru 3, 6:00-8:00pm

Please contact the church office if you are able to help. Volunteers of all ages and skills can help during the activities.

ADULT SUNDAY SCHOOL RESUMES IN SEPTEMBER

The Adult Sunday School class will take a break and start again in September. Watch for information on an informal gathering during the summer.

SEEDS OF PEACE BLOOD DRIVE

Register for our local blood drive to be held at Lake Edge Lutheran Church (4032 Monona Drive, Madison, parking lot off Hegg St.) on **Tuesday, August 16** from 1-6pm. Go to redcrossblood.org to register (enter sponsor code: EastMadisonSofP). Monona UMC is part of the Eastside Ecumenical Churches group hosting blood drives in their churches throughout the year. American Red Cross is experiencing a severe blood shortage and has issued an emergency call for blood and platelet donations. Please support this critical need.

PASTOR'S COLUMN

Dear Friends,

Summer passes all too quickly. Within a few short weeks, we will settle into our fall routines. Teachers will return to their classrooms, followed by their ready-to-learn students. We expect beautiful fall colors and cooling temperatures.

As a congregation, we look forward to our fall programs including Sunday School for both children and adults.

From my own experience, I know that Sunday School has shaped my life. While I learned many of the biblical stories, I remember even more the faith and commitment of my teachers. Their love and care stuck with me all these years.

On one Sunday last spring, Siv Goulding and several others led the Children's Sunday School in our Community Garden. Siv told the story of the "Three Sisters" (The three inseparable sisters of squash, corn and beans). With help from adults, the children planted the seeds.

Several Sundays ago, Charlotte, Harper and I arrived at church before anyone else. Instead of racing for the front door, the girls wanted to check on the "Three Sisters" garden. They knew exactly where it was. I followed them through the dew-wet grass. At the garden, they were able to identify two of the three sisters, corn and squash.

I was impressed that they remembered. I suspect that they will value even more the love and care that was shared with them on that early spring morning.

We are not done with summer yet. There is so much more that we long to do. I do look forward to those moments when we can learn and grow together.

Sincerely,

Pastor Paul

BIBLE PASSAGES & THEMES 10:00AM SERVICE

August 7 – 9th Sunday after Pentecost

"Dressed for Action"

Pastor Paul will preach on Luke 12:32-40. Communion will be served.

August 14 – 10th Sunday after Pentecost

"Signs of the Times"

Pastor Paul will preach on Luke 12:49-56.

August 21 – 11th Sunday after Pentecost

"Jesus' Healing Powers"

Pastor Paul will preach on Luke 13:10-17.

August 28– 12th Sunday after Pentecost

"Jesus' Table Manners"

Pastor Paul will preach on Luke 14:1, 7-14



Join Us for
WORSHIP



STEPHEN MINISTRY

Monona UMC is a Stephen Ministry church. Find out more by calling Mark Buffat or Pastor Paul.

OUTDOOR WORSHIP SERVICE

We are planning for our next outdoor worship service on Labor Day weekend, **Sunday, September 4** and hope we can find some folks who will let us borrow their free-standing awnings. Please contact the church office if you can help out.

READ 'EM & MEET

The book club list for next year is in the Narthex information center. Please pick up a list and begin your reading. We will begin on **Sunday, August 7** at 2:00pm with the book, *A History of the World in Six Glasses* by Tom Standage at the home of Jan Zadra. Bring a plate of finger food to share. Visitors and new members are always welcome to attend.



ALTAR FLOWERS

We welcome donations of flowers for our altar on Sundays. If you would like to give flowers on a particular Sunday, please contact the church office or use the volunteer Sign Up Genius link found in this newsletter. Flowers may be dropped off on Fridays during office hours, 9am-2pm or on Sunday mornings. Thanks for brightening up our worship space.

SPECIAL MUSIC IN WORSHIP

During the summer, our regular music ensembles take a well-deserved break. We welcome and encourage your ideas/plans for providing special music to enhance our services. We have a process in place to assure music appropriateness, schedule availability, and supportive logistics are in place. Please submit your ideas via a form that is available in the church office and our Committee will take it from that point. We will use this process year around as there are always times when our regular ensembles are not available. Thank you again for your ideas to enhance the music ministry of MUMC. Worship Committee



THANK YOU

--Thank you, Monona United Methodist Church, for the graduation gift! It is very much appreciated.

Sincerely, Emily Schoenbrodt

MISSION OF THE MONTH - Agrace Hospice Care

Agrace is a nonprofit hospice and palliative care organization. They serve more than 900 patients every day in southern Wisconsin and northern Illinois. People trust Agrace to care for them in very difficult times—while they are facing a serious illness or the end of life.

