

# The Spirit of Bethlehem



**BETHLEHEM UNITED CHURCH OF CHRIST**  
**11608 Lax Chapel Road, Kiel, WI 53042**  
**(920)894-3332**

## Pastor Randy's Ramblings:

Greetings, People of Bethlehem!

We have arrived at the month of May! Budding trees and spring flowers are sure to instill a sense of hope and joy as we anticipate warmer weather and new life. And if you're like me, it may also have instilled some seasonal allergies!

As we anticipate newness and growth, Bethlehem will be acknowledging that May is Mental Health Awareness Month. Each Sunday, The WISE team has planned a special "Mental Health Moment," and May 19 will be "Mental Health Sunday" with a special guest speaker. Again, the overall goal is to normalize conversations about mental health concerns and to eradicate the STIGMA that is associated with these conditions.

On April 20, Melissa and I attended the Northeast Association Annual meeting at Daycholah Center on Green Lake. If you don't know, Daycholah, formerly Pilgrim Center Camp, was purchased by the Wisconsin Conference of the UCC. The conference offices were relocated there from Deforest, WI, and UCCI Camps continue to operate the "camp" portion of it. Personally, I cannot overstate the VALUE of church camp. It was my experience, working as a camp counselor during my summer breaks from college, that I first felt "God's calling." It was those summers that eventually led me into teaching, and ultimately ministry. If you're at ALL interested in camp, I strongly urge you to look into it. It is truly a transformative experience.

*Continued on page 2*



## **MAY 2024**

Pastor Randy's Ramblings	1-2
Bethlehem Information	3-4
Lectionary	5
Consistory Monthly Mtg.	6-8
Mental Health	8,9,16,19,20
Sunday School	10
Merry Christians	10
Bethlehem Ladies	11
Scrip	12
Undy 500	12
Historian	12
Prayers	13
Thank you	14
Newly Confirmed	14
Loads of Love	14
Rummage Sale	15
Announcements	15
Community Events	15
Vinnie's/Jingle Change	17
Bethlehem Events	17
Birthdays & Anniversaries	18

## **JUNE SPIRIT DEADLINE:**

**WED. May 22nd**

**@ 5pm**

**Send to Traci at**

**trabefamily5@gmail.com**

## Pastor Randy's Ramblings (continued):

Anyway, the business portion of the NEA Annual meeting was pretty routine. We approved committee reports, the budget, and voted in committee members. The keynote speaker was the Rev. Breanna Illene from the Wisconsin Council of Churches. Her theme was "How do you do church in a world of online everything?" As much as we pine for the church to be like it used to be 30 years ago, we have to recognize something: we're not going back. It'll never be that way again. Rather than resist, we have to be open to changes that have risen from changes within our society. I'm happy to say that based on her presentation, Bethlehem SEEMS to be on track when it comes to making worship available online. Given the technology we have available to us, BUCC is reaching out as best we can. It was a major improvement when we installed a dedicated camera for streaming, rather than using a phone to record. We DO have people that depend on our "live streams" for worship. People who travel, people who are homebound, etc. The majority of our viewers are NOT people who are choosing to stay home, rather than attend worship. It's important that we continue to improve and offer streaming options. This is the new world we live in.

The other conversation that occurred at the annual meeting centered around future restructuring of the association/conference model of our UCC governance. No firm plans have been made or details released, but we are certain to see some streamlining and consolidation of services in the coming years. I'll keep you posted!

There are a lot of great things happening at Bethlehem! Thanks to all of you great PEOPLE for making them happen!

Have a joyous May!

In Christ,

Pastor Randy



# Bethlehem United Church of Christ

11608 Lax Chapel Road - Kiel, WI 53042

Phone: 920.894.3332

Follow Bethlehem UCC

on Facebook <https://www.facebook.com/bucckiel/>  
or Bethlehem's website at [www.bethlehemkiel.org](http://www.bethlehemkiel.org)



## Our Spiritual Leader:

### Pastor Randy Koppenhaver

Phone: 920.286.2531 or email: [randynmel5@gmail.com](mailto:randynmel5@gmail.com)

- Sunday School begins at 8:00am. All children 4 years – 6<sup>th</sup> grade welcome!
- Gather in the sanctuary for worship Sunday mornings. Our service begins at 9:30am.
- Tune your car radio to 101.3FM to listen to the service in the church parking lot at 9:30am.
- View Sunday's service from the comfort of your home through Facebook live stream at 9:30am <http://www.facebook.com/bucckiel/> OR watch the recorded worship service on Bethlehem's website anytime that is convenient for you and your family [www.bethlehemkiel.org](http://www.bethlehemkiel.org)

## Pastoral Care:

If you have any pastoral/spiritual care needs please contact Pastor Randy.

