

# **HEART & SOUL**

**June**

**2020**

## PASTOR'S PAGE

What a couple of months we have had! This health crisis, on my calendar, started on Friday March 13. We have gone through Lent, celebrated Easter and Pentecost. And now, we are preparing for ordinary time, a time in the church calendar where we get to be the church at our best. It is the longest season in the church. Over the years, some people have balked at ordinary time and the color green because it is so long. This year, I have made the choice to embrace it, and celebrate it because there is nothing ordinary about this time this year!

I firmly believe that this could be our best time of the year. This could be the time when the church really begins to shine, and the love of Christ reigns in all of our actions. I believe this because I believe the church can be a beacon of hope right now.

We turn on the news and we hear of one side of politics doing one thing and the other doing that. It is happening in our world. Differing viewpoints are leaving us confused, anxious, stressed and even fearful for the results.

I feel like this two-sided whiplash. This is a historic battle though that the church can take a leadership role in. In Genesis 32, we read of another type of struggle – Jacob wrestling at night with a man. There is lots of speculation as to who that man is, Jesus, an angel, etc. Jacob's opponent takes the time though to bless him, representing the face of God. This battle, this wrestling match takes place the night that Jacob spent on the border of the promised land. He was ready to reenter. He was ready for something more.

His call for a blessing is the result from his knowing his foe personally. Rather than someone to struggle with, Jacob calls on his mate and seeks this man as an ally now. As a result of this blessing, Jacob's name is changed to Israel – reflecting a change in character, life circumstance and status.

(cont. on next page)

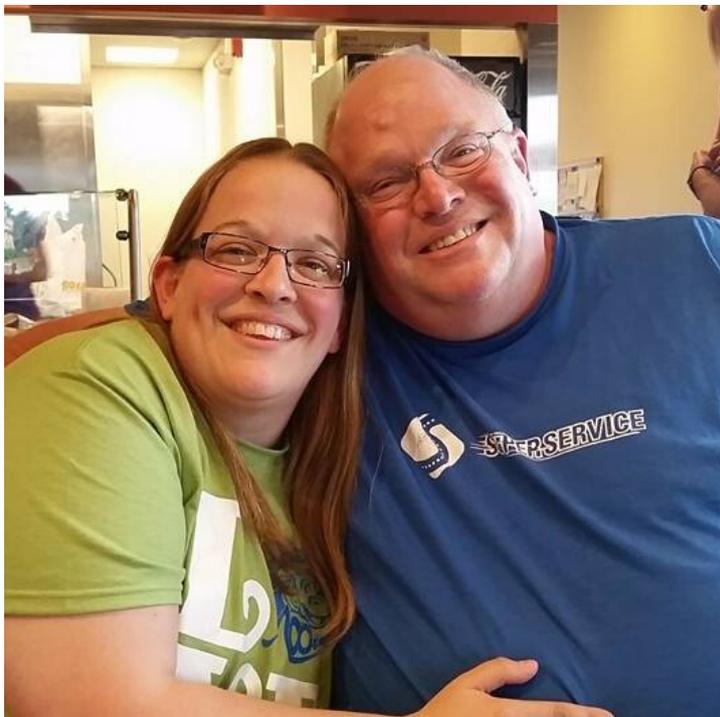
I tap into this story this month because I believe that this is a great story for us in this time of both/and. This is a great story for us in any struggle that we face with other people. This is the time when we as a church have the opportunity to receive blessing upon blessing. Jacob wrestling with 'a man' reminds me of the initial story of creation – when humanity is created in the image of God. The man in Jacob's story turns out to be God in some form. Shouldn't we look at our siblings in faith the same way? Let's struggle. Let's get through the tough times so that we may receive blessings from them. How can someone you disagreed with be a blessing to you?

How can God use that person in your life to change you for the better? After the blessing, I mentioned, that Jacob's name was changed. I am not saying that your name is going to change from Cathy to Karen or Mike to Matt... but imagine what can happen, truly, when you begin to see the other person as God does. Imagine that feeling of knowing that you were in the presence of God, even in the midst of a struggle.