Agrace was founded in 1978 by volunteers who believed in the revolutionary idea that comfort, dignity, and even hope and joy, were possible for those facing a life-limiting illness. Then known as “HospiceCare Inc.,” they grew steadily in south central Wisconsin for decades. In 2011, they added “Agrace” to their name to make it more distinctive.

For more than 40 years, Agrace has been an innovator and leader in both caring for patients and their families, and in educating others about death, dying and grief. They are the largest hospice provider in Wisconsin. For more information, go to AGRACE.org.

To support this mission, please mark your envelope or check with "Agrace."

Thank you, The Mission Team

HILLTOPPERS

The Hilltoppers group will meet at 11 AM on **Monday, August 8** at Monona Garden restaurant. The program will be presented by Ann Waidlich of the Blooming Grove Historical Society. The title of the program is: *Madison Then and Now* (a slide show showing old and new postcards of Madison). By comparing a 1910 postcard with a 1950 postcard of the same scene, Ann discusses the history of Madison from 1836 to the present. The year 1836 is 12 years before Wisconsin became a state in 1848.

It will be an interesting meeting.

MUMC MEN'S GROUP

All men of the church are invited to the Men's Club breakfast that will take place on **Saturday, August 13** at 9:00 am at Monona Garden Restaurant 6501 Broadway. Come and enjoy great food and fellowship.

WEEDS IN THE PATIO

If you are looking for a reason to go outside and enjoy the weather, stop by the church and pick some weeds that are growing in the sidewalk and patio cracks. Rest on the bench or gather with a few friends at the tables. Take a walk through the garden to see what's growing. Thank you to all who have helped keep our patio clear!

OUR WEBSITE

Check out our improving website: www.mononaunitedmethodistchurch.org

- We have the recorded mini-service available for an online Worship experience as well as our in-person worship. Check our website for more information.
- We have a **Giving** tab on our website to make a donation with your credit card or through your checking account.

...A SAYING TO PONDER BEFORE ELECTION DAY...

*Government is instituted for the common good;
For the protection, safety, prosperity, and happiness of the people;
And not for the profit, honor,
or private interest of any one man or
family, or class of men.
John Adams, 1797*

Siv Goulding, CH&SOC

RIVER FOOD PANTRY

The River is currently getting most of the eggs already in cartons and only need egg cartons on a limited basis. Monona UMC is still collecting all sizes, as we still have a few alternatives to take them.

Paper grocery bags are always in high demand for The River as are plastic grocery bags. They also will take any non-perishable and shelf stable goods. Some other highly requested items for The River include:

100% juice products
low sugar cereals
Tuna Helper and tuna
disposable diapers all sizes, (including
adult sizes)

SUBSTITUTE OFFICE ADMINISTRATIVE ASSISTANT

We are looking for additional volunteers to substitute in the church office. It could be as simple as answering the phone and being a welcoming presence for visitors, or include more secretarial duties, like helping to prepare and print bulletins. It is all up to you and what you would like to learn. Please let Kay know if this is something that you would like to do (secretarymumc@sbcglobal.net, 222-1633).

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline is a new resource launched recently to provide free and confidential support for anyone experiencing a suicidal, mental health, and/or substance use crisis. People of all ages who need help for themselves or a loved one can access the 988 Suicide & Crisis Lifeline by:

- Calling 988 (multiple languages).
- Sending a text message to 988 (English only).
- Using the chat feature at [988lifeline.org](https://www.988lifeline.org) (English only).
- The 988 Suicide & Crisis Lifeline is the new name for the National Suicide Prevention Lifeline, which has been available since 2005.

Wisconsinites who use the 988 Suicide & Crisis Lifeline will connect with Wisconsin Lifeline, an in-state support center where trained counselors answer calls and texts. Wisconsin Lifeline counselors are trained to reduce stress, provide emotional support, and connect people with local resources. The helpline is available at no cost to Wisconsin residents. Additional care or intervention that may result from contact with the Wisconsin Lifeline may come with a cost. Wisconsin Lifeline is not able to send an in-person response directly. An in-person response requires a transfer to another service and could involve law enforcement.

Calls, texts, and chats with Wisconsin Lifeline are kept confidential between the person and counselor, unless there is imminent danger for the person or others.