### 2023 Bethlehem UCC Consistory Members

Pastor – Randy Koppenhaver (920)286-2531 or [randynmel5@gmail.com](mailto:randynmel5@gmail.com)

Elder/President - Steve Volland (920)286-0162 or [svolland44@gmail.com](mailto:svolland44@gmail.com)

Elder - Traci Rabe (920)894-7903 or [trabefamily5@gmail.com](mailto:trabefamily5@gmail.com)

Elder – Lee Watson (920)562-0588 or [lwatson@kiel.k12.wi.us](mailto:lwatson@kiel.k12.wi.us)

Deacon - Ross Westphalen (920)629-0193 [rossw@forhealthycows.com](mailto:rossw@forhealthycows.com)

Deacon/Secretary – Kathy Bowe (920)894-7243 or [LandKBowe@outlook.com](mailto:LandKBowe@outlook.com)

Financial Secretary - Ruthie Rumpff (920)946-5849 or [srumpff@tm.net](mailto:srumpff@tm.net)

Treasurer - Jane Umland (920)286-2175 or [jm59umland@gmail.com](mailto:jm59umland@gmail.com)

If you are not able to join us in person Sunday mornings, please mail your giving envelope/check to:

**Bethlehem UCC**

**c/o Ruthie Rumpff**

**11608 Lax Chapel Road,**

**Kiel, WI 53042**



You can also give electronically! Please contact Ruthie Rumpff for details

## Bethlehem UCC has added a Donate Button on the Church Website

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



*Click on the donate button to make a secure online contribution today!*

Your giving will go directly to offset our day-to-day costs of maintaining the church. This option was added in addition to giving at church, mailing your giving to church or giving electronically.

The on-line giving is secure by using your PayPal account, credit or debit card. The church is charged 1.99% plus 49 cents for each transaction. You have the option to add this charge to your donation.

*Thank you for all your support!*

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### **LOOKING FOR LITURGISTS!**

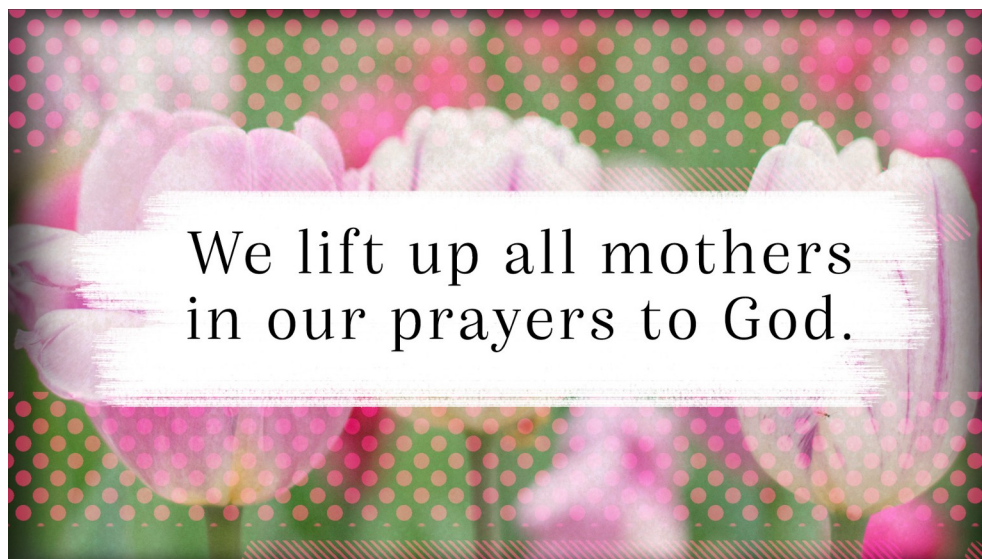
*Pastor Randy is looking for persons interested in leading worship services as liturgists. Lead the Call to Worship, Opening Prayer, Prayer of Confession, and Read a portion of the scriptures. A sign-up sheet is on the door to the pastor's office. Let Randy know if you have any questions.*



## Lectionary Readings for MAY:

<b>Sixth Sunday of Easter</b> May 5, 2024	*Acts 10:44-48	Psalm 98	1 John 5:1-6	John 15:9-17
<b>Ascension of the Lord</b> May 9, 2024	*Acts 1:1-11	Psalm 47 <b>or</b> <i>Psalm 93</i>	Ephesians 1:15-23	Luke 24:44-53
<b>Seventh Sunday of Easter</b> May 12, 2024 (If Ascension not observed here)	*Acts 1:15-17, 21-26	Psalm 1	1 John 5:9-13	John 17:6-19
<b>Day of Pentecost</b> May 19, 2024	*Acts 2:1-21 <b>or</b> <i>Ezekiel 37:1-14</i>	Psalm 104:24-34, 35b	Romans 8:22-27 <b>or</b> <i>Acts 2:1-21</i>	John 15:26-27; 16:4b-15

