

# **HEART & SOUL**

**August**

**2020**

## PASTOR'S PAGE

The dog days of summer are here! It has been a hot one! How have you been keeping cool? I am so grateful for air conditioning and a cold bottle of water on these hot days.

Seeking refreshment is often a theme of summer. You know the feeling I am talking about? Think about that first swim of the season. Think about that cold refreshment after some hard work outside. Rest from the work-a-day world is found around the campfire and at the shoreline.

One of the things we are missing these days is the refreshment that our faith provides. From getting recharged on Sunday mornings to feeling the connection of our church family hugs, we are feeling like something is missing. This makes me think about: what is it that makes something refreshing? What makes us feel like we are being renewed?

Think about the experiences of summer that renew and refresh us. These are all things that we experience with our 5 senses. We see the lake shore. We hear laughs around the camp fire. We touch the stickiness of the marshmallow with the smores. The smell of the bug spray mixed with sunscreen is the smell of summer. The taste of fresh watermelon triggers memories that last a lifetime. With our faith and COVID, we are missing the connection between our faith and the things that we use to understand life. The sounds of the choir, seeing friends after a long week, hugging friends who are grieving, the smell of the candles or even the taste of the coffee hour treats are all marks of the things that mean church.

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I know that church looks a lot different these days. Renewal and refreshment are gifts of the gospel. The good news of Jesus Christ is that in and through all things, we are free to find the life that we are meant to live! In Matthew 4, Jesus faces temptation of things that could easily distract him - hunger, pride, life, and he stays the course. He endures, and proclaims who he is in the presence of evil. In John 4, Jesus teaches that he is the living water and finding the refreshment he provides is a gift from God.

In our faith tradition, we are reminded of renewal and refreshment in our traditions such as the vows membership and baptism. At the end of July, we welcomed new members into our faith community. This is exciting! For the month of August, we are going to take some time to explore our baptism vows, and listen for God bringing renewal and refreshment into our lives once again, even while we are apart. Our membership and baptism vows are words that invite us into a deeper relationship with Jesus Christ that not only changes our lives but also the world around us. When we respond to these vows, we impact God's world for the better. We will talk about these vows around stewardship but also around practical ways we can build up the kingdom of God in a world that is seeking justice and peace.

Peace,  
Pastor Cathy

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**The 4th Sunday in July is a new holiday (well, 12 years old), Auntie Day. It is a day created to celebrate the role of Aunts in the lives of young people. I am blessed to be an aunt to 4 'kiddos!'**

**On Sunday July 26th, we had the joy of having them all together for the first time!**

**My brother's kids, Saige and Andrew had been with us for 2 weeks. Mike's brother's boys, Xander and Seb, were visiting from out of state. We will be in South Carolina for vacation at the end of August for Xander's 3rd birthday!**

**In the pic: Saige and Andrew, Mike and I with Sebastian (the baby) and Alexander.**



**WHEN THERE'S A WILL, THERE'S A RELATIVE!**



## **UPDATE ON SUMC Finances** **by Ken Chritton, Treasurer**

Greetings from Ken Chritton, your Church Treasurer. In this article, I'm going to discuss our finances, how you have met the challenges of the last 12 months and explore some of the known challenges for the rest of 2020.

### **OUR CHURCH'S FINANCES THROUGH 2020**

There is some good news so far for 2020, and some areas of concern. First, the good news. Due to your generosity, our offering "income" is about \$2,000 ahead of 2019 at this time. This is on top of what you contributed to the capital campaign. We completed the roof, the furnaces, the air conditioning units, the Paulson Hall floor, and the parking lot. Wow!!!

Some more good news: our expenses so far for 2020 are about \$3,000 less than 2019. Some of this is due to a reduction in building use expenses (like electricity), but most of the reductions came from highly focused efforts by the church staff and volunteer team members to control costs. Again, Wow!

There are, however, some areas of significant concern. We have seen reductions in offering plate giving as we have stopped all in-person church services. Another area of concern is that some of our most successful fundraising events from the past have been cancelled due to the Covid-19 Pandemic. For example, in 2019, we received about \$3,800 from the rummage sale and our participation in Taste of Madison. Unfortunately, both of these events were scheduled for the second half of 2020 but have been canceled.