In this extraordinary ordinary time, I pray that you will spend some intentional time giving thanks for the struggles, and seeking God in the middle of them. I pray that we might all receive the blessings of love and life that we long for.

Peace,  
Pastor Cathy

P.S. Happy Father's Day this month to all the dad figures in my life. I am grateful for your care, love and support always.



**Pastor Cathy &  
Dad, Bruce**

**Pastor Cathy &  
Father-in-Law, Mike**



CHURCH FINANCE AND THE GLOBAL PANDEMIC

There is no doubt that churches across the country have been negatively impacted by COVID-19 global pandemic and safer-at-home orders enacted to reduce the spread of the virus. Without the ability to host a traditional church service, it has been more difficult to collect tithes and offerings. In addition, many people have reduced or stopped their giving entirely due to job losses or uncertainty about the future. We are experiencing the same trend at Stoughton United Methodist Church, but perhaps at a lesser degree than in areas that are harder hit by COVID-19.

So how has your church responded? We continue to monitor cash flow and expenses. Expenses are running very close to budget. We have promoted web-based technology to make it easier for folks to give. Many of you have used the VANCO online payment option, which is making it easy for you to stay current on your giving. We've encouraged members to "front load" their annual giving in the first quarter if they have the flexibility and capacity to do so. As a result of these efforts, income through April was about \$8,000 more than in the same period in 2019.

We are very much aware that God is at work in our lives during this pandemic. As a church, we will use this challenging time to reach out in new ways that are engaging, safe and cost effective. YouTube services are reaching home-bound households that might not otherwise have access to the Word of God. Armed with masks, gloves and a bottle of hand sanitizer, our Food Pantry volunteers continue to safely meet the needs of families struggling with food insufficiency with loving care and compassion. Our members are finding opportunities to stay connected – through family game night with board games that we haven't played since our own childhood, a phone call to a colleague who is feeling down or the hanging of paper cut-out hearts on a window pane to remind neighbors that we're all in this together.

In a time when people need a safe place of refuge, renewal and hope, we can still be THAT church.....and it won't cost a dime! And thank you for your continuous giving.



SUMC  
WORK  
DAY

**FACILITIES TEAM WORK DAY**

**The facilities team is hosting  
a work day on**

**Saturday June 13, 8am-?.**

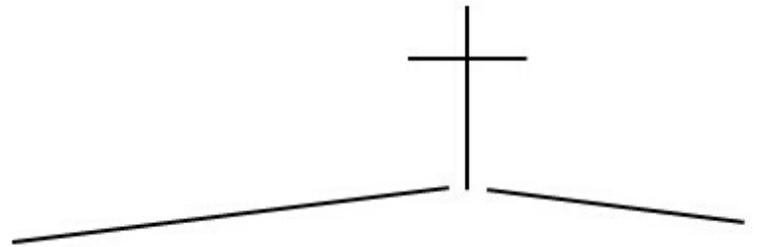
**Work will be outdoors.**

**Participants need to bring:**

**gloves, shovels, masks for  
physical distancing.**

**Work will be done around the parking lot  
and the labyrinth. Questions? email:  
[facilitiesteam@stoughtonumc10.org](mailto:facilitiesteam@stoughtonumc10.org)**

**Please consider helping out.  
We will get done a lot faster!!**



**STOUGHTON UNITED METHODIST CHURCH**  
**2018 BUILDING CAMPAIGN**

*Our faith is* **BUILDING**

### UPDATE ON CAPITAL CAMPAIGN

Thank you all so much for your support of the three-year church capital campaign. We are so very grateful for your generosity.

Through your gifts and monthly pledges, the church was able to install a new roof (\$27,351) to address leaks that were causing damage to the building and its contents. In the second year of the campaign, we replaced two aging heating ventilation and air conditioning units (\$14,024) to create a warm and inviting space for worship and church activities. Most recently, we finished re-paving the upper parking lot (\$36,996), which will ensure the safety of our members and guests.

Our final project is replacement of the flooring in the lower level fellowship hall. Paulson Hall is often the first impression visitors have of our facilities. Foot traffic, spills and spatters have left the floors looking tired and worn. The Trustees are planning to install a more durable wood grain vinyl flooring in the next month. This floor covering will be easy to maintain - and look beautiful!