<b>Trinity Sunday</b> May 26, 2024 <i>First Sunday after Pentecost</i>	Isaiah 6:1-8  Psalm 29		Romans 8:12-17	John 3:1-17
<b>Visitation of Mary to Elizabeth</b> May 31, 2024	1 Samuel 2:1-10  Psalm 113		Romans 12:9-16b	Luke 1:39-57





## **Bethlehem Consistory Monthly Meeting: 4-9-2024**



Present: Steven Volland, Jane Umland, Ruthie Rumpff, Ross Westphalen, Kathy Bowe, Pastor Randy Koppenhaver

Call to order: 6:35 PM

Opening Prayer by Randy: Words of William Barkley

### **Monthly Reports**

#### **•Financial Secretary – Ruthie**

.Month income \$7,975.00 (\$209.00 below YTD collection) \$22,076.00 (\$2,476.00 below YTD requirement)

The report is approved as presented (motion by Jane and 2<sup>nd</sup> by Ross)

#### **•Treasurer – Jane**

.Giving's received in Mar. to date are \$8,185.90 bringing the checkbook balance to \$59,767.44

The report is approved as presented (motion by Ross and 2<sup>nd</sup> by Traci)

### **Building & Grounds checking and Savings**

- Checking = \$2,020.71
- Saving = \$11,664.24

#### **•Secretary – Kathy**

•The Secretary's monthly mtg minutes were approved as printed in the Mar Spirit of Bethlehem.

•Approved by Jane and 2<sup>nd</sup> by Traci

#### **•Building & Grounds Updates**

- Parsonage roof – quotes received – see more info in new business
- A new mailbox has been purchased for the church
- The lawns around the church yard will need to be fixed, due to snow plowing
- Adding water sensors will be addressed at our next meeting. Water sensors need to be added per insurance company

### **Pastoral Report**

#### Worship -

3/24, 3/31, 4/7

Lenten Worship 3/20

Seder Meal on Maundy Thursday

Good Friday Community Service at St. Peter's

Upcoming "OFF" Sundays: April 28, May 12, **June 9\***, June 23, July 28. August 18, August 25, Sept. 15

*\*June 9 is a new date to the list. My uncle's "celebration of life" will be taking place that weekend in MN. That means I WON'T be attending the Conference annual meeting in Green Lake. Even with the 9th and my planned day of the 23rd off, I will still be preaching 3 Sundays in June.*

Planning Community worship service @ Kiel City Park on 8/11

### Confirmation/Youth

- Classes held 4/2, 4/16 (moved to Tuesdays due to a conflict for one of the students)
- Confirmation class led worship on April 7
- Traci generously took over Nancy's mentor role
- I have asked the students and mentors to evaluate the mentor program.
- Confirmation set for 4/21 - No communion or reception.

### Mission

- Loads of Love on April 1 - 2 clients - \$40.50 expended
- Undy 500 again in May. Do we want to participate again?
- WISE
  - Book Study, displays ongoing
  - Working on logo and promotional ideas
  - Monthly update in the Spirit
  - Weekly "Mental Health Moments" during May.
  - Mental Health Sunday on May 19 - We will also host coffee hour after church

### Pastoral care

- Phone calls and left messages 3x
- Other electronic communication 2x
- Cards 0x
- Visits 3x
- Hospital visits 0x

### Wider Church/MID process

-There is a Zoom meeting at 1pm on April 11. It is a listening session on the restructuring of the associations and conference. Would anyone like to attend with me?

-Met with NE Committee on Ministry for license renewal– on March 14 - Thank you, Jane, for attending. My license has been approved until June of 2025.

-COP (communities of practice) on May 2

-MID work towards ordination:

-Continued work on my Learning Covenant and Matrix

-Met with my advisor, Pastor Colie on 3/27. Hoping to complete the MID process in the next year.

-Anti-Racism Training April 29, May 6, May 13 (online)

-NE association meeting on 4/20 at Daycholah. I will be attending, Melissa will be a delegate.

-Conference Annual meeting on June 7-8 at Green Lake Conference Center. I cannot attend due to my uncle's service in MN. I won a scholarship from the Conference. If we can get a delegate, can he/she accept in my place?

### Communication and Other

-"lounge?"

