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Building your resilience

An article from <https://www.apa.org/topics/resilience> by the American Psychological Association

We all face trauma, adversity and other stresses. Here's a roadmap for adapting to life-changing situations, and emerging even stronger than before.

Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?

Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river adventure. You will also emerge a more confident and courageous rafter.

What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

What resilience isn't

Being resilient doesn't mean that a person won't experience difficulty or distress. People who have suffered major adversity or trauma in their lives commonly experience emotional pain and stress. In fact, the road to resilience is likely to involve considerable emotional distress.

While certain factors might make some individuals more resilient than others, resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts, and actions that anyone can learn and develop. The ability to learn resilience is one reason research has shown that resilience is ordinary, not extraordinary. One example is the response of many Americans to the September 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives after tragedy.

Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components—connection, wellness, healthy thinking, and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather—and grow from—the difficulties, use these strategies.

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Build your connections

Prioritize relationships. Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings, which will support the skill of resilience.

The pain of traumatic events can lead some people to isolate themselves, but it's important to accept help and support from those who care about you. Whether you go on a weekly date night with your spouse or plan a lunch out with a friend, try to prioritize genuinely connecting with people who care about you.

Join a group. Along with one-on-one relationships, some people find that being active in civic groups, faith-based communities, or other local organizations provides social support and can help you reclaim hope. Research groups in your area that could offer you support and a sense of purpose or joy when you need it.

Foster wellness

Take care of your body. Self-care may be a popular buzzword, but it's also a legitimate practice for mental health and building resilience. That's because stress is just as much physical as it is emotional. Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration, and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.

Practice mindfulness. Mindful journaling, yoga, and other spiritual practices like prayer or meditation can also help people build connections and restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you're grateful for, even during personal trials.

Avoid negative outlets. It may be tempting to mask your pain with alcohol, drugs, or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

Find purpose

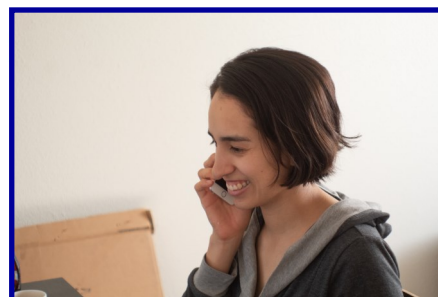
Help others. Whether you volunteer with a local homeless shelter or simply support a friend in their own time of need, you can garner a sense of purpose, foster self-worth, connect with other people, and tangibly help others, all of which can empower you to grow in resilience.

Be proactive. It's helpful to acknowledge and accept your emotions during hard times, but it's also important to help you foster self-discovery by asking yourself, "What can I do about a problem in my life?" If the problems seem too big to tackle, break them down into manageable pieces.

For example, if you got laid off at work, you may not be able to convince your boss it was a mistake to let you go. But you can spend an hour each day developing your top strengths or working on your resume. Taking initiative will remind you that you can muster motivation and purpose even during stressful periods of your life, increasing the likelihood that you'll rise up during painful times again.

Move toward your goals. Develop some realistic goals and do something regularly—even if it seems like a small accomplishment—that enables you to move toward the things you want to accomplish. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" For example, if you're struggling with the loss of a loved one and you want to move forward, you could join a grief support group in your area.

Look for opportunities for self-discovery. People often find that they have grown in some respect as a result of a struggle. For example, after a tragedy or hardship, people have reported better relationships and a greater sense of strength, even while feeling vulnerable. That can increase their sense of self-worth and heighten their appreciation for life.



