

# Weekly Connection

For the Week of October 28 - November 3, 2018  
Diverse Minds, Covenant Hearts, Made One in the Body of Christ

## RENEWING MINDS

### A SERIES OF PAYING ATTENTION TO OUR SPIRITUAL HEALTH

--written by Rev. Shana Johnson

This is the third installment of a series I created and entitled "Renewing Our Minds." Below is a sort of fact sheet that you might find as a pamphlet in the waiting room of a doctor's office or as a page on WebMD.

It is meant to be a tongue-in-cheek way of not only offering ourselves the grace and humor to be honest about our spiritual struggles, but also as a way to begin a wider conversation about those things that exist and we see in our personal lives and in the lives of our churches...yet rarely speak of openly. My hope in sharing this with you is to spark some reflection and conversation.

#### CLS: A Panic Disorder That Can Hinder Growth

CLS, better known as the "Chicken Little Syndrome", is a common panic disorder which occurs in children or adults alike when faced with situations or circumstances that seem out of the ordinary. When a person suffers from CLS, the fear response is out of proportion for the situation. Unfortunately, the symptoms and conditions that accompany CLS can have a contagious effect in the church, often at times hindering growth.

#### What causes CLS?

A person suffering from CLS can develop a constant fear of anything that is out of the ordinary. Usually the onset of CLS is due to stressful situations in which the person no longer feels in control. The more things seem out of one's control, the more the symptoms of CLS emerge in one's life.

#### Common Symptoms of CLS: "Chicken Little Syndrome"

*The most common symptoms of CLS include:*

- Intense feelings of doom and gloom.
- A constant feeling that "the other shoe is going to drop."
- A deep fear that things are spinning out of control.
- A preoccupation with considering the worst case scenarios.
- Focusing completely on the negative with total disregard to the positives of a situation.

#### Self diagnosis *You may suffer from CLS if:*

- New ideas or new situations cause you a great deal of worry and stress.
- You find yourself anticipating all the things that can go wrong instead of rejoicing in all the things that can go right.
- You find yourself spending a great deal of time talking about how things used to be instead of how things could be.
- You jump to conclusions instead of solutions.
- Your presence or contributions to a conversation or situation shut down new ideas instead of opening up room for possibilities.

#### Prevention

*Although this is not an instant cure for CLS, here are some simple ways to reduce the negative effects of the "Chicken Little Syndrome."*

#### Step 1: Be Patient:

*"And let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart." --Galatians 6:9*

Don't jump to conclusions, wait and gather more information. Things are not always as they first appear. One difficult faith learning for all believers is that God's time is not the same as our time and so patience is a virtue that will reap many rewards.

#### Step 2: Be Positive:

*"Always be joyful. Keep on praying. No matter what happens, always be thankful,*

## Important Links

[iscucc.org/](http://iscucc.org/)

[duboiscenter.org](http://duboiscenter.org)

[ucc.org](http://ucc.org)

[Back Bay Mission](#)

[CHHSM](#)

[Ecuador Partnership](#)

[Eden Theological Seminary](#)

[Deaconess Foundation](#)

[Deaconess Nurse Ministry](#)

[Emmaus Homes](#)

[Hitz Memorial Home](#)

[Hoyleton](#)

[Insurance Board](#)

[LIFE Program](#)

[Neighborhood Houses](#)

[New Athens Home](#)

[St. John's Community Care](#)

[St. Paul's Home](#)

[Uplands Village](#)

[UCC Campus Ministry](#)

[Uni-Pres Kindercottage](#)

[ISC Directory](#)

## Pray for...

**Prayer list for  
Oct 28 - Nov 3, 2018  
Churches & Pastors**

- Summerfield St. John UCC,  
Rev. Nancy (Stephen)  
Gamache, Interim Pastor

for this is God's will for you who belong to Christ Jesus." --1 Thessalonians 5:16-18

God calls us to be a light onto the world, not a wet blanket. Positive attitudes are contagious just as negative ones are. Force yourself to see the good in a situation. Instead of listing all the bad things in your mind, try listing all the good.