### **WHAT YOU CAN DO TO HELP**

- 1. Setting up automatic payments from your bank account to the church is the best way to ensure your investment in our church's future. See the church website or contact me for more details.**
- 2. If you are over age 70 1/2 and have a retirement account, consider making a tax-free transfer to the church. This could allow you to contribute up to 30% more due to the tax savings. Check out our website or contact me for more information.**
- 3. Consider taking advantage of the new \$300 deduction available under the Covid-19 Stimulus law. Even if you don't itemize deductions, this new law permits you to deduct up to \$300 of charitable donations, including those to the church, from your taxable income.**

If you have additional questions about our finances or have any suggestions for future articles about financial matters, please contact me at: [treasurer@stoughtonumc10.org](mailto:treasurer@stoughtonumc10.org).

**(continued on next page)**

## UPDATE ON SUMC Finances by Ken Critten, Treasurer

### Page 2

#### WHERE DOES THE MONEY GO?

If you are like me, before I became treasurer, you may be wondering: "What is the money I contribute to the church used for?" Over the next few newsletters, I will explore some of our major expense items in an effort to help answer this question. This month, I will discuss the church's utility expenses: electricity, natural gas, telephone and internet service.

So far in 2020, the church's utility expenses for the church building and parsonage account for about 7% of the total expenses, or \$5,700. As you might expect, it takes a lot of power to heat, cool and light these buildings. In addition, there are 3 water heaters, 3 stoves and several refrigerators and freezers that need power, not to mention computers, video and audio systems, and all of the other equipment used at the church and parsonage.

Much has been done to reduce the overall utility expenses. For example, most of the lights now use energy saving LED or compact fluorescent bulbs. In addition, all of the thermostats are programmable, so that power usage can automatically be reduced during off hours. Finally, two of the church's telephone lines were determined to be unnecessary and were disconnected, and we switched to a more efficient internet provider.

One benefit of not holding in-person services is that less power is needed to heat or cool the sanctuary. As a result, our electric and gas bills are about \$500 less than last year. Note that the savings were not greater for a number of reasons, including:

- The church organ and piano will be damaged if they get too hot or cold, or too dry or too damp;
- The building itself, particularly the lower level, will be damaged if the air conditioning is not used to remove the humidity;
- The building is still being used by the church staff and the food pantry.

Next month, I will explore the church's insurance expenses. In the meantime, if you have questions about our utility or other expenses, please contact me at:

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

*A huge Thank You to  
everyone for your  
generosity in giving  
to SUMC!*



**RUTH LAWTON**



**PAM & RUSS DUNKEL**



**NANCY & RICHARD MEYER**

On New Member Sunday, July 26, we welcomed 5 new members to our church family!

Pam and Russ Dunkel join us by transfer of membership. Pam is retired and Russ currently works for the State Department of Health. They are active on our Bounce Back Team. Pam has been active in our Food Pantry all throughout this health crisis.

Ruth Lawton joins us by reinstatement. Ruth and her husband Tom are active in the life of our church through our Leadership Board, our Facilities Team and Food Pantry.

Richard and Nancy Meyer joined on Sunday July 26, transferring from a UMC in Texas. They are founding residents at Kettle Park Senior Living. The staff at KP made it possible for us to welcome them via a zoom call the week of July 26.

We will have a special welcome for our new members when we can gather in person. Until then, please send them your greetings via social media or address cards to them c/o Stoughton UMC.

**Keep your face to the sunshine and you won't see the shadows. Just as the sunflowers do.**



## **SPLASH ZONE**

August 2020

**Join us for a 4 week Stewardship Series using the United Methodist Baptismal Covenant as a guide/tool for how we understand our relationship with money. Congrats SUMC on completing our 3 year capital campaign. Let's continue that momentum and make a splash with all of our offerings! We respond to the grace we receive in our baptisms by shaping our lives on those promises. What does it look like for those baptismal waters to splash into our everyday lives? What does it look like for the waters to run over into our commitments to love and justice? What does living baptismally look like, especially in our relationship with money? During the month of August, we will look at the four promises we make in our baptisms (reaffirmed when we join the church) and the responses they invite as we think about our own financial stewardship.**

**Join us this month!**

**August 2 - Making Changes. We will read from Matt. 3:1-12 and look at these words: On behalf of the whole church, I ask you: Do you renounce the spiritual forces of wickedness, reject the evil powers of this world, and repent of your sin? We will have Communion this Sunday and our monthly hymn sing! A Live Sunday from our SUMC Sanctuary**