**Member Outreach** – cards sent on behalf of Bethlehem = 1 Get Well

### **OLD BUSINESS**

- Lent Services/Holy Week
  - All went well – more discussion next year
- Kid Bags - Activity bags that can be used during worship services for young children
  - Located – outside sanctuary doors

- Donated tables – New white, lighter tables have been donated to the church. Old brown tables will be for sale beginning Sunday, April 28<sup>th</sup>. \$50.00 each...make check out to Bethlehem UCC.
- WISE - May event, 5/19/24 – Guest speaker and potluck. There will be a sign-up sheet for the potluck. Watch the spirit and bulletin for more detail on the guest speaker.
- Confirmation – thank you Ross & Lisa for making the flowers for the confirmands

## NEW BUSINESS

- Summer VBS partnership- Bethlehem has been invited to Vacation Bible School with St.Marks/St James. Dates would be Aug. 13,14,15 from 9-12:00. If you are interested contact Pastor Randy.
- Fire Training Donation-A motion was made (Ross) and second (Ruthie) to donate \$50.00. Motion carried.
- Church insurance (Grinnell) has increased by \$2000.00. Jane is researching different carriers.
- Parsonage roof estimates – Consistory has approved to give the job to Wisconsin Roofing for \$9,460.00. Motion made by Ruthie and seconded by Kathy. Building and Grounds fund can support this project, but will be asking for assistance from other donations. A letter will follow.
- Consistory approved to support the Undy 500 donations. A basket will be provided in the fellowship hall.
- New member Sunday – Do you know of anyone that would like to become a member? Contact Pastor Randy – Date---TBA
- WISE – lounge – Discussion on a place within the church to meditate, relax, read in a quiet surrounding.

Motion to adjourn by Ross & 2<sup>nd</sup> by Traci  
Meeting adjourned at 8:40 PM

Next meeting – May 14, 2024 6:30 PM

Closed with Lord's Prayer

Secretary, Kathy Bowe

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**Mark your calendars!**

**May 19<sup>th</sup> is Mental Health Sunday**

Our 9:30am worship will center around mental health and feature  
Maggie Boyd as our guest speaker



GAMES, a potluck meal and fellowship will follow  
(a sign-up sheet can be found in the fellowship hall)

Join in the fun! Please invite family and friends!



# W.I.S.E. PAGE

Greetings Bethlehem!

You may have heard Randy talk about mental health awareness and how Bethlehem has started their very own WISE team. WISE stands for welcoming, inclusive, supportive, and engaged. The consists of several congregational members to help educate and support mental health awareness. Mental health conditions have always existed and always will, but at Bethlehem we want to spread awareness that having a mental health condition is not taboo and that many people struggle silently.

We want our congregation, family members and whole community to know that they don't have to struggle silently or alone. The WISE team has been educating the congregation about different mental health conditions, treatments, and resources for help. There are poster boards in the fellowship hall rotating out with new information every month.



The month of May is Mental Health Awareness Month. Each Sunday the team will be sharing a "mental health moment" and Sunday, May 19th will be "Mental Health Sunday," with a special guest speaker, sharing her journey story, Maggie Boyd, Operational Director of Shawano Recovery.

*We hope you join us for all these events.*

The WISE team meets monthly and if you are interested or would like to sit in on a meeting anyone is welcome. The WISE team members consist of Randy and Melissa Koppenhaver, Jane and Scott Umland, Nancy Zimmerman, Traci Rabe, Marie Mueller and Sarah Schisel. These WISE members are available any time if anyone needs them. As noted in my favorite Christian hymn "They will know we are Christians by our love" at Bethlehem "we will walk with each other, we will walk hand in hand".

Blessing to all,

The WISE Team

Maggie Boyd is a person who has lived unknowingly with mental health disorders most of her life. She struggles firsthand with Depression, Attention-deficit/hyperactivity disorder (ADHD), Borderline Personality disorder, and unfortunately with it leading into substance abuse. All of which played a vital role in where life led her.

With the support of her family and the community she lives in she was able to get the help she needed to work through past trauma and learn different coping skills to help her better manage her mental health and live a life worth living.

Maggie has since become state certified as a Wisconsin Peer Support Specialist and has attended numerous training courses to educate and better understand Mental Health, and Substance Abuse to not only help herself but the peers she works with every day.

Now, she's on a mission to break the stigma around mental health illness, sharing her story to help others know they're not alone! Maggie's living proof that with support and determination there's always hope for a brighter tomorrow!

## **Bethlehem Sunday School:**



What some strange weather we have in April. The children got a chance to be outside during class. If you enter at the kitchen entrance, you will see some beautiful chalk work on the sidewalk.

We continue in the Eastertide to listen to lessons and do some crafts.

Just a few short weeks of Sunday School are left. The last day of Sunday School is May 19.

Coming up - Happy Mother's Day!

We continue to collect aluminum cans, that can be placed in the old garage next to the parsonage. Thank you for your support in this collection.