**Step 3: Be Proactive:**

"Come, be my disciples, and I will show you how to fish for people!" --Matthew 4:19

God calls us to be doers of the word, not merely hearers.

Don't be a backseat driver.

Get involved and get a hands-on perspective.

Keep in mind that often it is not until we are a part of the work and ministry of the church that we understand the reason things are done and certain decisions are made.

**Above all remember these words of God through the prophet Jeremiah:**

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." --Jeremiah 29:11-13

Blessings, Rev. Shana Johnson, Conference Minister

**SHANA'S UPCOMING WORSHIP SCHEDULE**

**October 27**

Illinois South Conference Annual Meeting

**October 28**

Preaching at Zion UCC, Marion for their church anniversary celebration

If you would like our Conference Minister to participate in a worship service or special event at your church, please invite her. Please reach out to Rev. Johnson at the office at 618-654-2125 or her cell phone at 618-882-8247 with some possible dates. You can also send her an email at [sjohnson@iscucc.org](mailto:sjohnson@iscucc.org).

**This is your OCWM monies at work.**



**The Amazing People of Illinois South Conference...**

From humble beginnings in the late 1830's, St. John UCC in Mascoutah's German Evangelical Protestant ancestors gathered for worship, officially organizing the *Evangelische Protestantische St. Johannes Kirche* in 1843. Through changes of language, pastors, programs, community demographics, they have continued to proclaim JESUS CHRIST as SAVIOR AND LORD, the same yesterday, today, and forever (Hebrews 13:8). On Sun, Oct 28 at 10:30 am, they will celebrate their 175<sup>th</sup> anniversary by giving thanks

for God's direction for their parish as it has grown in Christian faith and service, and as they look to the future with confidence in the Word and promises of our Lord Jesus Christ. A SPECIAL COMMEMORATIVE SERVICE will feature their Chancel Choir, Jubilee Ringers, the Mayor's Proclamation, and a liturgy for their birthday celebration. For most, Altar Communion will be by our usual intinction--but this Sunday those wishing to receive the communion of Christ's blood may choose to come forward and receive an individual cup. All are welcome.

**The National Setting of the United Church of Christ is pleased to announce the availability of the 2017 Annual Report.** To manage costs, a very small print run is distributed on a limited basis. Click [here](#) to see a pdf of the report.



In a spirit of celebration,  
Illinois South Conference of the United Church of Christ  
in covenant with **St. Paul United Church of Christ**  
invites you to a  
Service of Installation for  
**Rev. Michelle Torigian**

Sunday, November 11, 2018 at 3 pm

St. Paul United Church of Christ, 115 West B Street, Belleville, Illinois 62221

Reception to follow in Activity Center. RSVP to 618-233-3303 or [tkehopper@stpaulucc.org](mailto:tkehopper@stpaulucc.org) by Monday, November 5. Pastors are asked to robe with their favorite red stole and to arrive at 2:30 pm to join in the procession.

- Tower Hill St. Paul UCC,  
Rev. Dr. Steve (Debbi) Nance  
**Retired ISC Secretary**  
- Jo-Ann Steiner, Pocahontas,  
IL

**People with Life Concerns**

- Pray for Rev. Nancy (Kevin Lee) Spier-Lee as she has surgery today. Rev. Spier-Lee recently retired as Pastor of Waterloo Zion UCC St. Joe and served on several ISC Teams. Cards may be sent to Rev. Nancy Spier-Lee 309 Kroeger Avenue Dupou IL 62239.  
- Keep Kyle Nuetzel (24) in your prayers as he continues rehabilitation at home. Kyle is the son of Kathy & Rev. Patrick Poole.  
- Keep Rev. Paul and Marilyn Thompson in your prayers as each of them deals with health issues. Rev. Thompson is retired, but serves on the ISC Recruitment Committee. Cards may be sent to them at 910 Circle Drive, Red Bud, IL 62278.  
- Pray for Pastor Tom (Marcia) Ellison who is recovering from surgery. Pastor Ellison is the pastor at St. Mark's UCC in DuBois and serves as ISC's Region 7 Convener. He has also served on several other teams as well as Conference Council. Cards may be sent to 11426 State Highway 37, Benton, IL 62812.