**August 9 - A Just Act / Generosity as Justice. We will hear from Isaiah 58:1-12. Our membership vows will be: Do you accept the freedom and power God gives you to resist evil, injustice, and oppression in whatever forms they present themselves? A recorded service in our SUMC Community**

**August 16 - Trusting God. Trusting Community. Paul in 1 Cor 12:12-27 will help us read understand our response to these words: Do you confess Jesus Christ as your Savior, put your whole trust in his grace, and promise to serve him as your Lord, in union with the church which Christ has opened to people of all ages, nations, and races? A Live Sunday from our SUMC Sanctuary**

**August 23 - Giving Back. Sending Out. A Commitment Sunday using Paul's words in 2 Cor 5:17-20. Our focus will be on these words: According to the grace given to you, will you remain faithful members of Christ's holy church and serve as Christ's representatives in the world? A recorded service in our SUMC Community**

**August 30 - TBD**

**Would like breakfast in bed? Maybe sleep in the kitchen.**

# BOUNCE BACK TEAM

## CONGREGATION UPDATE

Dear Stoughton UMC Family and Friends,  
John Wesley taught these words: Do no harm. Do good. Stay in love with God. With those words in mind, we wanted to share with you an update for the month of August.

**DO NO HARM.** The Bounce Back Team continues to meet Sunday nights at 7pm over a zoom call. The link to this zoom call goes out over email, and the meeting is recorded if you would like to see past sessions.

At our meeting on July 19, we made a decision to postpone our in-person parking lot worship at this time. COVID numbers continue to rise. We are under a masks required ordinance. The school is remaining virtual at this time for the start of the year.

This was not an easy decision to make. Our small group was not of one mind on this decision. We are of one mind, however, in our desire to do no harm, do good and to stay in love with God.

**DO GOOD.** We have some continued recommendations/requests:

- Sign in and out when you are in the building. There are two cups near the sign in sheets for pens. One cup is for used and one is for sanitized. Please be aware of what you use and where you leave your used items. You are welcome to use your own pens for this record keeping.
- Meetings remain virtual or outside. We have the capabilities to meet virtually through zoom video calls. If you would like to schedule a zoom meeting, please let Pastor Cathy know and she will be glad to help. Outside meetings must practice social distancing.
- Masks required. When you are in the building for any reason, please wear a mask. Masks are available upstairs near the sign-in table. These white masks were given as a part of a government program. Please take one for you and one to share.
- Keep building use to as-needed-activities only. COVID is an airborne virus. There is some risk with surfaces and airborne transmission. The less time in the building for you, the less risk.

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**STAY IN LOVE WITH GOD.** We are so grateful for your continued efforts in keeping us all safe and healthy. We do all these things out of a love for ourselves as well as for our siblings in faith. As we are all children of God, worthy to thrive in this world, let us keep on working for the betterment of God's kingdom.

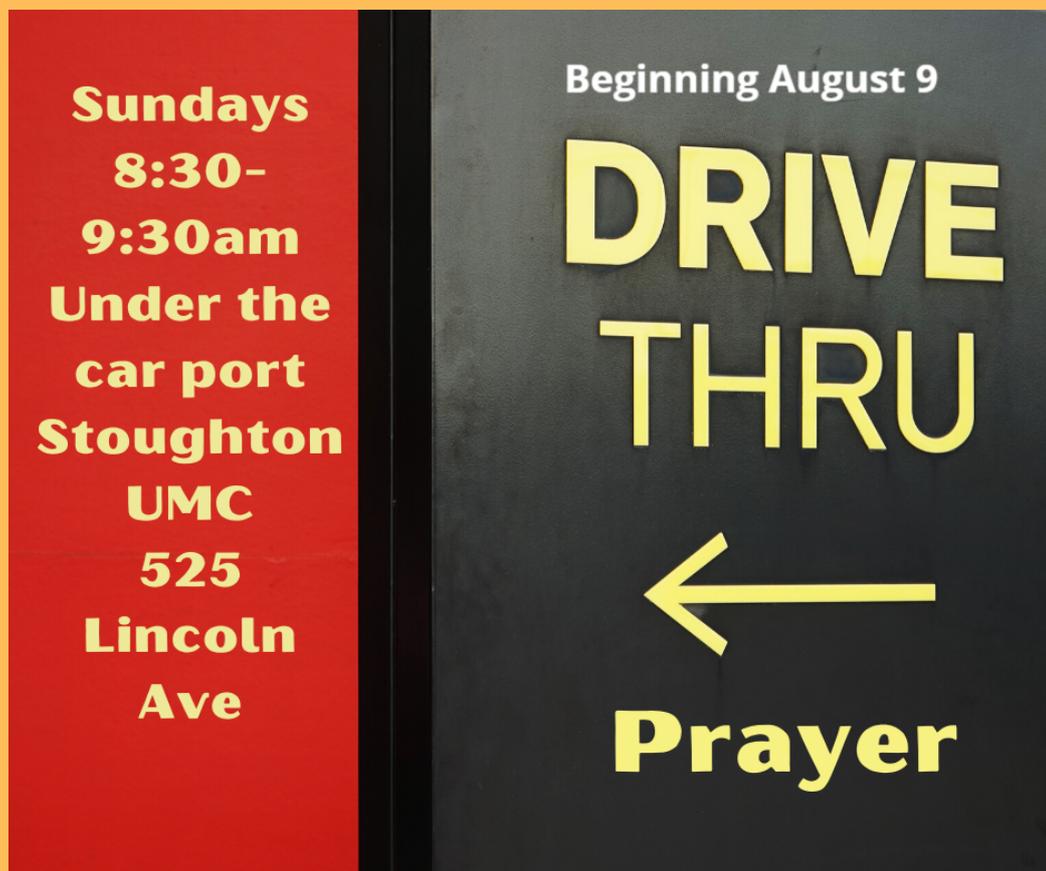
Pastor Cathy is available for pastoral care by appointment. Please call her to schedule one, especially if you haven't heard from her in awhile. She can be reached at 205-2224 (home phone) and 231-342-3728 (cell). Messages can also be left at the office 873-3273.