*See you on Sunday at 8:00 am.*

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## **Bethlehem Merry Christians:**

The pizza and ice cream sundae party for the Bethlehem family was again a huge success. Thanks to those who attended and enjoyed this time of food and fellowship.

Mark your calendars:

Merry Christians Brat Fry

Saturday, May 18 from 9 am to 3 pm

at Rick's Piggly Wiggly in Kiel



*On the menu: Johnsonville Brats, ¼ pound burgers, and firehouse steak sandwiches.*

Come to enjoy the food and safe fellowship. Any volunteer helpers are welcome.

~Kaye Radder

**Please Save Your Kiel Piggly Wiggly Receipts:** The Merry Christians have been collecting cash register receipts from the Kiel Piggly Wiggly store. No other area store receipts are of any use to us. We receive a monetary rebate for every dollar that is spent on groceries. Please help us help others by placing your used store receipts in the box under the mailboxes in the fellowship hall. Thank you!

Bethlehem Merry Christians

## **Bethlehem Ladies:**



There was no meeting in April. Our next meeting will be Tuesday, May 21st, at 5pm at Riverview Restaurant.

We will have a short meeting and enjoy a meal together. All ladies of the church are welcome to join us.

No meeting in June or July.

We will be playing Bingo with the residents at Field of Dreams on Saturday, June 22<sup>nd</sup> at 10:00 am.

**SAVE THE DATE!** Our Annual Guest Night will be Tuesday, September 17<sup>th</sup>. Our Guest Speaker will be Steve Hamer, President of Wash for Life. Wash for Life is a nonprofit organization that installs wells (boreholes) at schools and villages in Malawi, Africa so they can access clean water. More details to follow.

On to wash Communion glasses for May are:

Sunday, April 7<sup>th</sup>: Heidi Konen

Donna Truttmann-Retlich (Thanks for volunteering!)

*The Bethlehem Ladies would like to thank all that have volunteered to help wash the Communion Glasses. We are still looking for help through the remainder of the year. This is a very easy job and is a fun time of fellowship. There will be one Bethlehem Ladies member scheduled for each washing and we are looking for 1 or 2 more from the congregation to help. A sign-up sheet with all the dates for the upcoming year is in the Fellowship Hall. Please consider helping us out. Thank you!!*

Polly Jeanty  
Secretary

***Reminders:*** Just a reminder that the Ladies have a wonderful selection of greeting cards and napkins for sale. The display is located in the Fellowship Hall by the sound room. All cards are marked with a price. Take a look and if you find something you like, simply drop your money in the box found on the display.

+++++

**One of the Bethlehem Ladies' mission projects is recycling greeting cards. You can help them out by saving all your old greeting cards throughout the year and placing them in one of the Ladies mailboxes at church or giving them to a Consistory member Sunday morning. The cards are given to Project Angel Hugs (children with cancer) and to four assisted living homes in Kiel and New Holstein.**

## **Bethlehem Scrip:**

Spring is here! Remember to purchase scrip cards when planning your spring needs. I carry Fleet Farm, Menards, Lowes and Walmart.

Please consider using the scrip program when you are planning your garden or lawn needs. Remember it benefits the church.

Remember Mom on Mother's Day, scrip gift cards are a wonderful gift!

Thank you for your support!

~Linda Rabe

<b><u>Monthly Scrip:</u></b>	<b><u>Profit</u></b>
3/31/24 \$2,370.00	\$ 77.50
4/07/24 \$3,145.00	\$ 98.56
4/21/24 \$ 915.00	\$ 36.15



During the month of May, Bethlehem will be collecting undergarments for The Guest House of Milwaukee, a men's shelter.

- Men's S, M, L, XL, 2XL, and 3XL Undershirts
- Men's S, M, L, and XL Underwear - Boxers and Boxer Briefs only!  
(no "tighty whitey's" will be accepted)

The basket for donations will be near the church entrance. Jingle Change for the month of May will also support The Guest House.

## **From the Historical Records of Bethlehem U.C.C.**



It was 16 years ago, on May 13, 2008 that the Bethlehem family learned of the passing of Rev. Dr. Earl Kruse. He was serving Bethlehem as our Interim Pastor while we searched for a new pastor to replace Rev. Kathryn Kuhn.

