



## *A Message from Pastor Susan...*

I came across this article a while back from the Harvard Business Journal where they interviewed David Kessler. You might be familiar with his name because he co-wrote with Elisabeth Kübler-Ross on *Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*. He named something that I had been suspecting that we are going through, collective grief with this pandemic. Loss of our routine, our normal vacation plans, having dinners with friends, seeing our family, cancellation of yearly festivals and gatherings.

*"We are feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different. Just as going to the airport is forever different from how it was before 9/11, things will change and this is the point at which they changed. The loss of normalcy; the fear of economic toll; the loss of connection. This is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air.*

*We are also feeling anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we're uncertain. Usually it centers on death. We feel it when someone gets a dire diagnosis or when we have the normal thought that we'll lose a parent someday. Anticipatory grief is also more broadly imagined futures. There is a storm coming. There's something bad out there. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can't see it. This breaks our sense of safety. We're feeling that loss of safety. I don't think we've collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level."*

As many of you have already experienced, grief has a lot of side effects, sluggishness, confusion, irritability, the desire to isolate. It can also lead to an uptick in addiction, suicide and domestic abuse. So it is not something we can minimize or ignore.

The fact that we are all in this together can be a source of strength but it can also lead us to not talk about what we are feeling because so many have it worse than we do. This bottling of the grief will only worsen the malaise.

(CONTINUED ON NEXT PAGE)

**Parkside Community UCC**  
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If you feel petty for expressing out loud, “I really wanted to go up North” or I miss having friends over for dinner don’t. Say it out loud. If you live alone say it out loud on the phone, or to your journal or to our God.

I think you have heard me say this before but the Psalmist shows us how helpful it can be to complain to God. He/she so often starts the Psalm with getting out all the negative emotions. “My God why have you forsaken me”. By the end of the complaining and by the end of the Psalm he/she returns to a place of peace and connection to God.

Many of us have old tapes running in our head. “I have to quit my whining, nobody wants to hear that”. My favorite is “What good did crying ever do anybody”. Turns out scientifically, quite a bit. Crying releases the pent up emotions and floods our body with endorphins. So cry away, it may feel like you will fall in an endless pit if you start but trust me there is a pillow at the bottom and stairs to get back up!

Kessler also talks about staying in the present because our fear is of the future. Find stuff around you, your flowers, a picture, a pet, a particular scripture— and focus in on it. Turns out our mind can’t be two places at once.

I want to add that Kessler wrote this article before the social upheaval so we have added another layer of turmoil on top of the pandemic. Our son used a term the other day that has stuck with me. I was cautioning him on not spending too much time on social media because focusing on the news and letting it inflame our anger and fear can cause an addictive reaction in our brains. He said “Yes, they call it Doom Scrolling” going from one article to the next on how the world is going to \_\_\_\_\_ (I will let you fill that in depending on your own level of comfort).

If you get stuck, give me or a friend a call.

*Peace, Pastor Susan*

## REV. SUSAN DRAKE

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Email: [pastorsusandrake@att.net](mailto:pastorsusandrake@att.net)

Office Hours:

Tuesdays 1 to 4pm

Fridays 10am to Noon

Or by Appointment

*If none of the tactics listed above work for you, here are some extra resources:*

*Suicide Prevention Lifeline* 800-273-8255

*Substance Abuse & Mental Health Services* 800-662-4357

*National Alliance on Mental Illness* 800-950-6264



# PRAYER

Prayer Families for the Month:

*changes things*

August 2

Dan, Marla, Curtis, and  
Evan Race

August 9

Jean Hamilton

August 16

Bernard, Diane, Brittnee,  
and Kyle Heimerl

August 30

Sue Sarver

**The Caring Ministry group will be sending a card to each prayer family, but your additional cards are appreciated. If you are in need of a family's address, please contact the church office at [saukvilleucc@att.net](mailto:saukvilleucc@att.net) or 262-284-0588.**



## RETURNING TO CHURCH

Parkside has resumed in-person worship services. The following precautions will be taken for the indefinite future:

- shortened service
- masks will be supplied and will be mandatory and hand sanitizer will be available
- we will separate people among all the pews to spread out
- no coffee fellowship following the service and no communion
- offering plate will be set outside the sanctuary in the narthex and will not be passed around, but available for members to drop off donations

Please know that if you are in a high risk group and/or are just not comfortable returning to in-person worship services, we understand and encourage you to stay at home. We will be recording the services and making them available on our Facebook page for you to view and join us virtually. The Parkside church council takes this decision to return to in-person worship services very seriously and reserves the right to cancel service should we experience a surge in cases.