**Beginning Sunday August 9, we would like to offer a 'DRIVE-THRU PRAYER' opportunity.** COVID has forced us to create some new routines. One of our disrupted routines is getting ready for worship Sunday morning. With that in mind, Pastor Cathy will be available **Sundays from 8:30am-9:30am** for drive-thru prayer under the carport at church. You can drop off your offering, bring prayer requests to be shared and 'get ready' for a church experience. This will be every Sunday, except for the first Sunday of the month, as we have our hymn sing on our YouTube channel. If there are any changes to the schedule, she will send that out on Fridays and include it in our Sunday morning email. Please wear your mask when you come for prayer.

As always, join our meetings anytime, Sunday nights, 7pm. Watch your emails for the link.

Peace,

Pastor Cathy Christman  
Deb Verdegan  
Lori Olson  
Ricky Howland  
Kelly Howland  
Pam Dunkel  
Russ Dunkel  
Dottie Petersen



# HOW TO BE AN ANTIRACIST

IBRAM X. KENDI

## NEW BOOK STUDY

"How To Be An Antiracist" by Ibram Kendii

"Ibram X. Kendi's concept of antiracism re-energizes and reshapes the conversation about racial justice in America--but even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. Instead of working with the policies and system we have in place, Kendi asks us to think about what an antiracist society might look like, and how we can play an active role in building it.

In his memoir, Kendi weaves together an electrifying combination of ethics, history, law, and science--including the story of his own awakening to antiracism--bringing it all together in a cogent, accessible form. He begins by helping us rethink our most deeply held, if implicit, beliefs and our most intimate personal relationships (including beliefs about race and IQ and interracial social relations) and reexamines the policies and larger social arrangements we support. How To Be An Antiracist promises to become an essential book for anyone who wants to go beyond an awareness of racism to the next step of contributing to the formation of a truly just and equitable society."

Classes Begin the Week of August 2

**Wednesday August 5 - 5:30pm** - Contact Pastor Cathy for Invite and Password. This is a community based group and will invite others from outside our community.

**Thursday August 6 - 9am** - will continue to meet over zoom. The link is here: <https://umcom.zoom.us/j/96671049517>

**Thursday August 6 - 6:30pm** - will meet with social distancing in the parsonage driveway. Bring your own chairs.



**FOOD PANTRY HOURS:**  
Tuesdays  
9am-12pm  
4-6pm

## GIVING FOOD IS EGG-CELLENT by Jeanne Schwass-Long

**The Food Pantry numbers for July are:**

**under age 60 = 68; over age 60 = 20; children = 35; total people = 123,; households = 54.**

**We are adjusting to the prepacked boxes we receive from Second Harvest. Jo Doyle takes the large 20 lb. staple box, looks it over and adds items from our pantry to better fit the family size and need. She then adds refrigerated items milk, eggs, cheese, yogurt, sandwiches, salads, lunch meat, fried chicken and more. Ruth Lawton gets the frozen meats ready for each family according to size. Each family will get some chicken, beef, pork, sausage patties, soup, pizza, fish, and frozen specialty items as we have them. Ruth also checks if families have a cat or dog and gets food for them!**

