



MAY IS MENTAL HEALTH AWARENESS MONTH

The following article on mental health is taken from nami.org

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI (National Alliance on Mental Illness) joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.



*Life can be beautiful and it's not always easy but you try,
The trials of life can be disheartening enough to make you cry.
It is said what doesn't kill you only makes you stronger, this is true,
But the world can sometimes be too much to handle, it overwhelms you.*

*Don't try to fight this battle alone, don't be afraid to ask for a helping hand,
Strength in numbers, side by side, your friends can help you make a stand.
There's a light at the end of the tunnel, think before you make up your mind.
Death is a permanent solution for a temporary problem; it just takes time.*

*The pain and despair you are feeling will slowly fade and go away,
Seek help from your friends to help you get thru those difficult days.
Suicide is not the answer, know there's hope even in times of despair,
Friends are there to help, like you, there are many who have been there.*

*Everything happens for a reason remember that much is true,
There's a purpose for the trials that we face, there'll be more placed on you.
Face them bravely one day at a time, but know you're not all alone,
Friends will be there beside you, all you gotta do is pick up the phone.*

*Retired Corporal Gerardo Molinar served 27 years as a detention officer
with the El Paso, Texas Sheriff's Department.*

(continued on page 2)

Parkside Community UCC
PO Box 80304 • 166 W. Dekora Street
Saukville, WI 53080
Email: saukvilleucc@att.net
Phone: 262-284-0588
Parksideucc.com

Pastor Susan's Office Hours:
Stop in for a quick hello or a chat!

Tuesdays 1pm to 4pm

My name is Caitlin and I'm 34 years old. I was first diagnosed with depression and anxiety when I was 19, but I've probably been struggling with anxiety for my whole life. I am writing this today after hearing others share their stories of recovery from mental illness and feeling inspired to do the same.

At times, living with depression and anxiety feels overwhelming and life feels hopeless. I have tried 13 different psychiatric medications and currently take four. I'm on my fourth long-term individual therapist. These relationships have been immensely helpful, but having them come and go has been painful. Last fall, things got particularly challenging and I spent three weeks in a day hospitalization program. Having to take time off from my daily responsibilities was something I never had to do before, and I'm still working to accept it.

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

My negative thoughts are telling me not to submit this because "who cares about my struggles," "others have it way worse," but I'm continuing to type this anyway because I want others who are struggling to know you are not alone. I also want to say that yes, I have a mental illness, but that is not all of who I am. I am a daughter, an aunt, a granddaughter, a friend. I am an Occupational Therapist (OT). My role as an OT has

been continuously intertwined with my mental illness since I started practicing. How can I help others when I don't feel well myself? My negative thoughts continuously tell me I am not doing my job "good enough" and that I am letting others down at work.

This year has been one of my most challenging, but I still have hope. I am thankful to have a doctor who is willing to try new things. Currently, I am in my third week of TMS treatment for depression. All of this is still new, but I think things have slightly begun to shift. I notice it's easier to get up in the morning—some days, the work day seems more manageable, some days that voice that says I'm not good enough is a little quieter. My friends have also said I seem calmer.

My story of recovery is not over, but hopefully with continued treatment things will continue to improve. I am writing this to say mental health is important, mental illnesses are real, and help is available.

The above article on mental health is taken from nami.org

You can also call the
NAMI HelpLine at:

1-800-950-NAMI

Or in a crisis **text "NAMI" to
741741.**

or **info@nami.org**



EVENTS

All are welcome!

STEWARDSHIP HOLDING RUMMAGE SALE

Drop off items on Sunday June 6th after church in Fellowship Hall. Drop Off and set up: Wednesday, June 9 from 8am-5pm.

Sale hours: Thursday, June 10 from 8am - 8 pm
Friday, June 11 from 8am - 5 pm
Saturday, June 12 from 8am - noon
Saturday will be \$5/bag sale!



Stewardship will also be sponsoring a Craft/Vendor Sale on Saturday October 9 from 10am - 3pm. If you are interested in participating, please contact Mary Kiepert by emailing saukvilleucc@att.net.

COFFEE AND CONVERSATION

Coffee and Conversation adult study group gets together at 9am Sundays in-person in the Fellowship Hall and virtually via Zoom. All are welcome to join in. The group will have their last session before summer break on Sunday, May 23.

PENTECOST SUNDAY

Join us for a special worship service on Sunday, May 23 as we celebrate the spirit of Pentecost Sunday.

How are we doing? Do you read the newsletter regularly or do you see it in your mailbox and immediately hit delete? Please let us know how we are doing by completed this short survey. Click [here](#) for survey.



If you want to tune in to any of our services, please use these Facebook and YouTube links. Services are posted about 2 hours after completion and remain posted on our YouTube channel, so you can always go back and view something you may have missed.