The cost for flooring for the fellowship hall, hallway and food pantry is \$13,451. We are less than \$800 away from the total amount needed to complete this project. Whether you've made a gift in the past or not, I hope you will consider a final campaign gift to wrap up the last project on our wish list.

Again, thank you for all you have done to provide a safe, warm and welcoming space for worship, fellowship, discipleship and Christian education. You have been extremely generous in your giving throughout the campaign and we are truly thankful for your support.

Lisa Urban  
Financial Secretary



Applications can be obtained on our website: [www.stoughtonumc10.org/community\\_garden](http://www.stoughtonumc10.org/community_garden), by contacting the church office by calling: 873-3273 or email: [office@stoughtonumc10.org](mailto:office@stoughtonumc10.org) or by contacting Tom Olson at: 608-345-1981, [facilitiesteam@stoughtonumc10.org](mailto:facilitiesteam@stoughtonumc10.org).

Due to the COVID19 Pandemic, we are making the following adjustments to our procedures in the SUMC community gardens this year. We will require all to follow CDC and State of Wisconsin Government and Health Services recommendations and rules/regulations:

- a) We will provide water at the spigots but NO hoses will be provided for watering. You are welcome to use your own hose or provide your own vessel for watering. These items cannot remain on site and will need to be removed after each visit! Failure to follow this rule will result in termination of your plot and forfeiture of fees and disposal of items left on site.
- b) We suggest you bring hand soap or sanitizer for personal cleanup after each visit. Again water will be on at the spigot for your use.
- c) You must provide your own disinfectant to spray on the community items prior to and after you touch them during each visit. Items such as the spigot handle would be required to be sprayed.
- d) Correct social distancing must be maintained, minimum of a 6-foot distance from any other gardener not a member of your own household. Limit the number of people you bring to the site as advised and required by all Federal, State and Local authorities.
- e) All garbage shall be removed from the site and properly disposed of at each visit.
- f) All gardening items such as tools, water vessels, hoses, etc. shall be removed after each visit.
- g) All weeds you pull must be disposed of in the weed/mulch bins and not left lying on the ground around the gardens.
- h) Failure to follow any of the above protective measures would be grounds for forfeiture of your fee and garden spot immediately.
- i) All gardening is done at your own risk.

**WE THANK YOU FOR YOUR COOPERATION!**

# THE UNITED METHODIST HYMNAL



HYMN SING SUNDAY  
June 7, 2020  
9:15-9:45am, LIVE

You Tube: @StoughtonUMC

Website:

[www.stoughtonumc10.org/videos](http://www.stoughtonumc10.org/videos)

## GET YOUR REQUESTS IN:

text: 231-342-3728

live chat:

in the You Tube chat box

facebook message to  
@stoughtonumc

email:   
[pastor@stoughtonumc10.org](mailto:pastor@stoughtonumc10.org)

Requests can be submitted ahead of time or LIVE during the hymn sing on our social media platforms.

SPIRITUAL HEALTH

YOU  
ARE  
NOT  
ALONE



[stoughtonclergy@gmail.com](mailto:stoughtonclergy@gmail.com)

We are here for you. Some of your local clergy have come together to offer prayer and a supportive ear in this time of crisis. Each week, during the crisis, a different pastor will be monitoring this email address - and responding to you as needed.

If you have a local faith community you call home, we encourage you to reach out to your clergy person. We welcome all to call and connect.

STOUGHTON UMC

# WOW: Worship on Wednesday

Wednesdays, 5pm  
[www.stoughtonumc10.org/videos](http://www.stoughtonumc10.org/videos)

# COVID-19 UPDATE:

updated:  
5/15/2020

- No 8am worship through June 28 2020.
- 10am worship online only. No in-person worship
- Reevaluation of building closure will happen on or before July 1.
- Food Pantry is still open, Tuesdays 9-12 and 4-7. Please call ahead to schedule your time. 873-3273

Please check our website and facebook for the latest.

