

THE UNITER
NOVEMBER 2017

Maquoketa
United Church of Christ
God is still speaking



To Your Health

Everyone has mental health.

It's obvious, when you put it like that. But on the other hand, maybe it bears repeating. Everyone has mental health. Everyone has a mental and emotional life. It's ironic that when folks have challenges, *then* we tend to speak about mental health. When really, mental health is for everyone. No matter the age or gender or race. No matter whether our inner atmosphere is currently calm or choppy. Mental health is for everyone. And it's for every day.

Dan Anderson and I recently attended a “Day of Sharpening” event in Des Moines—convened by our wonderfully on-the-ball Iowa Conference staff—on the topic of mental health. I don't know about Dan, but it felt timely to me. Put it under the ever-growing list of “Things I Didn't Learn in Seminary,” but I didn't learn much about mental health in my preparation for ministry. And that baffles me, not only because churches and pastors often work with folks in crises—and occasionally have some of our own—but also because we teach and hopefully model well-being. And everyone deserves to be well in their being.

So I want to share with you, in no particular order, some of the ah-ha moments I had during the “Day of Sharpening.” Statistics, insights, and helpful phrases to use as we learn how to care more faithfully for ourselves and each other:

- 1 of 5 of us will experience a mental illness this year, be it mild, moderate or severe.
- 40% of male inmates in Iowa prisons have a mental illness; it's 60% for female inmates.
- Half of all lifetime cases of mental illness begins by the age of 14.

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- Iowa is 50th in the nation for the number of beds available in mental health recovery centers.
- The National Alliance on Mental Health (NAMI) is a support and advocacy organization with local chapters, including those in Dubuque and Davenport. NAMI's national crisis line is: (800) 273-TALK.
- Mental illness is not a defect in someone's personality, a sign of weakness or laziness or lack of faith. If you have a mental illness, you are ill, medically ill.
- If someone you care about has a mental illness, instead of whispering, "How are you doing?" you might engage them on a topic they care about. Individuals *have* mental illness; they are not their mental illness.
- Mental and emotional well-being is important for everyone. Our well-being changes and fluctuates over time. Our focus should be on developing resilience, and finding practices and support networks that create and sustain resilience.

Dan and I will be finding ways to share more learnings from this event, so stay tuned.

In the meantime, my prayer is for your good health...

Blessings,
Pastor Stephanie





HOSTING FELLOWSHIP OPPORTUNITIES

The sign-up sheet for hosting coffee fellowship after worship services from now until the end of 2017 is up and waiting for signatures! Feel free to make this opportunity as simple as you want . . . coffee, water, some cookies, more if you want, . . . whatever you wish to do. Coffee fellowship offers us a chance to do some connecting with each other every Sunday. Need help putting on the big coffee pot? Karen Manning or Bonnie Schwenker would be happy to help you. Clean up? There are always extra hands willing to wash and dry dishes!

There is also a sign-up sheet for a second fellowship opportunity on the same bulletin board. Meal Deal needs people to provide food for an evening meal on every Wednesday evening, except for the first one of each month when there is a potluck. It's another time to connect and build relationships. Questions about what that might look like can be answered by Chris Tubbs.

Want to make either of these opportunities more fun? Ask a friend or two to help you! Sign up on the sheets on the bulletin board between Pastor Stephanie's office and the fellowship hall.



There will be NO morning worship on Sunday, December 24th. Please join us that evening for worship at 7:00 p.m.

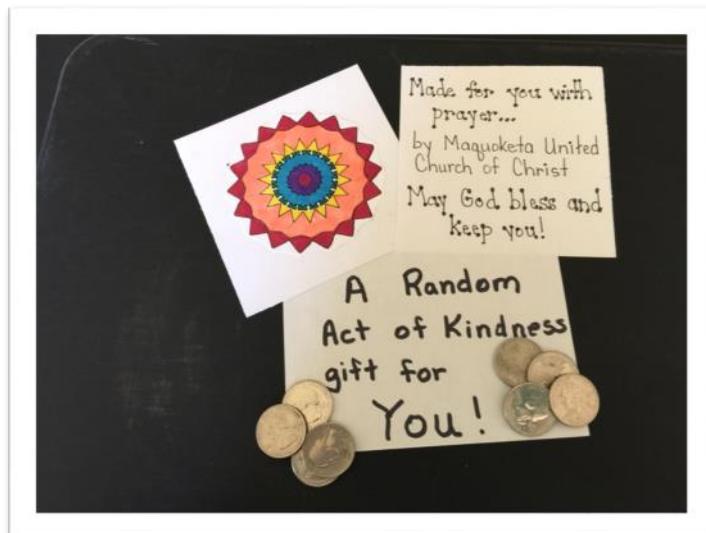


The Stewardship Committee has completed our first “Random Act of Kindness” to carry out our Visioning goal in September.