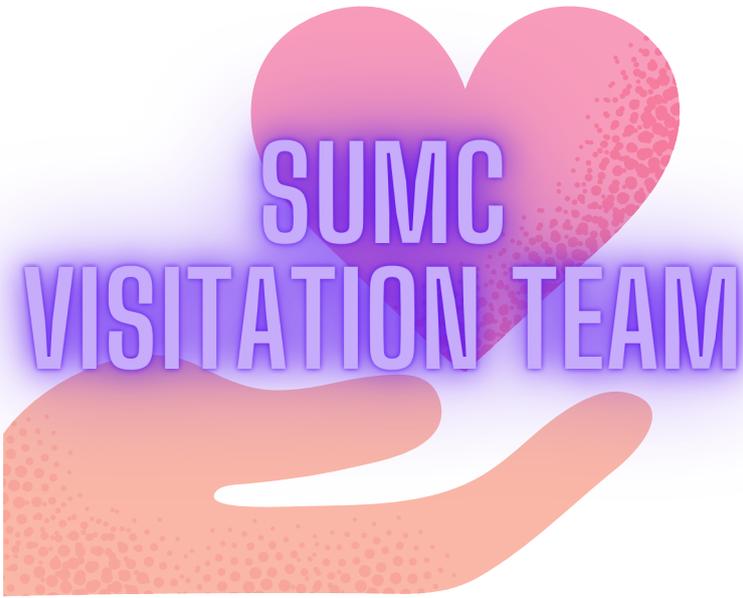
**Pam Dunkel prepares the produce boxes which start with a basic of potatoes, onions, apples, pears and adds sweet corn, peppers, tomatoes, greens, snap peas, green beans and fruit available. We are fortunate to have produce from the Organic Farmer's Market on Saturday. Over the summer we will receive \$2,000.00 worth of high quality produce, eggs, and meat from funds raised by one of the market vendors! We also have many people who drop off product as they see the need. THANK YOU!**

**Delores Gruca prepares the bags of bakery and pastries for the families. She has a varied selection of breads, bagels, wraps and buns according to what has been given each week from Kwik Trip, Aldi's and Pick n Save. The families also get a variety of cookies, donuts, cake portions, rolls and treats to round out their bag.**

**Sarah Leikness helped today with packaging toilet paper and tissue for each family and put together some treats from our table of chips, breakfast bars, candy, nuts, fruit cups, crackers, etc. Jeanne Schwass-Long checks the reservations, records each family on our white erase board with time of arrival and the number in each family so workers can pace themselves. Jeanne takes the registration sheet out to the client, checks for I.D. and asks if there are any special requests or items they can/can't use. This is then shared with the volunteers and within a few minutes the carts are loaded and taken out to our client.**

**Pam Mickelson is instrumental in setting up our schedule from the calls received, develops all our forms needed and has assisted with the clients, if needed. We all work closely together. Francis Long delivers the food to clients who are unable to drive or have health issues. Tom Olson, Virginia Lunde, Ron Diehls and Pam Smith. assist in picking up and sorting product.**

**We are busy Monday getting in product, Tuesday having pantry from 9:00 – Noon and 4:00 – 6:00 p.m. Wednesday we receive more product, sort and deliver it to Madison St. Vincent Food Pantry. We are looking forward to ordering products starting in August along with the prepacked boxes. Also, it will be a great day when we can again have pantry on Tuesdays and Wednesdays.**



**SUMC  
VISITATION TEAM**



**MASK REQUIRED**

**Effective on Monday, July 13, 2020 at 8:00 am, Public Health Madison & Dane County is issuing Emergency Order #8, which requires that everyone age 5 and older wear a face covering or mask when in any enclosed building where other people, except for members of the person's own household or living unit, could be present. This requirement applies to all of Dane County.**

**PUBLIC HEALTH MADISON  
& DANE COUNTY**

**Make sure you wear a mask at all times while in our SUMC building, to help prevent the spread of COVID-19.**

**Thank you  
for your cooperation.**

**When this health crisis began, a community member started a movement called "my favorite resident." She was collecting notes to cheer up residents at our local nursing facilities.**