Every day Earl prayed this:

*Channel of Blessings*

*Let me ever be a channel of blessings today, now; and let my going in and my coming out be in accord with what you would have me do. And, as the call comes, here am I; send me, use me.*

Earl lived this to the best of his ability. Now he is (as Earl would always say) "I am on the next adventure."  
~Kaye Radder, Historian

# Those in our thoughts and prayers

## ***Families who have lost loved ones:***

*Kelly Suttner*

## ***Those struggling with health issues:***

*Chad Jeanty*

*Wanda Matzdorf*

*Art Matzdorf*

*Jim Markelz*

*Brad Westphalen*

*Nancy Zimmermann*

*Nancy Henschel*

*Tom Brickbauer*

*Sarah Arnold*

*Heidi Konen*

*Helen Henning*

*Darlene Horneck*

*Dawson Horneck*

*Jessica Horneck*

*Jaxxen Kane*

*Mason Kannel*

*Mary Beth Molitor*

*Marie Rietbrock*

*Brenda Volland*

*Gary Steinhardt*

*Tom Lefeber*

*Crystal (Friend of Koppenhavers)*

*Dana (sister of Melissa K)*

*Renee*

*Jamie*

## **Those unable to worship with us:**

*Merlin & Doris Mae Ninmer*

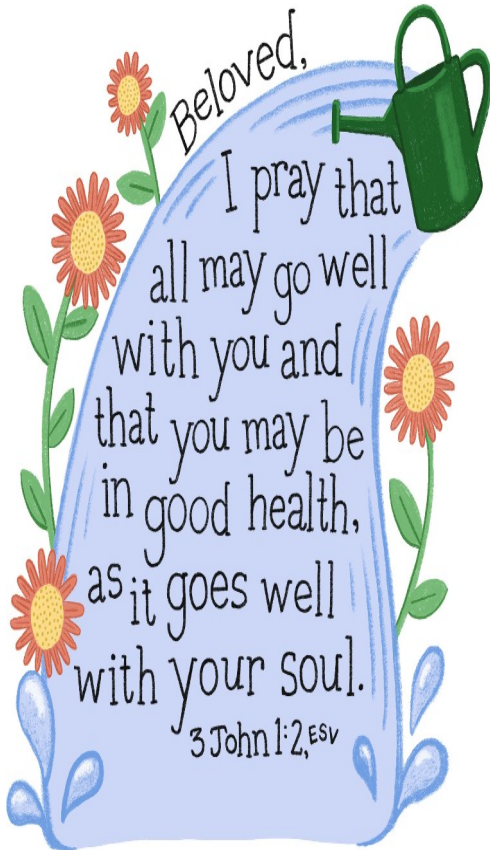
## **Other concerns:**

*Those affected by war in Gaza and the Ukraine*

*The people of Haiti*

*Those affected by violence and oppression in other places of the world.*

*The loved ones of Elijah Vue*



**Dear Bethlehem Family,**

***Thank you so much for your incredible support during this difficult time. I feel so blessed to have our amazing church family in our lives. I am grateful for your prayers, your words of kindness, your cards, your gifts, and your help in teaching Sunday School when I couldn't be there. While this journey will continue to be ongoing, I have recovered well from surgery in December and was recently able to complete radiation treatment--two big steps in the journey. I appreciate all of you and your support!***



***My sincere gratitude,***

***Sarah Arnold***

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### **Newly Confirmed Members of Bethlehem:**



***Congratulations to this year's Confirmands:***

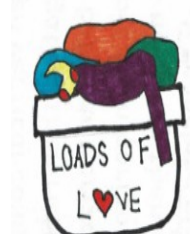
***Tyson Arnold***

***Aliyah Arnold***

***"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9***

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### **Loads of Love:**



Once a month, recipients meet Bethlehem's Loads of Love team at the laundry mat and are supplied detergent and dryer sheets to wash and dry their clothing, towels, and bedding. Loads of Love also generously provides the quarters for the washers and dryers. With your help Bethlehem will continue to do God's work through this important mission. Your donations can be placed in the "Laundry Detergent" container located near the entrance to the sanctuary.

Bethlehem's Loads of Love Laundry Ministry has seen an increase in clients and cost in recent months. We are currently aiding TWO clients with medical conditions that result in large amounts of soiled laundry. Your financial support of the program is needed to continue providing this important service in our community.

***Thank you for sharing God's love through your generosity!***



# Spring House Cleaning ? think trash to treasures



Remember if you are doing some spring housecleaning or downsizing; your trash may be someone else's treasure.

There are plans underway for a church rummage sale in August. If you have items that other households might find useful, please save them for the sale. If you don't have room to store until summer, please contact Merry Christians members who can arrange storage.

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## Important Announcements:

### ***Save your Aluminum Cans:***



Sunday School continues to collect aluminum cans.