Three baggies containing \$10 in quarters each were left at the local laundromat. We attached a note saying it was a gift from our church.

Our October gifts were used to anonymously help pay for some student lunches at the Middle School.

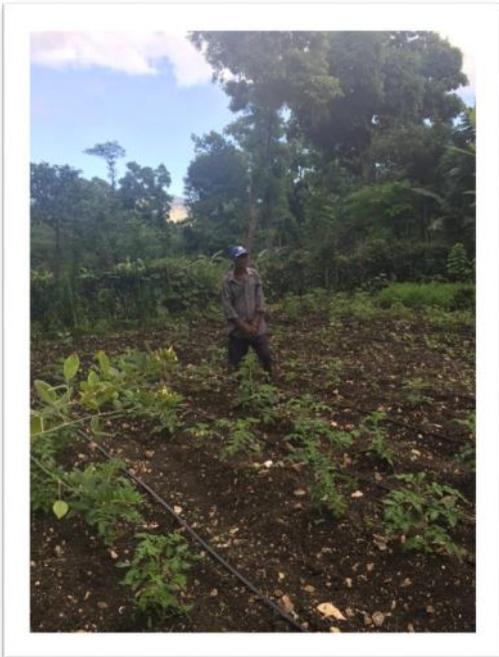
Thank you to those who enabled us to share these gifts by giving loose offerings on the first Sunday of each month.





Joel and Sara Tubbs will be traveling to Haiti in early December with FIDA US to support their programming and raise awareness for adult literacy and agriculture. As many of you know, FIDA's literacy program teaches farmers in Haiti how to read and write and do basic math. We will spend a week visiting farming cooperatives, literacy classes, and other projects supported by FIDA as well as a two day, 24+ mile hike through the mountains.

We will be covering our own travel expenses. However, we will gratefully accept donations to support this program and the people supported by it. If you are interested in contributing to our donation to FIDA's work, please let us know. You can reach us by email at saratubbs@yahoo.com, phone or text at 563-357-1566. Your prayers for safe travel are also appreciated.



November 20

Maquoketa United Church of Christ

Sun	Mon	Tue	Wed	Thu
Prayer Shawl Ministry meets at First Lutheran Church this month.			1 7:30 a Centering Prayer 5:15 p Meal Deal (potluck) 6:15 p Centering Prayer 7:00 p Choir Rehearsal 8:00 p Alcoholics Anonymous	2 8:00 1:00 p 6:00 p 7:30 p
5 8:45 a Adult Bible Study 9:00 a Sunday School 10:00 a Worship 11:45 a Qigong	6 6:00 p Karate Club	7 10:00 Music Committee 7:30 p Yoga	8 7:30 a Centering Prayer 9:30 a Women's Fellowship 10:30 a Spiritual Outreach 1:00 p Worship Committee 5:15 p Meal Deal 6:15 p Centering Prayer 7:00 p Choir Rehearsal 8:00 p Alcoholics Anonymous	9 8:00 6:00 p 7:00 p 7:30 p Treasu
12 8:45 a Adult Bible Study 9:00 a Sunday School 10:00 a Worship 11:45 a Qigong	13 6:00 p Karate Club	14 9:00 a Ministerial Association 5:00 p Pastor Parish Relations Committee 7:30 p Yoga	15 7:30 a Centering Prayer 10:30 a Spiritual Outreach 5:15 p Meal Deal 6:15 p Centering Prayer 7:00 p Choir Rehearsal 8:00 p Alcoholics Anonymous	16 8:00 9:30 a meeting 10:00 a Learn 6:00 p 7:30 p
19 8:45 a Adult Bible Study 9:00 a Sunday School 10:00 a Worship 11:45 a Qigong	20 6:00 p Karate Club 7:00 p Prayer Shawl Ministry	21 7:30 p Yoga	22 7:30 a Centering Prayer 5:15 p Meal Deal 6:15 p Centering Prayer 7:00 p Choir Rehearsal 8:00 p Alcoholics Anonymous	23 8:00 a 6:00 p 7:30 p
26 No Sunday School 10:00 a Worship 11:45 a Qigong	27 6:00 p Karate Club	28 7:30 p Yoga	29 7:30 a Centering Prayer 5:15 p Meal Deal 6:15 p Centering Prayer 7:00 p Choir Rehearsal 8:00 p Alcoholics Anonymous	30 8:00 a 6:00 p 7:30 p