Rev. Susan Drake preaching a sermon.



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 sauvilleucc@att.net. 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 sauvilleucc@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:

- May 2 — Michael, Lori, Jacob, Benjamin, and Matthew Chapel
- May 9 — Abbey Beck
- May 16 — Bethel Flynn, Olivia and Baker Metz
- May 23 — Bing and Chelene Golownia
- May 30 — Chip and Jane Elbe

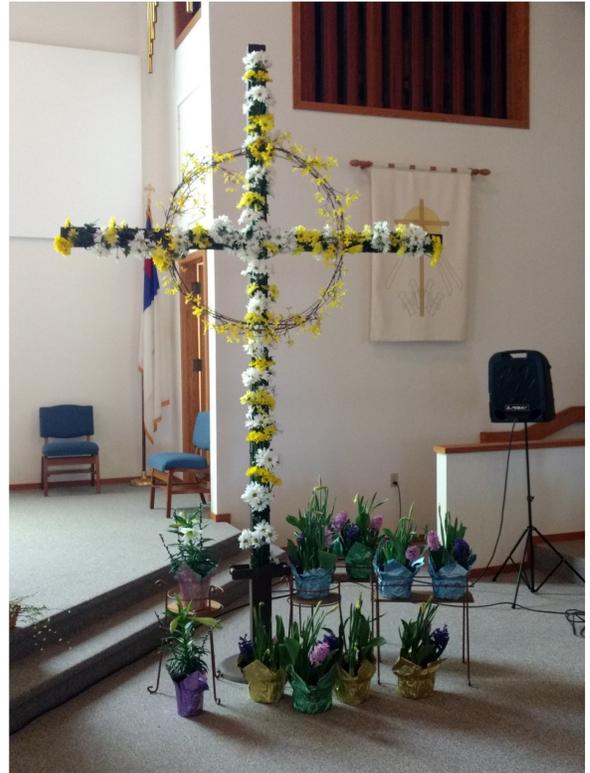


Happy Birthday!

- | | | |
|------|----|------------------|
| June | 1 | Bing Golownia |
| June | 17 | Gloria Meloy |
| June | 18 | Andy Smith |
| June | 27 | LaVerne Dollert |
| June | 28 | Judy Schoenfeldt |



*Thank you to those
who helped decorate for
Easter Sunday!*





April 13, 2021

Present: Heather Rogge, Sue Sarver, Joan Brecke, Kaitlyn Watry, Wally Quade

Open with prayer: Heather R.

Council Minutes: Motion made by Joan B. to accept the March minutes, second by Wally Q, motion passed.

Treasurer report- Motion by Sue S to accept Treasure report for March, second by Wally Q, Motion passed.

Pastor Report – No Report

Committees:

Faith Formation & Youth- Lighthouse Youth Ministry – 9:00 Coffee and conversation continues through May 22.

Stewardship-October 9th Craft show with silent auction. Rummage sale June 10-12.

Worship- Looking to start again and volunteers to assist with church service preparation.

Building & Grounds- Confirmed steeple is on the schedule for repairs. Motion by Wally to repair of push bar on canopy entrance doors \$560, second by Joan, motion passed. Other maintenance repair of tile to canopy entrance, locks to be added to conference doors.

Caring- No meeting held; Prayer list being provided.

Missions-No meeting held, Family Promise giving day April 21st.

Pastors Relation- No report

Old Business:

WI Conference Annual Meeting- May 11-15th, meeting to be held by zoom early evening session Joan B will be attending.

Funeral Fees- Discussion regarding updating funeral fees, members vs non-members, Motion by Heather to restructure fees to allow for discount for members 2nd by Kaitlyn W. Motion passed.

New Business:

Carrie will be out of the office July 30-Aug 9th.

Reimaging task force-on hold until May meeting

Pastoral relations committee meeting April 18.

Food Pantry has an opportunity to add another Hydroponic garden to be located in the SE corner of the fellowship hall. Motion by Joan, second by Wally to approve. Motion passed.

Singing -We are looking at July 1 to resume singing during church service. Subject to change should it be reports of increase in Covid outbreaks.

Student Pastor-Possibility of a student pastor coming to Parkside -more details to come.

Sharing of ideas-Coffee bar? Place to Be is interested in partnering with Parkside about a non-profit coffee bar. Further discussion at May meeting.

Motion made by Kaitlyn W. to adjourn, second Wally Q. Motion passed

Adjournment with Lord's Prayer

LIGHTHOUSE

YOUTH MINISTRY

6K WORLD VISION RUN



The Global 6K for water is a virtual event! It can be done by anyone, anywhere — alone or in families. When you walk or run 6K from your own home or neighborhood, you'll provide clean water to one person in need. You will need to register. The cost is \$25.00 for those under 18 years old and \$50 for those 18 and older. Register [here](#) and join our Team Page, Port Washington..