## Climate Justice Sermon Campaign

On October 29th, what has been called "the trial of the century" by some news outlets across the country will begin. Twenty-one children and youth have sued the federal government over its role in causing climate change and violating their rights to life, liberty, and property, while also failing to protect essential public resources. One of the plaintiffs is Kiran Oommen who is the son of a UCC pastor. (The lawsuit is non-partisan, having been initiated against the previous administration and continued against the current one.)

The UCC Council for Climate Justice has spearheaded a sermon campaign with over 20 organizations of different faiths participating. Pastors are invited to make a pledge to deliver a sermon in solidarity with these children and youth at some point in the coming months. Youth that would like to preach are especially encouraged to participate as well. The trial will likely last until January, so there is plenty of time to plan. You can learn more about the case and sign-up to preach by scrolling down this page: [www.eachgeneration.org](http://www.eachgeneration.org). Anyone who commits to preach is asked to send a copy of your sermon to Brooks Berndt, the UCC Minister for Environmental Justice. He can be reached at [berndtb@ucc.org](mailto:berndtb@ucc.org). He will be posting sermons on the UCC website.



## DuBois Center News

The Camp and Retreat Center of the Illinois South Conference of the United Church of Christ



### WRANGLE & RIDE - FULL

The Wrangle & Ride day scheduled for Saturday, Nov 3 is FULL with a waiting list. Additional programs are planned for the spring. After the first of the year, watch Weekly Connection and the DuBois Center Facebook page for updates. Can't wait? Wrangle up some friends and schedule a ride or a half or full-day event for a group of six or more. Contact DuBois Center at [dcinfo@DuBoisCenter.org](mailto:dcinfo@DuBoisCenter.org) or 618-787-2202.



### FALL WORK DAY November 3

Stretch your muscles! Breathe fresh fall air! Hang out with friends and lend a helping hand! Youth groups, adult fellowships, families, individuals - everyone is invited to our annual fall work day. Projects vary, depending

on the skills of those involved and the weather. Preparations for winter, stacking wood, raking leaves, cleaning and painting are on the list, as are a variety of skilled labor projects. The work may not be glamorous, but it really does make a BIG DIFFERENCE! Click [here](#) for a flyer to post and share and [here](#) for a typical Work Day schedule. Please let us know in advance if you plan to attend and if any of your group members have special skills. We want to be sure to have appropriate projects and a hot lunch ready for you! Contact DuBois Center at [dcinfo@DuBoisCenter.org](mailto:dcinfo@DuBoisCenter.org) or 618-787-2202.



### PLAN A RETREAT

Is your church or fellowship group looking for ways to breathe new energy into your membership? Is your congregation about to enter a time of visioning? Is adding depth a priority for your men's, women's or family ministries? If you answered "yes" to any of these questions, then we hope you will consider a spirit-filled retreat or family camp at DuBois Center! It is amazing what a difference a weekend or even 24 hours away can make. Now is the time to start planning for Spring and next Fall! Groups as small as 8 and as large as 90 can easily be accommodated. A number of churches already "retreat" to DuBois Center. We host family camps, women's retreats, youth weekends and confirmation events for local congregations. These events can be key components of your year-round faith formation and fellowship programs. If you are interested, but don't know where to begin - we can help. Check out this [brochure](#), then for more information or to just explore the possibilities, contact Shirley at 618-787-2202 or [dcinfo@DuBoisCenter.org](mailto:dcinfo@DuBoisCenter.org).