**Place your bags in the old garage next to the cemetery.**

**~Can you help? Bethlehem will be assisting at the Immanuel UCC Food Pantry on the 4<sup>th</sup> Thursday of the month. Times are approximately 8:30 – 11am. Please sign-up in the Fellowship Hall for Thursday, May 23<sup>rd</sup>.**

- Summer Camp time is Approaching! Daycholah Center and other UCCI camps are booking for campers and ALSO hiring staff for the summer! (Perfect for college students!) Please let Pastor Randy if you'd like more information about summer camp or check out [www.ucci.org](http://www.ucci.org)

## **Community Events:    Check church bulletin board for flyers**

- Wednesday, May 8 – Brat Fry – 4p-7p St. James UCC- Spring Valley
- Thursday/Friday May 9 and 10 – Rummage Sale at Zion Lutheran, New Holstein
- Friday, May 10 – Drive Thru Fish Fry 4-7pm – Held at Anchor Lanes, sponsored by Community UCC Elkhart Lake

# May is Mental Health Awareness Month

*Mental Health Awareness Month began in the United States in 1949 and was started by Mental Health America.*

## Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.

If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat [988lifeline.org](#) to reach the 988 Suicide & Crisis Lifeline.

*Source: taken from - <https://www.nami.org/about-mental-illness/warning-signs-and-symptoms/>*

## Important Events:

The Bethlehem WISE Team will be providing "Mental Health Moments" each Sunday in May. Also please join us May 19<sup>th</sup> for Mental Health Sunday. The service will include a guest speaker, Maggie Boyd, who is the Operational Director of the Shawano Recovery and Sober Living Certified Peer Support Recovery Coach. A time of fellowship with Game Day and a potluck meal will follow the service.



NAMI Manitowoc County, is providing peer-based mental health services at no cost to the community, is pleased to invite you to our **First Annual Little Black Dress Party, May 22 at the Capital Civic Centre in Manitowoc.**

For ladies and gents and magnificent others, this will be a night to dress up and support local mental health services. Follow us on Facebook to learn more about the exciting events of the evening, including three designer handbags from Saks Fifth Avenue.

For ticket sales please see our website <https://namimanitowoccounty.org/get-involved/get-involved-little-black-dress-party/>

Thank you, NAMI Manitowoc County



**MAY VINNIE'S PANTRY ITEMS -**  
**Bottle of Laundry Soap or Fabric Softener**  
**MAY Jingle Change supports:**  
**"The Undy 500"/Guest House**



## **MAY Bethlehem Events:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 	3	4
5 8am Sunday School 8:30am WISE mtg. 9:30am Communion Service w/Pastor Randy	6 Loads of Love 5pm	7	8	9 10:30am Worship @ Field of Dreams	10	11
12 8am Sunday School 9:30am Worship 	13	14 6:30pm Consistory mtg.	15	16	17	18 Merry Christians Brat Fry @ Kiel Piggly Wiggly 9-3
19 8am Sunday School 9:30am Worship/Mental Health Sunday w/Guest Speaker Game Day & Potluck after service	20	21 5pm Bethlehem Ladies mtg at Riverview, Kiel	22 June Spirit News due to Traci by 5pm	23 8:30am Immanuel Food Pantry	24	25
26 9:30am Worship "Acoustic" Sunday	27 	28	29	30	31	



# MAY

## Birthdays & Anniversaries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Rick & Linda Rabe (1982) Kerry & Sharon Rumpff (2020)	<b>2</b> Elizabeth Deignan Barb Henning	<b>3</b> Sara Jeanty Garrett & Ginny Schultz (1997) Kevin & Mandy Volland (2014)	<b>4</b>
<b>5</b> Grant & Christa Taylor (1972)	<b>6</b>	<b>7</b> Dayna Schultz Jenna Rumpff	<b>8</b> Nick Hanson Merri Wempner	<b>9</b> Jennifer Brockway Tim Mueller	<b>10</b> Bryan Jeanty	<b>11</b> Pam Bowe
<b>12</b> Jennifer Stroschine	<b>13</b>	<b>14</b> Sarah Arnold Brenda Riesterer	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> Melanie Volland Ben & Cassie Jeanty (2018)	<b>20</b>	<b>21</b> Allyson Wirtz Merlin & Doris Mae Nimmer (1949)	<b>22</b>	<b>23</b>	<b>24</b> Bill & Kelly Biwan (1997)	<b>25</b> Trevor & Tess Rabe (2019)
<b>26</b>	<b>27</b> Noah Watson Amber Hoeffner	<b>28</b> Davin Horneck	<b>29</b> Armond Wempner	<b>30</b>	<b>31</b> Lloyd Rumpff	

These calendars were sent to staff at Zielanis Elementary this week in an effort to raise awareness and help stop the stigma surrounding mental health. I felt it was also important to share with all of you. Please take the time to do a few of these easy and stress free activities to help someone close to you or to give yourself a little pampering. ~Traci