[www.stoughtonumc10.org](http://www.stoughtonumc10.org)

## COVID & SUMC BOUNCE BACK TEAM

*The SUMC Bounce Back Team: Lori Olson, Kelly Howland, Deb Verdegan, Ricky Howland, Dottie Petersen, Pam and Russ Dunkel and Pastor Cathy began their hard work and meets regularly on Sunday nights, 7p.m. via zoom. All are welcome to join the conversation. Email Pastor Cathy for a link to join in.*

*Thank you to all who filled out the recent survey. They are currently working on a plan to get us back together for incarnational worship very soon. They are reading lots of advice, guidelines, and hearing what others are doing. They are also having conversations around building and property use/risk.*

*One of the most important things that they are following: Wesley's 3 rules of life - do no harm, do good, and stay in love with God. In one of our Pentecost hymns, we sang these words: "We're sharing from a distance, connecting in new ways. Trusting the Father, Son and Spirit now and always... We're reaching out together, we're feeding and we're praying. We may be masked because it's caring, Christ's love displaying..." This is tough, holy work.*

*We hope to have some plans for worship communicated to you all soon. Please be sure to have your contact information up to date in the church office:*

*(873-3273 or [office@stoughtonumc10.org](mailto:office@stoughtonumc10.org)).*

*Stay tuned, and please keep all in your prayers.*



FOOD PANTRY

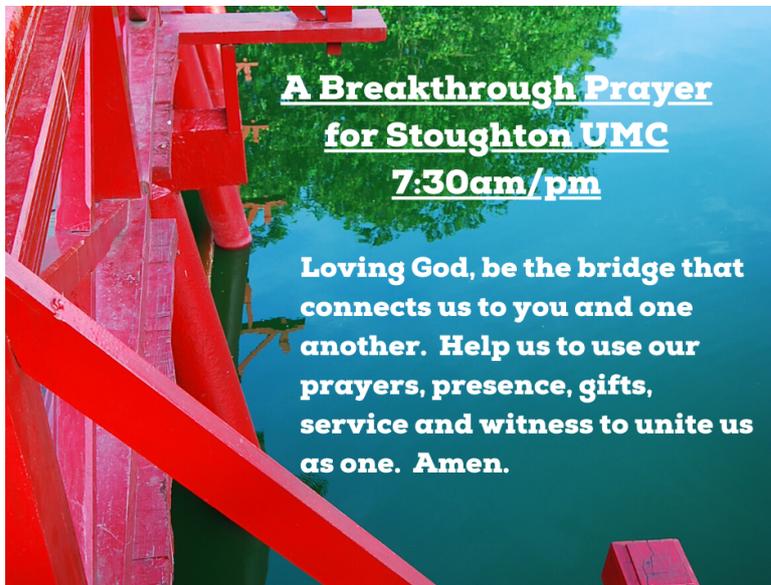
Our Food Pantry is still open on Tuesdays, 9 - Noon and 4 - 7pm. If you can assist with donations our Food Pantry could use the following items:

- canned fruit
- ketchup
- mustard
- sugar-free cereal
- cake mixes & frostings
- cat and dog treats.

Also, if you are doing any spring cleaning and find some kitchen towels that you don't need, our kitchen is in dire need of some different ones.

Thank you for your donations and thoughtfulness!

*education is learning what you didn't even know you didn't know*



**A Breakthrough Prayer**  
**for Stoughton UMC**  
**7:30am/pm**

Loving God, be the bridge that connects us to you and one another. Help us to use our prayers, presence, gifts, service and witness to unite us as one. Amen.

On Sunday May 31, "Breakthrough Prayer" was introduced during our worship service. Cindi Ritter, Ricky Howland, Deb Verdegan, Dottie Petersen, Judy Atkinson, and Pastor Cathy attended a training on this earlier this year.

Breakthrough prayer is a time (once or twice a day) for the church as one body to pray together asking God to breakthrough and do something special for our church family. This type of prayer can be for anything - a specific purpose, a miracle that God would have to intervene to make it happen, or simply for a broad prayer such as ours below.