CONNECTIONS

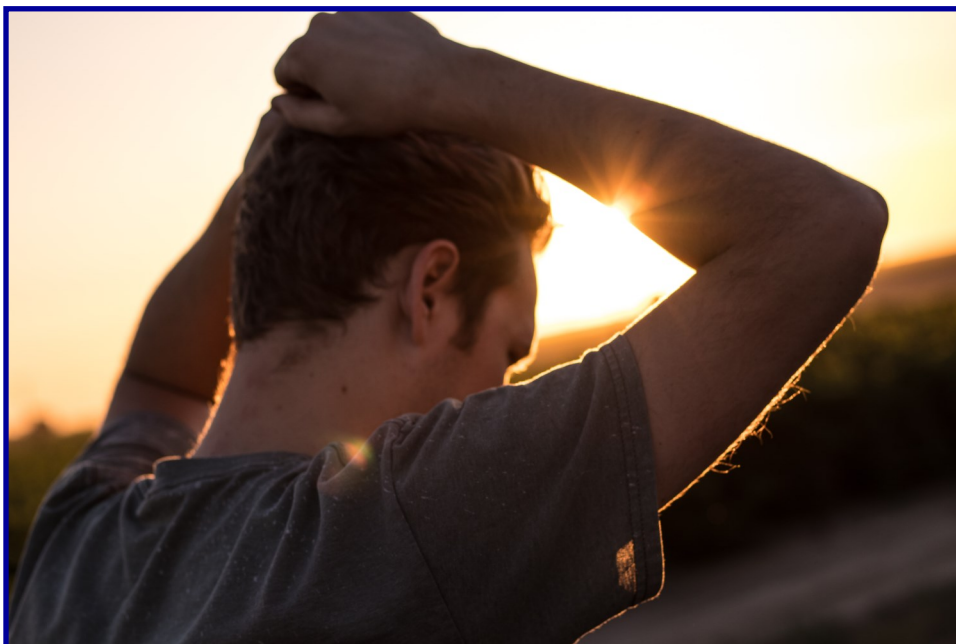
Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties.

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Embrace healthy thoughts

Keep things in perspective. How you think can play a significant part in how you feel—and how resilient you are when faced with obstacles. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. For instance, if you feel overwhelmed by a challenge, remind yourself that what happened to you isn't an indicator of how your future will go, and that you're not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.



Accept change. Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Maintain a hopeful outlook. It's hard to be positive when life isn't going your way. An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.

Learn from your past. By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you've been able to find strength and ask yourself what you've learned from those experiences.

The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.

Seeking help

Getting help when you need it is crucial in building your resilience. For many people, using their own resources and the kinds of strategies listed above may be enough for building their resilience. But at times, an individual might get stuck or have difficulty making progress on the road to resilience.

A licensed mental health professional such as a psychologist can assist people in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are unable to function as well as you would like or perform basic activities of daily living as a result of a traumatic or other stressful life experience. Keep in mind that different people tend to be comfortable with different styles of interaction. The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.

Pastor Susan's Office Hours:

Tuesdays 1pm to 4pm

Stop in for a quick hello or a chat!



CARING MINISTRIES

Due to COVID distancing, Caring Ministries continues its missions by phone and cards.

Our Prayer Team continues to be active in prayer. Anyone wishing to join in this mission, please email Gail: gail.weigel@yahoo.com Our team is kept informed via email and each person on the team prays in his or her own way.

We urge everyone to reach out again this month to at least one or two people with a phone call or card. Isolation is very difficult for many of our church family and friends. Thanks and blessings to all.

To protect our members' privacy we cannot publish mailing addresses. If you are in need of a family's address, please contact the church office at saukvilleucc@att.net or 262-284-0588 and we can email or mail you an updated membership list with addresses. Here are the prayer families for this month:

March 7 —	Roger Geib
March 14 —	Dan & Patty Gilbert
March 21 —	Frank & Kathy Parsons
March 28 —	Mary Kiepert

Happy Birthday!

March	2	William Meloy
March	8	Sandy Smith
March	13	Evan Brecke
March	13	Fritz Learned
March	13	Donna Koehler
March	15	Sandy Habersetzer
March	16	Rose Kichura
March	19	Samantha Kichura



COUNCIL MEETING

February 9, 2021

Present: Heather Rogge, Kathy Tauben (by zoom), Sue Sarver, Joan Brecke, Kaitlyn Watry, Wally Quade,

Open with prayer: Heather R.