## Happy Birthday!

August	2	Daniel Dollert
August	5	Baker Metz
August	5	Nancy Gierach
August	5	Nathan Golownia
August	8	Elizabeth Feith (95 years old!)
August	19	Ann Murawsky
August	24	Evan Race
August	27	Daniel Golownia
August	31	Mark Gierach

## Happy Anniversary!

August 10	—	Bing & Chelene Golownia
August 12	—	Mark & Nancy Gierach
August 24	—	Chip & Jane Elbe
August 29	—	Mike & Sandy Smith
August 31	—	Patty & Dan Gilbert

ALL OF YOU  
TOGETHER ARE  
CHRIST'S BODY, AND  
EACH OF YOU IS A  
PART OF IT.

*1 Corinthians 12:27*



# PARKSIDE'S RUMMAGE SALE

AUGUST 13 8AM TO 8PM

AUGUST 14 8AM TO 5PM

AUGUST 15 8AM TO NOON -- \$5 BAG SALE



**PARKSIDE COMMUNITY**  
UNITED CHURCH OF CHRIST

166 W. DEKORA ST (BY GRADY PARK)  
SAUKVILLE, WI  
262-284-0588

## Drop off items to donate on:

Sunday, August 9 from 10:45 am to 11:15 am

Monday, August 10 from 5-8 pm

Tuesday, August 11 from 5-8 pm

Wednesday, August 12 from 9am -5pm (also set up day)

Items not accepted: large appliances, electronics, computers, light bulbs, tv's, paint

# STEWARDSHIP MINISTRY

August meeting will be Monday, August 3 at 6pm at church - lower level!! Main focus will be finalizing details of rummage sale. Items may be dropped off after church on August 9; from 5-8 on August 10; from 5-8 on August 11 and; from 9-5 on August 12. Final set up will be Wednesday August 12 from 9 until done. If anyone wants to work other hours, you are more than welcome.

SALE; THURSDAY AUGUST 13 FROM 8AM-8PM; FRIDAY AUGUST 14 FROM 8AM - 5PM; SATURDAY AUGUST 15 FROM 8AM - NOON. Saturday will be the \$5/bag day. Starting at noon, we will be cleaning up and then going home to REST!!

Thank you in advance to anyone who takes time to help during the sale and setup and takedown!!

Our September meeting will be held at 6pm on TUESDAY, September 8 because Monday is Labor Day.

We will review the sale and also do some serious planning for the stewardship campaign, which will begin shortly thereafter.



# UPDATED CONTACT INFO

If you have moved or changed phone numbers, email addresses, or physical addresses, please send an email to the church office at [saukvilleucc@att.net](mailto:saukvilleucc@att.net) to ensure that we have your current contact information. Also, if you are not getting occasional updates from Parkside via email, please make sure we have your current email address and check your gmail "updates" folder or spam folders.

## BUILDING & GROUNDS

- A bid to repaint the carport has been accepted
- Quote to fix the steeple came in at \$16,120

## CONGRATULATIONS!

To Marla Race on her graduation from the Lay Academy!





# LIGHTHOUSE

## YOUTH MINISTRY

# Summer Events

### Mini Golf!

@ Paradise Golf in West Bend  
Sunday, August 16th | 11am after church  
Culver's drive thru for lunch!



### Mother & Daughter Lock-In!

@ Living Hope Lutheran Church  
Friday, August 21st | TBD  
A whole night of bonding, fun & games! TBA

## WANTED:



MUSICIANS



DANCERS



JUGGLERS

WE HAVE SOME OPEN SUNDAYS THIS SUMMER WHERE WE NEED TO FILL IN FOR MIKE CHAPEL. WE WON'T BE SINGING, BUT WOULD STILL APPRECIATE PEOPLE SHARING THEIR TALENTS WITH US. PLEASE LET US KNOW IF YOU WOULD LIKE TO VOLUNTEER.