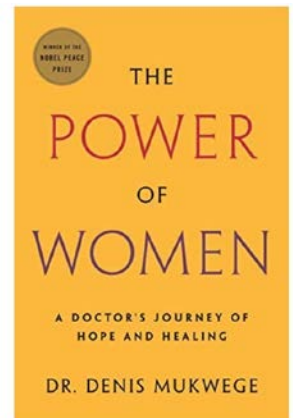
UNITED WOMEN OF FAITH (UMW) INFORMATION

JAVA JIVE

The book "The Power of Women" -A Doctor's Journey of Hope and Healing, was brought to my attention by Kay Mackie a member of the AFT Mission Team. She thought (and I agree) it would be an excellent book for all.

The following article is by Kay Mackie. The AFT Mission would like to share this book for WOMEN and MEN to read if you wish.

The books will be on the Fair Trade Table so place the sign-out card in Equal Exchange (EEX) cup next to books. I will give a little review where EEX fits in here and then a review of author and book:



EQUAL EXCHANGE

In 2011 EEX founded the Congo Coffee Project with the Panzi Hospital and Foundation as a means to bring awareness of sexual violence mainly in Democratic Republic of Congo (DRC) and then extended awareness globally. The coffee is purchased from a Congo coop that EEX partners with. This hospital not only offers surgical and physical healing to victims but has seen the need to extend the facility to mental healing and then provide training for women in

employment before leaving. A Holistic approach. The Hospital opened around 1999. Operated in sparse conditions to begin- a tent!

We here at MUMC carry the Congo Coffee Bean in 1 lb. pkg. For every package of Congo coffee sold EEX sends \$1.00 to Panzi. In last 10 years EEX has raised over \$100,000 from sales of Congo Coffee for benefit of Panzi. This has made a huge impact on providing services to victims and their healing.

Even if we do not purchase this particular coffee we can be proud and thankful to be a part of a company (EEX Co-op) that supports so many small farmer Mission co-ops throughout the world so farmers can stay on their farms and make a living. And then EEX uses the money to continue to support projects like Panzi. EEX is not about accumulation of wealth, but using their \$'s to spread it to their employees, farmers and projects like Panzi.

AUTHOR

Dr. Denis Mukwege - "THE POWER OF WOMEN- A DOCTORS JOURNEY OF HOPE AND HEALING"

Dr. Mukwege, was born in Belgian Congo in 1955. He is a gynecologist and surgeon, recognized as world's leader on rape injuries and his Holistic approach to healing. He has been recognized worldwide, as sexual violence is worldwide including the United States. He has received many threats and attacks due to his advocacy for women and continues to risk his life. He has received many awards and frequently addresses the UN. He was invited to the White House by President Obama in 2014. In 2018 he was awarded the Nobel Peace Prize with Human Rights Activist Yazidi, a sexual violence survivor. A very humble man as you will see when he found out about receiving the Nobel Peace Prize.

Book- "The Power of Women".

Written in 2021

It is true and it is easy in this time to lose faith in humanity. But then this man comes along and renews our faith and so do the women who tell their gut wrenching stories of courage and inner strength. Sexual violence is more severe in the Congo, but it is worldwide as you will read in the book.

Dr. Mukwege reflects that it is unusual for a man to campaign for women's rights. Early in his career when he would be in social gatherings or professional meetings, he would be asked what his work was and he would state "running a hospital specializing in treating injuries caused by rape". The room fell silent. He strategized that if he tried to identify as being happily married and had children he would seem to be "normal".

It's very unusual for a man to campaign for Women's Rights. This is not a quick read, so take your time, we will have a couple books available. This book is also available on audio and cd from the library, which I found helpful.

I did not feel this book was a "downer" but found it a compelling and captivating read, so much to take in and so well done, at least my thoughts on it.

If you can't read it all, in the last 3 chapters he tells us what we can all do to improve the status of women worldwide and locally!

The CONCLUSION is not listed as a chapter; it is amazing, a story of its own, don't miss that. Dr Mukwege states "my role has always been to amplify the voice of others who are marginalized, to give them the opportunity to tell their stories, to stand at their side, never in front." "I put my core conviction to defend women's rights because they are my equals."

A MEGA "shout out" to Dr Mukwege and his advocacy for women worldwide!

Thank you,
Kay Mackie an AFT Mission team member.