Council Minutes: Correction in regards to Annual report: No reports are required. Motion made by Joan B. to accept the January minutes with correction, second by Kaitlyn W, motion passed.

Treasurer report- Motion made by Kaitlyn W. to accept the Treasure report for January, second by Wally Q, Motion passed.

Pastor Report – Has received both COVID -19 vaccines has started office hours and in person visits. Pastor will be on Vacation June 10th-22nd .

Committees:

Faith Formation & Youth- Lighthouse Youth Ministry – Faith Formation continues by zoom Sunday mornings at 9:00 lead by Heather R. Still looking for another representative from Parkside for Lighthouse Youth please contact Marla Race if you are interested.

Stewardship-No meeting held

Worship- No meeting held -Ash Wednesday Service will be held virtually

Building & Grounds- Review of snow removal schedule

Caring- No meeting held; Prayer list being provided.

Missions-No meeting held

Old Business:

Insurance policy- Wally has forwarded additional information to agent.

Further discussion regarding custodian service in March

New Business: Council designated Heather R. as temporary chair of the Maintenance Trust Fund Committee as Kris Schmit is recovering.

WI Conference Annual Meeting will take place via Zoom in early evening sessions on May 11, 12, and 13, plus Saturday morning May 15.

Returning to in-person church service, including Faith Formation Sunday February 21, 2021. Will also be held either by zoom or recorded.

Motion made by Joan B. to adjourn, second Kaitlyn W. Motion passed

Adjournment with Lord's Prayer



RETURN TO IN-PERSON WORSHIP

On Sunday, February 21 we returned to in-person worship. The Parkside church council takes this decision to return to in-person worship services very seriously. The safety of our staff and members is our priority. Services will also be available to watch virtually live on our Facebook page. The Council reserves the right to cancel in-person services should we experience a surge in cases, please check this web page or our Facebook page weekly for any changes.

The following COVID-19 safety precautions will be taken for the indefinite future:

- Anyone who is not feeling well, experiencing COVID-19 symptoms, as well as anyone who is at high-risk should please stay home and join us virtually.
- Masks are mandatory while in the building and MUST be worn over your nose and mouth at all times, especially when talking. If you do not bring a mask one will be provided for you.
- We will celebrate a shortened service while meeting in-person without singing.
- We will block off some pews to separate attendees throughout the space to keep us socially distanced. Please sit only with other members of your household and maintain 6 feet apart or more from other households.
- We will not be hosting coffee fellowship following the service and we ask attendees to promptly depart after the service.
- The 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 as they enter or depart the sanctuary.
- Hand sanitizer will be made available throughout the space.
- We ask that you please depart the sanctuary following the service one household at a time. Please do not congregate, but promptly leave the building following service.
- The first Sunday of the month we will share a modified communion.

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 [Facebook](#) and [YouTube](#) for you to view and join us virtually (Youtube video will be available the following Wednesday).

Thank you for adhering to these guidelines to help lower the risk for our staff, attendees, and broader community! We cannot wait to see you all in-person in our beautiful sanctuary!

serve

BE the church

In-Person worship services would not be the same without our worship volunteers and we are so thankful for their willingness to give their time and talents to serve Parkside. Whether you serve as a reader, run the AV equipment, or bring flowers to decorate the altar, please know that you are appreciated! And we also sincerely appreciate all those who serve behind the scenes on the Council and Committees too!

To help keep track of who is scheduled on any given Sunday, we have created a public calendar on the Parkside website so *anyone* can access it at *anytime* to see when an individual is scheduled. To view the calendar go to [parksideucc.com](https://www.parksideucc.com/worshipschedule.html) and click on the "About" menu and look for "Worship Volunteers". A direct link to the calendar is here: <https://www.parksideucc.com/worshipschedule.html>.

We are always looking for more volunteers in our rotation, if you would like to help please let us know. Whether you want to volunteer just one time or be placed on the regular rotation we would love to have you participate! Email [saukvilleucc@att](mailto:saukvilleucc@att.net) if you are interested.