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Service Committee

Mary Hayward & Karen Manning

ist

	Fri	Sat
a Morning Prayer Prayer Shawl Ministry* Karate Club Centering Prayer	3	4 6:00 p Narcotics Anonymous
a Morning Prayer Karate Club Council Meeting Centering Prayer	10	11 6:00 p Narcotics Anonymous
re Sale	Treasure Sale	Treasure Sale
00 a Morning Prayer Operation New View g in Duncan Room a SafePath Lunch &	17	18 6:00 p Narcotics Anonymous
Karate Club Centering Prayer		
Morning Prayer Karate Club Centering Prayer	24	25 8:00-2:00 Piano Festival 6:00 p Narcotics Anonymous
Morning Prayer Karate Club Centering Prayer		

206 E Platt Street | PO Box 1177
 Maquoketa, IA 52060
 Phone: (563) 652-4296
 Email: info@maqucc.org



November 5

WC Mary Hayward
 GR Bel Tubbs & Elaine Tubbs
 WL Marilyn Deegan

November 12

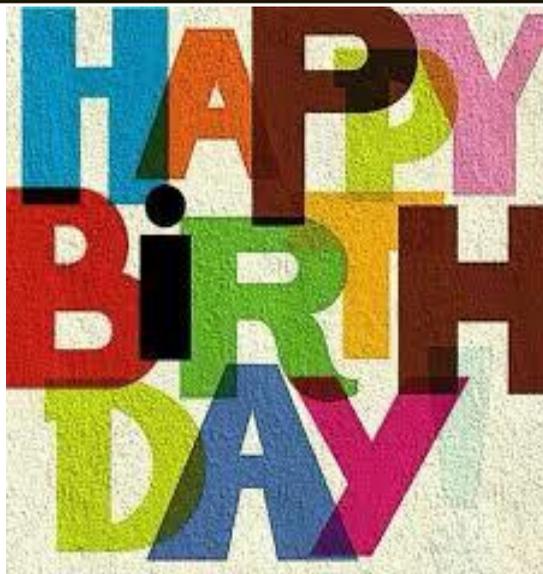
WC Chris Tubbs
 GR Ann Miller &
 Phyllis Rockwell
 WL David Manning

November 19

WC Tom Breuch
 GR Marie Holst &
 Lin Redling
 WL Karen McClintock

November 26

WC Geni Carr
 GR Barry & Connie Francois
 WL Bonnie Schwenker



Allison Tubbs	Nov. 1
Chuck Jorgensen	Nov. 9
Sally Anderson	Nov. 12
Sydney Clark	Nov. 12
David Manning	Nov. 18
Marilyn Deegan	Nov. 19
Ted Maze	Nov. 22
Sue Hovey	Nov. 28

Dates to Remember:

- 11/2 Prayer Shawl Ministry
- 11/9-11 Treasure Sale
- 11/5 Budget Meeting
(Must have a quorum)
- 11/20 Prayer Shawl Ministry
- 11/26 No Sunday School

Meal Deal Dates:

- November 1 (Potluck)
- November 8
- November 15
- (no meal 11/22 for Thanksgiving)
- November 29

Council Minutes

The council minutes will be posted on the bulletin board outside Pastor Stephanie's office after they have been approved by the council.



Florence “Coco” Carter (sister of Jerry Jones) was hospitalized in Mississippi where she was put on life support and was in a coma. She has since recovered consciousness, and her ability to walk and talk and has returned to Maquoketa. If you’d like to mail a card, her address is:



1006 German Street Apt. 2
Maquoketa, IA 52060



A sincere thank you to my beloved church family for all the prayers, cards, visits, and the other expressions of your thoughtfulness. I hope to see you soon!

Phyllis Nissen



We hope you can join us on November 19th at 5:30 p.m. for our annual Thanksgiving Dinner and at 7:00 p.m. for the Variety Show.



On Sunday, October 8th, we shared our laments with God and some shared with the congregation.

Casey and Chamberly were ready for Halloween!



If you use the east entrance, please be sure that the door is locked before you leave by giving it a pull. The lock may seem to be engaged when it isn't. Thanks.

Keep bringing your items to sell. Early sales are also encouraged.



Any help during that week for setting up or during the sale will be greatly appreciated!

Second Hand Treasure Sale

*United Church of Christ
206 E. Platt St. ~ Maquoketa*

<i>Thurs., November 9</i>	<i>7:30 am - 5 pm</i>
<i>Fri., November 10</i>	<i>8:30 am - 4 pm</i>
<i>Sat., November 11</i>	<i>8:30 am - 12 pm</i>

\$3 clothing bag every day!

- ❖ Large variety of quality items!*
- ❖ Something for everyone!*
- ❖ Our prices are heavenly!!*

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