**For the month of August, we would like to try this for our church family. We have a list of folks that would love to receive a note from someone in our church!**

**There are a few ways you can do this:**

- write a note to someone from church that you know. If you need an address, email Pastor Cathy.**
- write a note to someone that you don't know. Contact Pastor Cathy if you would like a few names to mail a note to.**
- Drop off notes in the office "To my sibling in faith" and these will be given to our shut ins.**

**Let's spread some cheer and keep us connected!**

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

**From your SUMC Visitation Team:  
Sara Leikness, Cindi Ritter, and  
Pastor Cathy**

**Listen to the peace in your heart to get peace of mind.**

## SUMC COVID SIGN IN

PLEASE FOLLOW THESE INSTRUCTIONS  
WHEN ENTERING OUR BUILDING:

- If you find yourself in the building for ANYTHING, please use hand sanitizer and wipes on all surfaces you touch.  
**And wear your mask.**
- Sign in on the clipboard laying right inside our doors, whether upstairs or downstairs.



**Pam is in the office from 8:30 - 1:30, Mon. & Tues., if you need to enter the building & don't have a key/code.**

Starting Sunday August 2 –  
Find SUMC Worship on Spectrum  
channel 981 at 10am!  
The service broadcast will be the  
previous week's service.

Visit: [wsto.tv](http://wsto.tv) for the schedule

# WSTO

It takes real skills to fall up the stairs, choke on air  
and trip over nothing. Do you have these skills? I know I do!!



Well, it's not exactly a selfie (as I rarely do selfies...), but it's a nice photo of my campfire and S'more makings. ;-)  
Colby Smith



I love s'mores! I had someone come to my house recently that told me they had never had a s'mores. Crazy! Ever since then, I keep a stash of s'mores supplies in my cupboard. They always include the marshmallows and graham crackers. The chocolate varies. (Somehow, I just can't keep that from melting away! ;))

My favorite way to eat a s'mores: Reese's PB Cup, Graham Cracker and Marshmallow

Happy Smore's Day!  
Pastor Cathy

See next page for some awesome s'mores recipes for you & your dog!



# D-I-Y PUP-FRIENDLY S'MORES RECIPE

Celebrate National S'mores Day with your dog!  
Here's a simple pup-friendly recipe.

## INGREDIENTS:



## CAROB CHIPS

Absolutely do not use chocolate, it's toxic!



## "MARSHMALLOW" CREAM CHEESE

If your dog is lactose intolerant, try peanut butter.



## DOG BONE BISCUITS

## DIRECTIONS:

- Place carob in microwave safe bowl. Microwave for 30 second intervals until nice and smooth.
- Spread a thin layer of cream cheese on the dog biscuit, then dip in melted carob.
- Place biscuits on wax paper and let them set until carob has hardened.

Limit one per pup, depending on size  
(smaller dogs may handle smaller portions).

## S'MORES IDEAS

**Banana split:** strawberry/banana slices, graham cracker & choc sauce

**Choc lovers:** choc graham cracker, choc marshmallows, choc sauce, choc bars

**Bacon:** graham cracker, peanut butter, banana, cooked bacon, marshmallow, choc hazelnut spread

**Caramel:** graham cracker, choc bar, vanilla caramel with sea salt, marshmallow

**Grasshopper:** graham cracker, peppermint patty or Andes mint, choc bar

**Elvis:** peanut butter, graham cracker, banana, choc bar

**Samoa:** milk choc caramel square, graham cracker & toasted coconut

**St Lucia:** toasted coconut, graham cracker, marshmallow, banana, cinnamon (no choc)

**Rocky Road:** graham cracker, marshmallow, choc bar, almonds

**Lemon Meringue:** graham cracker, marshmallow, lemon curd

**Berry Cheesecake:** graham cracker, whipped cream cheese, berry jam

**Turtle:** graham cracker, caramel sauce, pecans, choc bar

**Dark Chocolate:** graham cracker, marshmallow, dark choc bar

**Cookies & Cream:** graham cracker, marshmallow, cookies & cream bar

**Germal:** graham cracker, marshmallow, mounds bar

**Cookie Monster:** marshmallow, choc bar, chocolate chip cookies

**Pina Colada:** Pineapple slice, white choc bar, toasted coconut

**All American:** graham cracker, white choc bar, marshmallow

**Toffee:** graham cracker, salted caramel, toffee bar

**Super Peanut Butter:** graham cracker, peanut butter, marshmallow, Reeses peanut butter cup

**Strawberry:** graham cracker, marshmallow, cut strawberries, choc bar



**American  
Red Cross**

## BLOOD DRIVES IN STOUGHTON

*Blood Drive  
Stoughton Community  
Lake View Church  
2200 Lincoln Ave*

*Monday, August 24, 2020  
9:00 a.m. to 2:00 p.m.*

*For an appointment call  
1-800-RED CROSS  
(1-800-733-2767)  
or visit [redcrossblood.org](http://redcrossblood.org)*