**DuBois Center is your OCWM (Our Church's Wider Mission) monies at work.** When you or your congregation gives to OCWM, you are directly supporting the work of DuBois, a Camp and Retreat Center of the Illinois South Conference of the United Church of Christ. Thank you for your ongoing support of OCWM!



## ST. JOHN'S COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

### St. John's Community Care Upcoming Events

**Turkey Trot** - From now until Nov 14, walk in the St. John Evangelical UCC gym (Faith Hall), 307 W Clay in Collinsville from 7 am - 9 am or from 11 am - 1 pm. For every 10 miles walked your name will be added into a random drawing to win one of these terrific prizes! 1st Prize - Frozen Turkey 12-14 lbs; \* 2nd Prize - Kruta's Pie; \* 3rd Prize - THE TURKEY TROPHY!! Along with dish soap, a hand towel and rubber gloves! Each participating walker will also have the opportunity to "adopt" a paper turkey and for every 5 miles walked you can add a feather to the turkey tail. The walker who is strutting their stuff with the most feathers at the end of the contest wins a \$25.00 gift card to Schnucks! If a tie occurs, a random drawing will be held to determine the winner. Winners will be announced on November 14. Click [here](#) for a flyer.

**Alzheimer's Association in partnership with St. John's Community Care will hold an educational program called "Effective Communication Strategies" on Wed, Nov 14 from 5:30 pm - 7 pm at St. John's Community Care in Collinsville.** Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other demintias progress in their journey and ability to use words is lost, families need new ways to connect. The program is free and open to the public, but registration is required. Call 618-344-5008 to make a reservation. Click [here](#) for a flyer.

## What's Happening at Illinois South Conference...

Join St. Peter's UCC in Murphysboro

For the installation of

Reverend Michael R. Cassady

Sunday, November 4, 2018

3 pm

St. Peter's United Church of Christ

1512 Spruce Street, Murphysboro, IL



No gifts please. A reception to follow the service. Pastors who wish to participate are asked to robe with a red stole and arrive one-half hour prior to service.

**Free Community Sings with Alice Parker & Paul Vasile will have 3 dates - Wed, Oct 24 at 7 pm at Eden Theological Seminary Wehrli Chapel; Thurs, Oct 25 at 7:30 pm at First Congregational Church of Webster Groves; and Fri, Oct 26 at 7:30 pm at Eden Theological Seminary Wehrli Chapel.** Join the celebrated composer, teacher, and song leader, Alice Parker, and Eden Seminary's Director of Music, Paul Vasile, as we lift our voices in song, experience music from a range of traditions, cultures, and styles. Open to the public. All are welcome whether you read music or catch the music by ear. Click [here](#) to find out more.

### **The Green DuBois Team will meet again on Oct. 29, from 6:30-8pm in Oak Lodge at DuBois Center.**

The team is starting to work on three branches of the Green DuBois plan:

The Flowering branch- come see what we have, promoting the ecological biodiversity of the camp

The Woody Branch- taking care of what we've got, forest management and invasive species removal

The Leafy Branch- how well we fit with our environment, adding to our ecological sustainability

The September meeting generated a lot of ideas for each branch of the program. This meeting will have time for the whole group to hone our direction and decide on next steps, and a short time for each branch to meet and get to know each other.

Worried about making a time commitment to Green DuBois? You can be as involved as you care to be: lead a single wildflower walk in spring; help on an invasive species work day; install rain barrels; maintain a pollinator garden; or lead one of the branches. If you are interested in the outdoors, environmental education, science, scouting, birds, plants, animals, gardening, forestry, or many other kinds of naturalist activities, come join the team. We need people interested in supporting Green DuBois at all levels, including organizing and promoting the program as a whole.

If you would like more information, notes from the last meeting, or a copy of the forest management plan, please contact Jill Baker at [jabaker5@aol.com](mailto:jabaker5@aol.com).