# MENTAL HEALTH AWARENESS MONTH *calendar* MAY

1 take A BREAK FROM SOCIAL MEDIA ALL DAY!	2 Who is your support system? Tell that person why you appreciate them!	3 Walk 8,000 steps	4 READ AT LEAST 30 PAGES OF YOUR BOOK	5 SPEND 5-10 MINUTES WRITING DOWN YOUR WORRIES	6 Listen to A new PODCAST	7 Find something you enjoy and do that thing!
8 COMPLETE AN ACT OF KINDNESS TODAY	9 SAY "NO" TO SOMETHING & CREATE A BOUNDARY	10 CHALLENGE YOURSELF TO BE BRAVE TODAY!	11 REFLECT: "WHAT DOES MENTAL HEALTH MEAN TO YOU?"	12 LIGHTS OUT Go to bed earlier than you usually would	13 Mantra of the day. Pick one & repeat it throughout the day: "I am calm" "I am resilient" "I am peace" or create your own	14 give yourself a compliment
15 move your body in a way that feels good today! (walk, run, yoga...)	16 Practice forgiveness. What is something you can let go of? Who is someone you can forgive?	17 DON'T CHECK YOUR EMAIL PAST 4 PM	18 PUT A TIMER ON FOR 5 MINUTES. SIT AND NOTICE. WHAT DO YOU SEE, SMELL, HEAR, TASTE & TOUCH?	19 Ask for help with something today! You don't have to do it all alone!	20 Call a friend you haven't spoken to in awhile	21 Make a reasonable "to- do" list today and cross items off the list as you complete them!
22 make someone laugh and share in that laughter	23 Cook something NEW that is out of your comfort zone	24 unfollow/unlike people/pages/groups that aren't adding value to your life	25 take A 20 minute WALK	26 Alone time is essential. Spend part of the day by yourself!	27 HAVE A GAME NIGHT WITH FRIENDS OR FAMILY	28 Smile & say 'good morning' to everyone you see this morning!
29 it's time for a 5 minute dance Party! Put on your favorite tunes and get moving!	30 TAKE A STEP BACK. HOW CAN YOU SLOW DOWN TODAY?	31 SURROUND YOURSELF WITH THOSE YOU LOVE TODAY!				

STAFF / CAREGIVERS



# MENTAL HEALTH AWARENESS MONTH *calendar*

MAY

1 Create a social media post for a person you are grateful for	2 WHO IS YOUR SUPPORT SYSTEM? TELL THOSE PEOPLE WHY YOU APPRECIATE THEM!	3 PUT A TIMER ON FOR 5 MINUTES. SIT AND NOTICE. WHAT DO YOU SEE, SMELL, HEAR, TASTE & TOUCH?	4 Ask a friend: "What does mental health mean to you?"	5 Write a list of coping skills & display them somewhere you can see them!	6 <b>COLOR!</b>	7 Find something you enjoy and do that thing!
8 Write a thank you note to someone you care about & give it to them	9 Practice forgiveness. What is something you can let go of? Who is someone you can forgive?	10 5 minute dance party! Put on your favorite song and dance!	11 GO ON A 15 MINUTE WALK (NO DIGITAL DEVICES) IDENTIFY 10 THINGS THAT START WITH THE LETTER "M"	12 LIGHTS OUT Go to bed earlier than you usually would	13 Give someone a compliment about who they are as a person (highlight their uniqueness & inner qualities)	14 Mantra of the day... Repeat throughout the day: "I am calm. I am resilient." OR CREATE YOUR OWN
15 move your body in a way that feels good (run, walk, yoga, swim...)	16 WRITE DOWN ALL YOUR WORRIES & STRESSORS	17 Starfish breathing. Trace each finger. Inhale as you trace up, pause, exhale as you move down. Do this with your whole hand	18 TAKE A BREAK...FROM SOCIAL MEDIA ALL DAY!	19 BRAIN BREAK: 20 Jumping Jacks 15 Squats 10 Lunges 5 Push Ups	20 show someone a talent you have	21 Ask a trusted friend what they like about you
22 Before bed, write down 3 things that went well today	23 Walk 8,000 steps	24 take time to eat a fruit or vegetable you like. focus on your body's health today!	25 READ AT LEAST 25 PAGES OF YOUR BOOK	26 Give yourself a compliment (highlight your uniqueness or inner quality)	27 HAVE A GAME NIGHT WITH FRIENDS OR FAMILY	28 REFLECT: WHAT ARE YOU MOST PROUD OF?
29 TAKE CARE OF YOUR ENVIRONMENT TODAY. PLANT SOMETHING OR PICK UP LITTER	30 Do some gentle stretches	31 Write a list of things you are good at!				

STUDENTS