# REVOLUTIONARY

Lyrics to a timely new mood lifting song by Christian artist, Josh Wilson called "Revolutionary". Listen to the full song here: <https://www.youtube.com/watch?v=6glQdaQUZ1U>

Maybe you're not like me  
Maybe we don't agree  
Maybe that doesn't mean  
We gotta be enemies  
    Maybe we just get brave  
    Take a big leap of faith  
    Call a truce so me and you  
    Can find a better way  
Let's take some time, open our eyes, look and listen (yeah)  
We're gonna find we're more alike than we are different (yeah)  
Why does kindness seem revolutionary  
When did we let hate get so ordinary  
    Let's turn it around, flip the script  
    Judge slow, love quick  
God help us get revolutionary  
Let's get, let's get Revolutionary  
    I'm turning the TV down  
    Drowning their voices out  
    'Cause I believe that you and me  
    Can find some common ground  
See maybe I'm not like you  
But I'll walk a mile in your shoes  
If it means I might see  
The world the way you do  
Let's take some time, open our eyes, look and listen  
    We're gonna find we're more alike than we are different  
    Why does kindness seem revolutionary  
    When did we let hate get so ordinary  
    Let's turn it around, flip the script  
Judge slow, love quick  
God help us get revolutionary  
Let's get, let's get Revolutionary  
    What would Jesus do?  
    He would love first - He would love first  
    What would Jesus do?  
    He would love first - He would love first  
    So we should love first  
Why does kindness seem revolutionary  
When did we let hate get so ordinary  
Let's turn it around, flip the script  
    Judge slow, love quick  
    God help us get revolutionary

(abbreviated lyrics, get full lyrics at [joshwilsonmusic.com](http://joshwilsonmusic.com))

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## *VENDOR SHOW*

*If you are interested in helping raise funds for Parkside by heading up a Vendor Show, please contact the church office at [saukvilleucc@att.net](mailto:saukvilleucc@att.net).*

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### THERE ARE 4 WAYS TO GIVE TO PARKSIDE:

1. CHECK: To deliver 100% of your donation to Parkside Community UCC, mail your tax deductible donation to: Parkside Community UCC, PO Box 80304, Saukville, WI 53080.

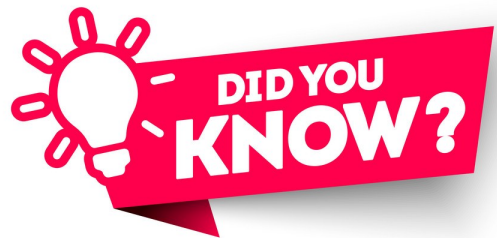
2. ACH / AUTOMATIC MONTHLY WITHDRAWALS: An easy way to give and ensure that 100% of your donation goes to Parkside Community UCC. Just fill out a form and turn it into the church office with your voided check and the amount you designate is taken out of your checking account on the first business day of every month. Please email the church office at [saukvilleucc@att.net](mailto:saukvilleucc@att.net) to setup monthly withdrawals.

3. TEXT: Text the word "Parkside" to 73256 to give using your text messaging. Standard text message rates do apply. Please be aware that Parkside Community UCC will incur a small, standard credit card processing fee.

4. ONLINE: If it is more convenient for you to give online, we encourage you to click [here](#) to give a one time donation.

Note: Please note that when making a donation with a credit card, there is a 2.65% fee for using Visa, MasterCard, or Discover and a 3.5% fee for American Express. In addition, each transaction has a 35 cents per transaction fee.

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### INTERESTED IN CONTINUING RECYCLE PROGRAM?

Effective July 31, Mark Gierach will no longer be collecting aluminum or tin scrap metal for recycling. These funds in the past have gone toward the support of the Caring committee, if anyone else wishes to continue the program, please let the church office know otherwise Mark will remove the collection containers on the 31st of July.

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**PARKSIDE COMMUNITY**  
 UNITED CHURCH OF CHRIST

*Online Worship Service*  
**SUNDAYS AT 10AM**

Join us for virtual worship: Youtube & Facebook  
 Links available at [parksideucc.com](http://parksideucc.com).

# COUNCIL MEETING MINUTES

*July 2020*

*There was no council meeting in July. The next meeting will be held on Tuesday, August 11 at 6:30pm.*



**On Sunday, July 19 Parkside celebrated the baptisms of baby Aaron Edward Myers and his Dad, Benjamin Lee Myers.**



**PARKSIDE COMMUNITY  
UNITED CHURCH OF CHRIST**

166 W. Dekora St.  
PO Box 80304  
Saukville, WI 53080-0304

PLACE  
STAMP  
HERE

Return Service Requested

## Contact Us

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