Our team met recently, and came up with this prayer for unity and support. During our COVID crisis, we have been missing our incarnational worship and the support that comes from being together as a worshipping body. We hope this prayer will help us remember that we do worship together, even though we are a part. We hope that we remember together, that we are the incarnational church, we are the church in the world - the hands and feet of Jesus.

Please join all of us once or twice a day: **7:30am or 7:30pm** and pray this prayer outloud. Watch our website and social media for pictures and videos of your prayers!

**(Text them to Pastor Cathy at: 231-342-3728.)**

And, here is something to get your toes tapping!  
**TAMBO-** by Christopher Grundy.

<https://www.youtube.com/watch?v=fconQH4k-al>

**MASKED**  
**MEMBERS**



*For our July newsletter,  
 let's have some  
 fun & play:  
 Name That  
 Masked Member!  
 Email your masked selfies  
 by 6/15 to:  
[newsletter@stoughtonumc10.org](mailto:newsletter@stoughtonumc10.org).*



Last month we celebrated May Day. May 1 is called "May Day." It is a day of both celebration and remembrance. Some of fond memories of sharing flowers on this beautiful spring day!

On Friday, May 1, Cindi and Chuck Ritter, Sara Leikness and Pastor Cathy ventured out, and gave away about 250 tulips to our church family and friends in our senior living communities!

"What a joy it was to see everyone in this health crisis. Everyone looks great! It was fun surprising them" said Pastor Cathy. Some pictures of the day are on the following page below! The full slide show was shown in worship on Sunday May 10. You can access the service on our website:

[www.stoughtonumcl0.org/videos](http://www.stoughtonumcl0.org/videos)

*"I really enjoyed delivering May flowers as it got me out of the house with a purpose. It was rewarding to see some church family & get in a short visit (from a distance, of course!). Since we are all "in the same boat" it was good to share encouragement, even for a short visit." Sara Leikness*

Delivering the tulips was such a pleasure! It was heartwarming to see everyone and to witness the delight expressed on everyone's face and in their words of gratitude!  
Cindi Ritter

Enjoyed helping Cindi by being her chauffeur and photographer for the day. Everyone was happy to see us — and I enjoyed the short chats we had and people's willingness to have their pictures taken! We had one person who was in her pajamas and would not let us take her picture (you know who you are). 😊  
Chuck Ritter

**SEE MAY DAY  
PICTURES ON  
NEXT PAGE**



 **MAY DAY 2020**



 **MAY DAY 2020**





**HAPPY BIRTHDAY  
TO OUR  
CHURCH ON  
PENTECOST  
SUNDAY!**

**SUMC'S DRIVE-BY  
FOR OUR  
PENTECOST  
HAPPY BIRTHDAY  
PARTY KITS**



what if...everything you're going through is preparing you for what you asked for.

BOOK STUDY

Thursdays,  
9 a.m.

<https://umcom.zoom.us/j/96671049517>

6:30 p.m.

<https://umcom.zoom.us/j/92937235587>

.....  
MORNING PRAYER

submitted by Pam Mickelson

Now I wake me up to live,  
I'll give life all I have to give.

If today I face a test,  
I'll cope and pray and do my best.