**Zion UCC in New Baden has a few items that they wish to sell after building their new building.** They have 11 padded church pews in good shape for sale for \$150 each or best offer. They measure 12.75 feet long and 2 feet wide. They are oak with a padded seat. The pews can be purchased as a group or individually. If anyone has any questions, they can contact Leanne at 217-260-5770.



**Free! Free! Free!**

This set of 4-door cabinets could help you get organized and get the mess out of view. They are already down from the wall and ready to be hauled away. Approximate size: 3.5 feet tall by 5.6 feet wide by 16 inches deep. Shelves come with it but have been removed for easy transportation.



**The Ecuador Partnership Committee is planning another Habitat build to Catamayo in February 2019.** Catamayo is in the Loja province of Ecuador (see the map). A masonry style home will be built. The total cost of the trip is \$2,200 and donations for materials will be needed from congregations and people who may not be able to make the trip. A \$100 deposit is due December 1; \$1,000 due on January 1; and \$1,100 on February 1. Plan to attend two orientation meetings as the date gets closer. Contact Janet McCready at 618-559-1587 or [janetmc1229@gmail.com](mailto:janetmc1229@gmail.com). Click [here](#) for a flyer.

**UCC's Office of Philanthropy, Technology, Information and Communications (OPTIC) is presenting the second in a series of free online discussions on Tues, October 30 from 6 pm - 7 pm CST.**

It will feature pastors who share how they are leading their churches toward meeting financial and membership goals. Questions will also be taken.

Participation is free and on a first-come, first-served basis as we have a limited capacity. Click [here](#) to register. You will be provided with a dial-in number when we receive your registration. Latecomers will be placed on a wait list and notified if any slots open up.

**Region 1**

**DuQuoin St. John's UCC will hold its Sausage Supper on Sat, Nov 3 from 4 pm - 7 pm.** Dinners and pre-ordered raw sausage available. Raw sausage pickup on Thurs, Nov 1 and Sat, Nov 3. \$5/pound = 4 links. Contact 618-542-3431.

**Region 4**

**Fri, Oct 26 at 6 pm, St. John's UCC in Brighton will host a Trunk or Treat event in the parking lot.** Decorate your trunk and join them for free grilled hot dogs and hot cocoa. Check out our fun and spooky displays.

**Region 5**

**Exhale Youth Group at Staunton St. Paul UCC will hold a Craft Fair & Vendor Sale on Sat, Dec 1 from 9 am - 3 pm.** Great for Christmas shopping. Bake sale. Vendors and crafters wanted. Contact 618-520-0185 or [email](#).

**Region 2**

**New Hanover Zoar UCC will hold its Annual Fish Fry on Fri, Oct 26 from 4:30 pm - 7 pm.** Dinner includes fish and 2 sides, drink and dessert. Carryout orders available. Adults \$10; Children 4 - 12 years \$5; Children 3 and under Free. Call the church at 618-939-8479 for tickets.

**Region 5**

**Exhale, the youth group of Staunton St. Paul UCC, will hold its 3rd Annual Haunted House at the church on Sat, Oct 27 from 4 pm - 10 pm.** Kids and adults welcome. Don't forget your costume. Cost \$5. Proceeds go to the Exhale summer mission trip.

**Region 7**

**Friedens UCC in Irvington is hosting a Friday Night Hymn sing on Fri, Nov 2 at 7 pm.** They invite any groups who would like to come and lead some music to please join them. You may call the church office to be included in the fun! Call 618-249-8445.

**Region 8**

**Red Bud St. Peter UCC will host a Trivia Night on Sat, Nov 3 at Ratzkeller Banquet Hall in Red Bud.** Doors open at 6:30 pm and play from 7 pm - 10 pm. Music by Pamela & A Piano will be from 10

**Marine UCC will hold its Family Style Pork Sausage Dinner on Sun, Nov 4 from 11 am - 5:30 pm.** Menu includes homemade pork sausage, mashed potatoes & gravy, applesauce, green beans, corn, sauerkraut, homemade pie. Adults

**Zion UCC in New Baden will sponsor the Festival of Trees on Nov 15 - 18.** On Nov 15 at 7 pm, you may attend a holiday decorating demonstration by the design team of Grimm & Gorly florist. \$10

pm - 11 pm. \$80 per table of 6 - 8 players includes 5 trivia mulligans. More mulligans available for purchase. Cash prizes. Silent auction. 50/50 raffle and attendance prizes. Bring your own snacks (some provided). No outside beverages allowed. Contact Pamela at [plwegs@gmail.com](mailto:plwegs@gmail.com) or 618-977-1947. Walk ins welcome. Proceeds go to the church's educational building remodel project.