**PLEASE THINK  
ABOUT GIVING!**

*Cummins/Nelson Global/Durr*

*Universal Blood Drive  
The Church of Jesus Christ of*

*Latter day Saints  
Fellowship Hall  
825 S Van Buren St*

*Wednesday, August 19, 2020  
9:00 a.m. to 2:00 p.m.*

*For an appointment contact:  
Beth Hanson at 719-1779,  
email: [Beth.hanson@nelsonglobalproducts.com](mailto:Beth.hanson@nelsonglobalproducts.com)*

*or  
Brenda Slovacek at 873-2472  
email: [Brenda.j.slovacek@cummins.com](mailto:Brenda.j.slovacek@cummins.com)*

*or  
Sally Knickmeier at 877-7204  
email: [sally.knickmeier@durrusa.com](mailto:sally.knickmeier@durrusa.com)*

**WE'RE ALL  
IN THIS TOGETHER!**

***It's not  
about "S'mores".  
It's about my new  
granddaughter born  
July 9th. Her name is:  
Rosemary  
Violet Stehley.  
And her brother  
absolutely adores her  
(so far).***

***From our  
former organist,  
Gloria Stehley,  
who now lives in the  
state of Oregon.***



***CONGRATULATIONS  
TO THE FAMILY!***

Our  
**PAGE**

TO GIVE  
YOU A  
LAUGH!!



**WE ALL**



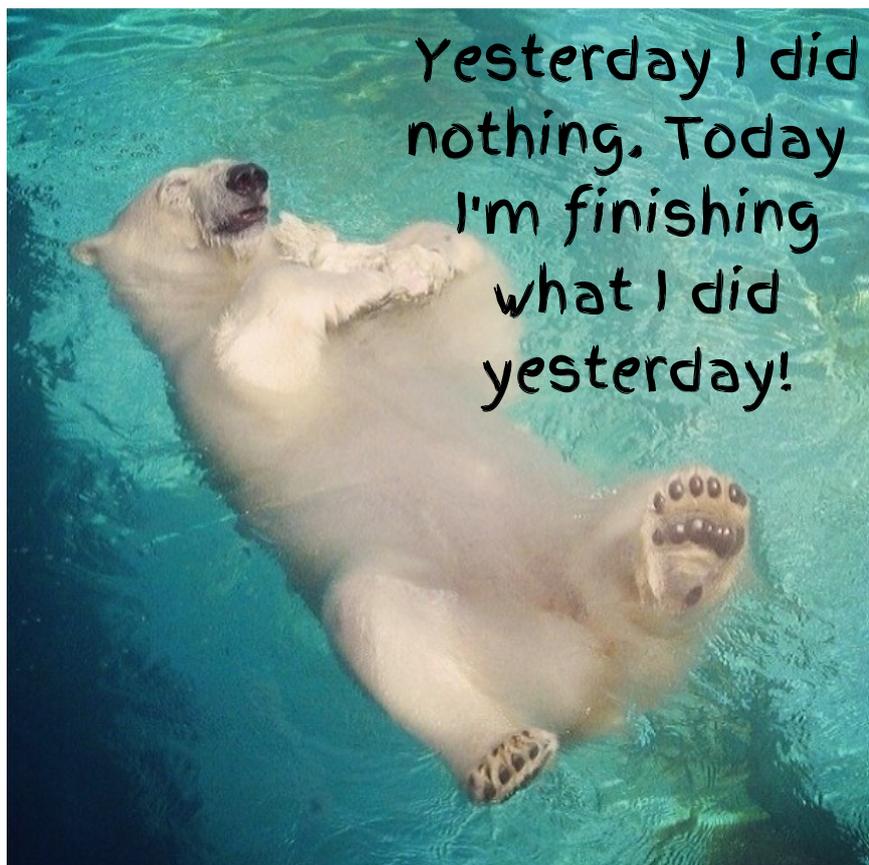
**HAVE THAT**



**ONE FRIEND!**

**I'M SO OLD**

THAT I'VE ACTUALLY DIALED A ROTARY  
PHONE BEFORE, WHILE LISTENING TO AN  
B TRACK, NEXT TO A BLACK AND WHITE TV  
WITH ALUMINUM FOIL ON TOP OF ITS  
RABBIT EAR ANTENNAS!