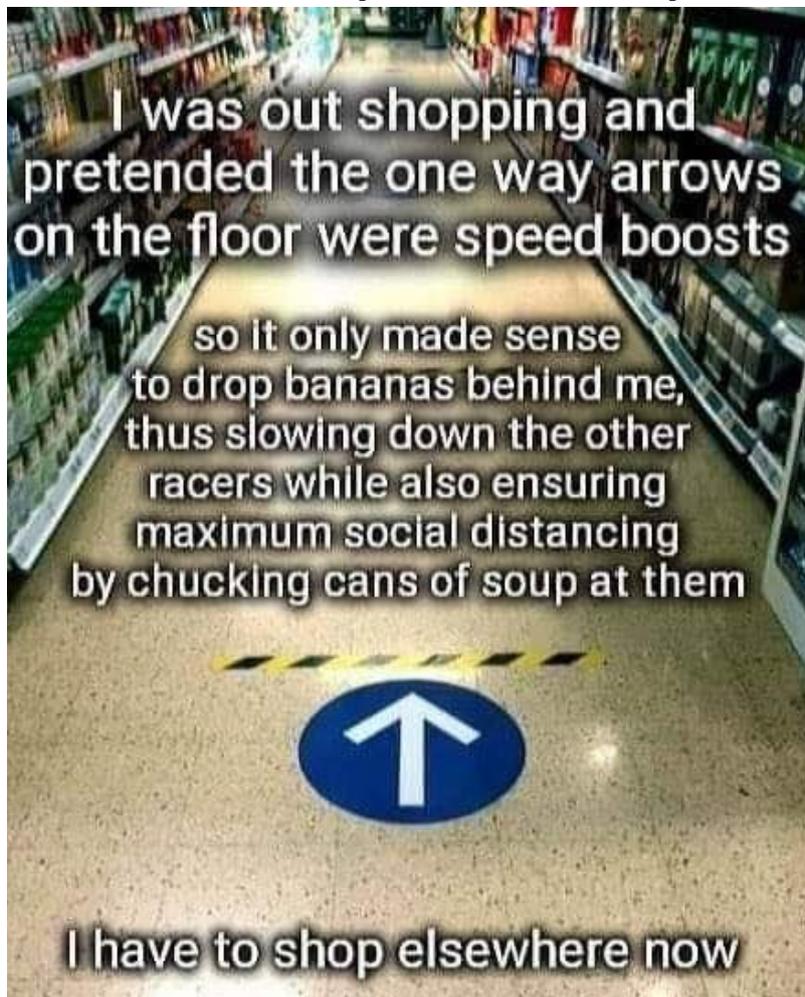
With each breath and step I take,  
Be with me, Lord, for heaven's sake. Amen

submitted by Judy Atkinson

submitted by Pastor Cathy

It is during our darkest moments that  
we must focus to see the light.

- Aristotle Onassis



The measure of who we are, is what we do with what we have.

Our PAGE

TO GIVE YOU A LAUGH!!



Cindi & Chuck Ritter's neighborhood has gone totally WILD!! & to the birds!!



Pastor Cathy's Daisy & Braunie staying out of trouble for a change!!

how to tell when the quarantine is throwing you off:

little Colton asks at 8:30 a.m: "Mommy, can I have lunch now?"

FROM THE MILLERS



I'm so popular that the "puperazzi" had to take my picture!



A cop pulled me over and said, "Papers".

So I said, "Scissors, I win." And then I drove off.



**FOR PRAYER AND PASTORAL CARE:**  
 pastor@stoughtonumc10.org  
 text: 231-342-3728 (24/7)  
 call: 608-205-2214 (8am-8pm or emergency)  
 video appointments can be scheduled  
 Prayer Requests:  
 prayer@stoughtonumc10.org

REACH OUT. YOU ARE LOVED!

**DEADLINE FOR ARTICLES FOR NEXT MONTH'S NEWSLETTER:**  
**6/15.**

Please send to:

[newsletter@stoughtonumc10.org](mailto:newsletter@stoughtonumc10.org)

**PRAYER REQUESTS**

Please email your prayer requests to: [prayer@stoughtonumc10.org](mailto:prayer@stoughtonumc10.org) so it can be shared with our prayer chain. If you want your request to remain confidential between our prayer leaders and Pastor Cathy, please mark your request as such. Thank you.



**NEED HELP?**

We have a number of individuals who have offered to deliver food, pharmacy items, food pantry items, etc. Please call the church office (873-3273).or Pastor Cathy (231-342-3728-cell or 205-2214-home) for information. Please REACH OUT! If you cannot reach anyone here, then call 211 - which is a service of United Way and they will be able to connect you with resources.