And, thank you, Kay, for bringing this book to our attention!
Jackie Hull Coordinator 608-576-7837
Karelyn Hopkins Coordinator 608-577-3185

RSVP VOLUNTEER OPPORTUNITIES

"Life is never so busy that there is no time to serve." – author unknown

Catholic Multicultural Center: meal servers and cooks

Habitat Restore: sort and shelve building material and supplies, assist shoppers, work at the cash register

SSM St Mary's Hospital: help with At Your Service program (escorting patients and families, delivering belongings, etc.); Patient Registration (welcoming patients and escorting them to their destination); Surgical Waiting Area (supporting families and offering caring presence and support through conversation)

American Red Cross: volunteers to welcome donors, help register, assist with refreshments as a Blood Donor Ambassador; Red Cross Blood Transport driver makes sure blood is available for patients in need in Wisconsin

Aggrace Hospice Care: Kitchen Volunteers, include Small Batch Baker, Café Cashier, Nutrition Center Stocking, Soup Brigade and Kitchen Prep

The River Food Pantry: volunteer greeters

Please contact Jan Karst, RSVP Community Connections Coordinator, at jkarst@rsvpdane.org or 608-441-7891, for more information about these volunteer opportunities.

Volunteer Drivers needed for Seniors and Veterans: drive to medical & other appointments, receive per mile reimbursement, set your own schedule on weekdays, receive extra liability insurance.

Contact Steve Jaeschke, 608-441-7892 or sjaeschke@rsvpdane.org for driving seniors or Lorrie Hylkema, 608-238-7901 or lhylkema@rsvpdane.org for driving veterans.

FOR THE LOVE OF GOD'S CREATION

...consider Veggie Fajita Salad...

<p style="text-align: center;">Ingredients for 8-12 servings:</p> <ul style="list-style-type: none"> • 8 portabella mushrooms, stems & gills removed, washed & cut in $\frac{3}{4}$ inch strips • 3 carrots, peeled & cut into thin 2-inch- long strips • 3 bell peppers, thinly sliced • 2 small red onions, thinly sliced • 1 $\frac{1}{2}$ cup sweet corn, fresh or frozen • 1 $\frac{1}{2}$ cup black beans, rinsed & drained • 8 cups salad greens, rinsed and chopped • Tortilla chips 	<p style="text-align: center;">Marinade:</p> <ul style="list-style-type: none"> • 2 Tbsp each olive oil, orange juice, lime juice, & soy sauce • 3 Tbsp brown sugar • 1 Tbsp each Dijon mustard & chili powder • 1 $\frac{1}{2}$ tsp ground cumin • 1 tsp each garlic powder, onion powder, & salt • $\frac{1}{2}$ tsp each smoked paprika & dried oregano • $\frac{1}{4}$ tsp pepper
<p style="text-align: center;">Cooking Instructions:</p> <ul style="list-style-type: none"> • Blend all marinade ingredients until smooth • Marinade portabella mushrooms for $\frac{1}{2}$ hour. Drain • Add the rest of the vegetables (except salad greens and tortilla chips) to the left-over marinade. Let sit $\frac{1}{2}$ hour. Drain. • In an oiled skillet heat portabella mushrooms until softened. Remove mushrooms. • Heat the rest of the vegetables until slightly softened. 	<p style="text-align: center;">Serving Instructions:</p> <ul style="list-style-type: none"> • Divide greens into 8-12 portions • Spoon veggie mixture on top of each portion • Add portabella mushrooms • Add topping such as: salsa, cheese, avocado, sour cream, plain Greek yogurt, and/or your favorite dressing • Enjoy with tortilla chips
<p>Remember</p> <p>Mother Earth Meals are nourishing plant-based dishes with reduced amounts of meat or dairy products. Cutting down animal products in our diet could free up land space currently used for growing cattle feed, reduce demand for fresh water for animals and feed crops, and diminish the release of methane, a serious greenhouse gas, a byproduct from farm animals' digestive systems</p>	

Siv Goulding, CH&SOC

\$ Financial Report \$

Cash Flow
June 30, 2022

<u>General Fund</u>	<u>Month</u>	<u>Year to Date</u>
Income	\$ 17,604	\$ 131,313
General Operating Expenses	25,884	138,547
Net Surplus (Shortfall)	\$ (8,280)	\$ (7,234)

STEWARDSHIP - A CHICKEN OR AN EAGLE?

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.”
(Romans 12:2)

Once upon a time, a man found the egg of an eagle. It had been abandoned for some reason by its mother, but as it was still warm, the man took it and put it in the nest of one of his backyard chickens along with the other eggs that were there being brooded upon.

After a period of time, the eaglet was hatched, and along with the other chicks from his next began to go about the back yard doing what the other chicks did. He scratched the earth for worms and insects. He looked for the corn that the man would throw into the yard. He clucked and cackled as best as he could, and as he grew, he would, like other chickens, thrash his wings and fly a few feet in the air.