Thank you!

MARCH WORSHIP SCHEDULE

7	MAR, SUN	Accompanist: Mike Chapel Altar Flowers: Joan Brecke AV: Bill Karrels Reader: Heather Rogge
14	MAR, SUN	Accompanist: Mike Chapel Altar Flowers: Kathy Quade AV: Bill Karrels Reader: Mark Gierach
21	MAR, SUN	Accompanist: Mike Chapel Altar Flowers: Heather Rogge AV: Bill Karrels Reader: Marla Race
28	MAR, SUN	Accompanist: Mike Chapel Altar Flowers: Pastor Susan AV: Bill Karrels Reader: Ron Newlin

MISSIONS COMMITTEE

Our mission for March is ONE GREAT HOUR OF SHARING.
OGHS supports the humanitarian and disaster relief of the United Church of Christ.

STEWARDSHIP COMMITTEE

The Stewardship Committee will be holding its next meeting on Sunday, March 7 immediately after worship service. We will discuss this years' rummage sale and reset of date for craft/vendor show.

Also, thank you to all who have been working on their 2021 pledges and seeing that the monies are getting to church - even when we were not. Your loyalty is appreciated.



EVENTS

All are welcome!



COFFEE & CONVERSATION

Coffee and Conversation is a time to sit with old friends and new and discuss and reflect on the lectionary texts. We'll follow the U.C.C. Weekly Seeds again. this event will be held in-person but we will still offer it via Zoom for anyone who prefers to join us virtually. For login details please visit <https://www.parksideucc.com/coffee.html> . Led by Heather Rogge.

WEDNESDAYS IN LENT

Join us at 6:30pm Wednesdays in Lent for an in-person gathering focused on repentance and renewal led by Heather Rogge. This meeting will also be available virtually via Zoom, for login details please visit <https://www.parksideucc.com/lent-324566.html> .

PALM SUNDAY

We will share in the celebration of welcoming Jesus into Jerusalem on Sunday, March 28 at 10am. This service will be held in-person and will also be available to watch live on Facebook. We will be distributing palms during the worship service.

MAUNDY THURSDAY

Maundy Thursday commemorates the Last Supper when Jesus shared the Passover meal with his disciples on the night before he was crucified. Join us on Thursday, April 1 at 6:30pm for an in-person Maundy Thursday service that will also be shared live via Facebook.

GOOD FRIDAY

There will be a virtual ecumenical Good Friday service, all are welcome. Details will be posted on Facebook and sent via email.

EASTER SUNDAY

He is Risen! Celebrate Easter with us at our 10am in-person service. For those unable to join us in the sanctuary, the service will also be live on Facebook.

FAMILY PROMISE

Did you know that in 2020, Family Promise has served guests 3,293 meals?! If you want to sign up to bring a meal, please contact Joan at joanbrecke@gmail.com. Another way to help is to bring by some needed items: towels, toilet paper, laundry detergent pods, women's deodorant, body wash, shaving cream, new bath towels, and gas cards. To arrange drop off times please contact Joana at 262-268-2723.

Don't get tired of helping others. You will be rewarded when the time is right, if you don't give up.

Galatians 6:9 CEV

LIGHTHOUSE YOUTH



Erica Brooks, the Lighthouse Youth Director is looking for a few volunteers that have a heart for youth or at least are interested in learning more about volunteering. If you can donate a few hours of your time, please contact Erica at Erica@vineyardchurch.co . You can check out their upcoming events on the [Lighthouse Facebook page](#).

THANK YOU!

Thank you to Tim Bodden for purchasing the materials and building us three plexiglass barriers for use in our sanctuary.

*"A single act of kindness throws out roots in all directions,
and the roots spring up and make new trees."
— Amelia Earhart*





PARKSIDE COMMUNITY
UNITED CHURCH OF CHRIST

166 W. Dekora St.
PO Box 80304
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PLACE
STAMP
HERE

Return Service Requested

Contact Us

Parkside Community UCC
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