**ALSO CDC:**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

**& UW HEALTH:**

<https://www.uwhealth.org/covid-19/covid-19/53246>

COVID-19 and Stoughton UMC Response

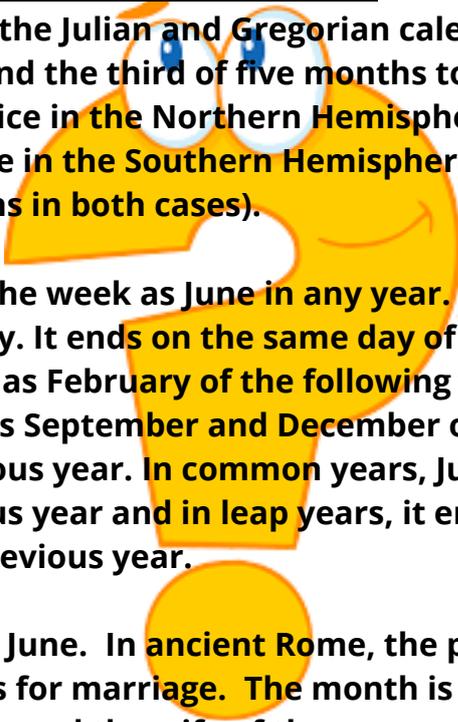
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**BUILDING CLOSED**

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Stoughton UMC is now closed to all non-essential activities, small groups, choirs, etc. Please call 873-3273 to schedule an appointment with the office/pastor.

## DID YOU KNOW?



June is the sixth month of the year in the Julian and Gregorian calendars, the second of four months to have a length of 30 days, and the third of five months to have a length of less than 31 days. June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours, and the winter solstice in the Southern Hemisphere, the day with the fewest daylight hours (excluding polar regions in both cases).

No month starts on the same day of the week as June in any year. This month and May are the only two months to have this property. It ends on the same day of the week as March in all years. It starts on the same day of the week as February of the following year. In common years, it begins on the same day of the week as September and December of the previous year and, in leap years, April and July of the previous year. In common years, June ends on the same day of the week as September of the previous year and in leap years, it ends on the same day of the week as April and December of the previous year.

Certain meteor showers take place in June. In ancient Rome, the period from mid-May through mid-June was considered inauspicious for marriage. The month is named after the Roman goddess Juno, the goddess of marriage and the wife of the supreme deity, Jupiter.

Due to the precession of the equinoxes, June begins with the sun in the astrological sign of Gemini, and ends with the sun in the astrological sign of Cancer.

## Monthly Calendar

Sunday Worship: 10am, Available On:

YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9I7\\_w](http://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9I7_w)

Website: [www.stoughtonumc10.org/videos](http://www.stoughtonumc10.org/videos)

Facebook: [www.facebook.com/StoughtonUMC](http://www.facebook.com/StoughtonUMC)

WOW Service

Wednesdays, 5pm

You can join in on YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9I7\\_w](http://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9I7_w)

New Book Study

Signs of Life, Resurrecting Hope Out of Ordinary Losses

by Stephanie Lobdell

Thursdays

9am

<https://umcom.zoom.us/j/96671049517>

& 6:30pm

<https://umcom.zoom.us/j/92937235587>

Prices: Amazon: \$12.89

Cokesbury: \$12.29

Coffee with the Pastor:

Saturdays, 9am

Join at: <https://umcom.zoom.us/j/95020280387>

After Worship Coffee

Sundays, 10:30am

Join in:

<https://umcom.zoom.us/j/99748852028>

## Special Events

- 6/1: Nat'l Trails Day
- 6/4: Hug Your Cat Day & Cheese Day
- 6/5: Hot Air Balloon Day
- 6/6: D-Day, WWII
- 6/11: Nat'l Corn on the Cob Day
- 6/14: Flag Day
- 6/20: Nat'l Bald Eagle Day
- 6/21: Nat'l Father's Day & Summer Solstice Day
- 6/23: Nat'l Park Day
- 6/26: Take Your Dog to Work Day
- 6/29: Hug Holiday

Rev. Cathy Christman  
Stoughton United Methodist Church  
525 Lincoln Ave  
Stoughton WI 53589  
608-873-3273

Facebook; Pinterest  
Email: [office@stoughtonumc10.org](mailto:office@stoughtonumc10.org)  
[pastor@stoughtonumc10.org](mailto:pastor@stoughtonumc10.org)  
Website: [www.stoughtonumc10.org](http://www.stoughtonumc10.org)

YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9I7\\_w](http://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9I7_w)