Years passed in this way, and the eagle grew very old. One day he saw a magnificent bird far above him in the cloudless sky. It glided majestically among the powerful wind currents, soaring and swooping, scarcely beating its long golden wings.

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The old eagle looked at it in awe and asked, “What is that?”

“That is the eagle, the king of birds,” said one of his neighbors. “He belongs to the sky and to the high places. We belong to the earth, we are chickens.” The old eagle knew this was true, and so it was he lived and died as a chicken, for that is what he believed he was.

In life, our perspective determines our reality. For instance, most people believe that they need more money to be “okay” financially. How much more? It didn’t matter if they were making \$25,000 or \$250,000, the answer to how much more they needed was always right around 10% more. The truth is, if we haven’t learned how to manage well what we have, having more will leave us with the same set of problems.

On the other hand, developing an attitude of gratitude,¹ an abundance mindset, and planning for giving and saving in our spending plans (aka, budgets) can help us discover contentment no amount of money can give.

Rev. Jason Mahnke, Wisconsin United Methodist Foundation, 888-903-9863 or www.wumf.org

¹ <https://parade.com/1223325/kaitlin-vogel/attitude-of-gratitude/>

The Life and Ministry of God's People In Monona United Methodist Church

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEWSLETTER DEADLINE						
Newsletter Deadline August 21 Information arriving after the above date may not be in the September newsletter. Remember, you can FAX your article to 608-222-2395 or email to secretarymumc@sbcglobal.net						
	1 5:45-8pm Vacation Bible School at MUMC	2 1:00 Staff Mtg 6-8pm Vacation Bible School at MUMC	3 2-4pm Caregivr Support 6-8pm Vacation Bible School at Schluter Beach	4 6:30 Trustees-on Zoom	5 Pastor's Day Off	6 6-7:30am E.L. Prayer Vg
7 <u>See schedule below</u> 2pm Read 'Em & Meet	8 11am Hilltoppers at Monona Garden	9 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 7:00 Stephen Ministry	10	11	12 Pastor's Day Off	13 6-7:30am E.L. Prayer Vg 9am Men's Grp Breakfast-Monona Garden
14 <u>See schedule below</u>	15	16 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 1-6pm Blood Drive Lake Edge Lutheran 6:30 Finance	17 10-11am RSVP Knit/Stitch-hall	18 1pm Church & Society-zoom 6:30 SPRC-Zoom	19 Pastor's Day Off	20 6-7:30am E.L. Prayer Vg
21 <u>See schedule below</u> Newsletter Deadline	22 7:00 Stephen Ministry	23 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg 6:30 Ad Council Zoom	24	25	26 Pastor's Day Off	27 6-7:30am E.L. Prayer Vg
28 <u>See schedule below</u>	29 10am-3pm Monona Quilters-F.H	30 1:00 Staff Mtg	31			

SUNDAY SCHEDULE

10:00 Worship
 11:00 Fellowship
 1:00 El Libertador Worship in Spanish



MONONA UNITED METHODIST CHURCH

606 NICHOLS ROAD
MONONA, WI 53716

ADDRESS SERVICE REQUESTED

The HILLTOP HERALD is produced monthly for distribution to the members and friends of Monona United Methodist Church.

Monona UMC Church office 608-222-1633 (Fax 222-2395);

Office Hours: Monday through Friday, 9:00 a.m. to 2:00 p.m.

Homepage www.mononaunitedmethodistchurch.org

Pastor Paul Johnsen 920-246-2855 pjohnsen58@gmail.com

Kay – secretarymumc@sbcglobal.net

Mark – markbmumc@gmail.com

Worship 10:00am

AUGUST 2022

FOOD FORREST

Our Wisconsin Food Forest has been funded by the MUMC Jim Goulding Memorial Fund. Siv wrote a lovely dedication:

...FOR THE LOVE OF GOD'S CREATION...

WELCOME all to our FOOD FOREST

...two legged, four legged, winged, and underground critters
come and explore, rest a while, and take a taste...

You may have noticed the beautiful new bench inviting visitors to come and sit and enjoy the scenery. "Connecting communities through food forests." That's the mission of Wisconsin Food Forest. The non-profit helped guide us through the creating and planting process and we are thrilled with the result.

I will provide a brief guided tour of this special space after church, **Sunday, August, 7th** at 11:15 & 11:45. And again on **Sunday, September, 11.**

Go to <https://www.wisconsinfoodforests.com/>

Questions or to arrange a tour at another time contact Mark Buffat at markbmumc@gmail.com or 608-335-5063