#### Region 4

**Brighton St. John UCC's Patchwork Youth Gathering will host a costume contest and viewing the Wizard of Oz movie on Sun, Oct 28 at 5 pm.** The Patchwork is a LGBT friendly youth drop in night open for all youth in the Tri-County area. Meet on the fourth Sunday at 5 pm for dinner, games, movies and connecting with friends.

**St. John's UCC of Brighton will hold its Fall Fish Fry and Gift Sale on Fri, Nov 16 from 11 am- 6 pm.** Menu includes Buffalo and White Fish sandwiches, Pulled Pork sandwiches and various sides and desserts. Deliveries during the lunch hour available for businesses and schools in the Brighton Area. Gift sale includes handmade items, jellies, salsa and various baked goods. Dine in or carry out. 618-372-3737.

\$10; Children 4 - 10 years \$4; Children 3 & under Free. Farmer's Market for fresh sausage, ribs, and backbone, jellies, crafts, baked goods. Raffles.

**Troy Friedens UCC will have its 17th Annual Fall Quilt & Art Show on Sat, Nov 10 from 10 am - 3 pm.** Quilt display. Art Work. Crafts. Bake sale. Holiday Market, Many vendors. 50/50 and raffles. Admission \$2 which includes coffee and cookies. Lunch available for purchase. If you would like to display a quilt or artwork, contact Gloria at 618-830-6628 or Vicki at 618-667-3161.

**Grantfork UCC will hold its 49th Annual Family Style Sausage Supper on Sat, Nov 10 from 3 pm - 8 pm.** Menu includes homemade pork sausage, mashed potatoes & milk gravy, applesauce, green beans, corn, sauerkraut, homemade pie. Adults \$10; Children 6 - 12 years \$5; Children 5 & under Free. Carry-Outs are available for \$10. Packaged Sausage and Fried Sausage are available for sale. Raffle. Country Corner with homemade goodies.

**Exhale Youth Group at Alhambra will hold a Turkeyfest on Nov 18 from 11 am - 12:30 pm.** Menu of turkey, mashed potatoes & gravy, dressing, green beans, and dessert. Adults \$8 (\$10 at the door); Children under 10 \$4 (\$5 at the door).

admission includes demonstration, snacks, sneak peak of the trees and 1 raffle ticket.

The Christmas Swirl & Sip is Nov 16 from 7 pm - 9 pm.

Nov 16 is a Kid's Movie & Pajama Party from 6:30 pm - 8:30 pm.

Breakfast with Santa happens on Nov 17 from 9 am - 11 am.

Nov 17 from 10 am - 4 pm North Pole Shoppes, Vendor & Craft Fair.

Nov 17 from 9 am - 11 am Enjoy Breakfast with Santa.

Experience the Make & Take Bakery on Nov 18 from 10 am - 2 pm.

#### Region 9

**Belleville St. Paul UCC will host a Spooktacular on Sat Oct 27 from 10:30 am - Noon.** Kids come in costume for the Trunk or Treat outside, then go inside for lunch, games and fun Halloween activities. Crafts. Face painting. Photo booth. Costume parade. Trunks are needed as well as candy donations.

**Christ UCC in Belleville will feature Sould Out Quartet on Sat, Oct 27.** The meal will be at 5:30 pm and the concert at 6:00 pm. A free will offering will be taken. For more information about the group, click [here](#).