YOUTH GROUP ON SUNDAYS

Every Sunday the Lighthouse Youth Ministry meets from 6pm to 7:30pm. We play games, have snacks, worship together, discuss scripture, and always finish by praying with each other. Join us anytime!

Lighthouse Youth Ministry is a collaboration of five Churches in the Port Washington and Saukville Area. By working together we are able to give a holistic church experience, while supporting unity among dominations.

We welcome middle school and high school students in Port Washington, Saukville, and the surrounding area. Anyone is welcome to come participate in activities, trips, and mission projects with us.

Whether you belong to a church or have never been before, you are welcome here! Just come to one of our events. You belong here, and we could not be more excited to meet you!





We are so thankful to all of those who have opened their heart to serving as volunteers for our weekly worship services! 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. Currently readers are scheduled every 7 weeks and those who bring flowers for the altar are every 4 weeks. With just a couple of more volunteers we can stretch that out even further. 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 if you are interested.

MAY WORSHIP SCHEDULE

2	MAY, SUN	<ul style="list-style-type: none"> ● All day ● All day ● All day ● All day 	Accompanist: Mike Chapel Altar Flowers: Kathy Quade AV: Bill Karrels Reader: Mark Gierach
9	MAY, SUN	<ul style="list-style-type: none"> ● All day ● All day ● All day ● All day 	Accompanist: Mike Chapel Altar Flowers: Joan Brecke AV: Bill Karrels Reader: Marla Race
16	MAY, SUN	<ul style="list-style-type: none"> ● All day ● All day ● All day ● All day 	Accompanist: Mike Chapel Altar Flowers: Heather Rogge AV: Bill Karrels Reader: Ron Newlin
23	MAY, SUN	<ul style="list-style-type: none"> ● All day ● All day ● All day ● All day 	Accompanist: Mike Chapel Altar Flowers: Pastor Susan AV: No Bill Reader: Sue Sarver
30	MAY, SUN	<ul style="list-style-type: none"> ● All day ● All day ● All day ● All day 	Accompanist: No Mike Altar Flowers: Kathy Quade AV: No Bill Reader: Ingrid Newlin





HELP US GROW!

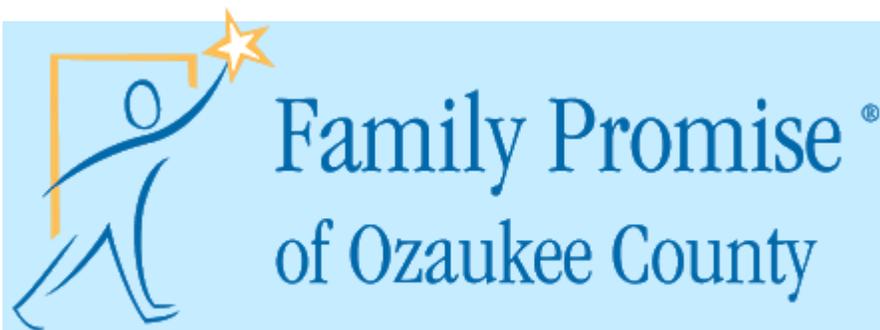
**THE MORE YOU LIKE AND SHARE OUR POSTS,
THE MORE PEOPLE SEE OUR PAGE. ...
WITH MORE LIKES WE CAN REACH MORE PEOPLE.**



**LIKE
AND
SHARE**



**PARKSIDE COMMUNITY
UNITED CHURCH OF CHRIST**



Family Promise Trailer

Family Promise is in the process of selling the trailer that we used for transporting cots. If you know of anyone who would be interested in purchasing it, please let me know. The asking price is \$2,000 - \$2,500.

Family Promise Meal Program

The Family Promise Weekly Meal Program Sign Up is ready to go. Click on the link [here](#).

Shelter Update

As of today, we have 7 households, in the shelter, 13 individuals, 3 families and 4 singles, 8 adults, and 6 children. Please remember that not everyone gets meals for various reasons. As of today, 11 individuals, 6 adults, and 5 children are getting the meals. There may be two additional people joining shelter this week. If they do move in, I will let everyone know.

Spring Apparel Fundraiser

For the last few years, people have been asking about t-shirts with the Family Promise logo on them. Kennedy in our office took on the task of putting together the 2021 Spring Apparel Fundraiser and she did an amazing job! You will have the opportunity to purchase t-shirts, long sleeve shirts, polo shirts, fleece jackets, sweatshirts, and a cinch bag with the Family Promise logo. A small portion of the cost of each garment will be donated to Family Promise. If you have any questions regarding the clothes, please contact Kennedy in our office at 262-268-2723, or by email at kennedyfpoz@gmail.com. Click [here](#) to view options and to place an order. Orders are due Friday, May 28.





**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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