Yesterday I did  
nothing. Today  
I'm finishing  
what I did  
yesterday!

**WITH THIS SUMMER WEATHER,**

**I'M SORRY FOR ALL THE THINGS I SAID WHEN IT WAS WINTER!!**

**BE A PINAPPLE. STAND TALL, WEAR A CROWN & BE SWEET ON THE INSIDE!**

**FOR PRAYER AND PASTORAL CARE:**

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

REACH OUT. YOU ARE LOVED!

**DEADLINE FOR ARTICLES FOR NEXT MONTH'S NEWSLETTER:**

**8/15.**

**Please send to:**

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

COVID-19 and  
Stoughton UMC Response

**BUILDING  
CLOSED**

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.



**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, then call 211 - which is a service of the United Way and they will be able to connect you with resources.

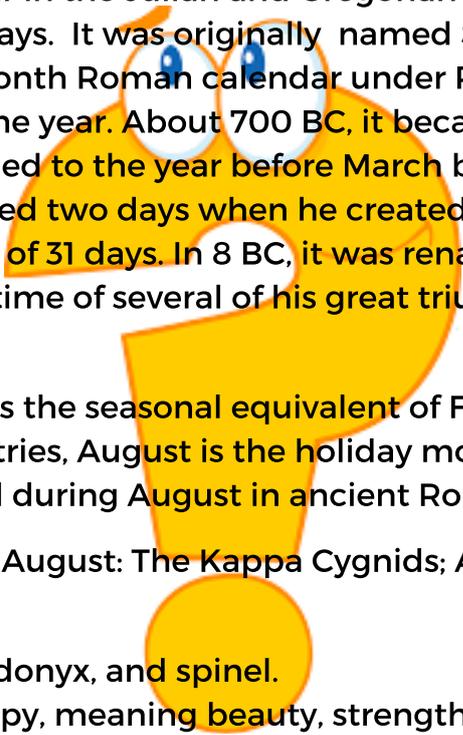
**ALSO CDC:**

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

**& UW HEALTH:**

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

## DID YOU KNOW?



August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days. It was originally named Sextillis in Latin because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, with March being the first month of the year. About 700 BC, it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 46 BC (708 AUC), giving it its modern length of 31 days. In 8 BC, it was renamed in honor of Augustus. He chose this month because it was the time of several of his great triumphs, including the conquest of Egypt.

In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere. In many European countries, August is the holiday month for most workers. Numerous religious holidays occurred during August in ancient Rome.

Certain meteor showers take place in August: The Kappa Cygnids; Alpha Capricornids; Perseids; & Messier 30.

August's birthstone is the peridot, sardonyx, and spinel.

August's flowers are: gladiolus or poppy, meaning beauty, strength of character, love, marriage and family.

The zodiac signs for the month of August are Leo (until August 21) and Virgo (from August 22 onwards).

(wikipedia)

### Special Events

- August 3 National Watermelon & White Wine Day
- August 4 Coast Guard Day
- August 5 National Underwear Day
- August 8 International Cat Day
- August 10 National S'Mores Day
- August 12 World Elephant Day
- August 13 National Filet Mignon Day
- August 14 National Creamsicle Day
- August 15 National Lemon Meringue Pie Day
- August 16 National Rum Day
- August 17 Vanilla Custard Day
- August 19 National Aviation & Potato Day
- World Humanitarian Day
- August 20 World Mosquito Day
- August 22 Eat a Peach & Pecan Torte Day
- August 24 National Waffle Day
- August 25 National Banana Split Day
- August 26 Women's Equality Day
- August 28 National Cherry Turnover Day
- August 29 National Chop Suey Day
- August 31 National Trail Mix Day

## 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)  
**Previous Services:** [WTSO.tv](http://WTSO.tv)

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  
How to be an Antiracist by Ibram X. Kendi  
 Wednesdays  
 5:30pm  
 Contact Pastor Cathy for Invite/Password  
 Thursdays  
 9am  
<https://umcom.zoom.us/j/96671049517>  
 & 6:30pm  
<https://umcom.zoom.us/j/92937235587>

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

