

# The Herald

*First Congregational Church of Tallmadge UCC*  
*"Making God the Foundation of Every Day Living"*  
*Serving Summit, Portage, Medina, Stark Counties*  
*A Stephen Ministry Congregation*

~~~~~  
**DATE: FEBRUARY 1, 2011**  
**ISSUE: 580**

*Worship Services 8:30 a.m. and 10:00 a.m.*  
Web site: [www.FCCTALLMADGE.org](http://www.FCCTALLMADGE.org)  
Phone (330)633-4931 Fax 330-633-7010  
~~~~~

## **For Sunday Service of February 6, 2011**

*February Special Benevolence: Youth Mission Tour*  
*Communion Sunday*

### **8:30 a.m. Worship Service**

9:00 a.m. Sunday School – all ages

9:00 a.m. Confirmation I & II

### **10:00 a.m. Worship Service**

10:00 a.m. Children's Choir Rehearsals

10:30 a.m. Children's Worship 5<sup>th</sup> Grade & younger

The Rev. Dr. John M. Schluep will be giving the message.

Ushers Tom and Linda Kester  
Angus and Ruth McNair

Greeters *Atrium* David and Sherri Hawley  
*Narthex* Claude and Irene Brunot

11:00 a.m. Linger Longer

11:00 a.m. Super Bowl Subs

1-3:30 p.m. Stephen Min. Training – D.Bacon Rm.200

6:00 p.m. WJHM

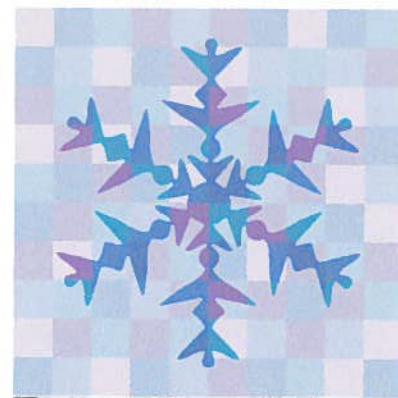
### **Both Vases of Altar Flowers for today are from:**

Carolyn Villers in memory of parents and husband.  
*Thank you, Carolyn.*

### The next HERALD Newsletter :



The next *Herald* mailing date will be *Tuesday, February 15th, 2011.* The deadline for Lori to receive articles will be Friday, February 11, 2011.  
*Thank You!*





## PASTOR'S SIDEBAR

*Beth just finished shoveling the driveway and walk.*

This Saturday, February 5<sup>th</sup>, we will hold our annual church retreat. This retreat allows us the opportunity to share with board members the policies and procedures of the church office so we can support the ministries of the church. During the course of the retreat each board will have the opportunity to dream and create a vision of what they would like to do in ministry over the next few years.

The question in reference to this procedure is this: *How do we measure the success or failure of our church?*

In answering that question I think we have measured success or failure in standards that are temporal – we look at numbers. We measure our success or failure in our budget being met at the end of the year. We measure a successful Inspired Giving Program by the amount of pledged income and projected expenses. We measure success by attendance numbers at weekly services and special services of worship throughout the year. We measure the success of Youth Ministry and education by the numbers of youth and children in any respective program. In short we measure our success in economic terms, and perhaps, suffer from a delusion that numbers indicate spiritual and faithful success.

I know that the numbers are an indication of a variety of things: People approve what is going on in this church. Or people don't approve what is going on in the church. Active participation is important, but it isn't the only indicator. The questions I raise are more qualitative:

- 1. Has your participation in the ministry of this church deepened your faith?*
- 2. Describe your relationship to God.*
- 3. Has being a part of this church made a difference in your life? In what ways?*

These are the thoughts from my bay window looking at the blanket of snow covering my gardens waiting for a new spring season.

Love,  
Dr. J

---

Family Promise of Summit County



- Interfaith Hospitality Network

Wanted to *thank all* of our wonderful volunteers for the excellent job they did in 2010. Our guests always say how loving our volunteers are and what good cooks we have. **THANK YOU! THANK YOU!**

**NEEDED:**

We need van drivers that will drive from Northwest Church to Miller Avenue and bring the van back to the church. That means in the evening you would pick up the guests about 5:00 at the Miller Avenue house and bring them to Northwest Church, and mornings the van leaves Northwest around 7:00 and takes the guests to the Miller Avenue house. Sometimes the van driver has to take the children to Akron Schools and there is always directions for you. You only need a **DRIVER'S LICENSE**. There is always coffee at the church for you to start the day. Please see Betty Cottrill or call 330-923-8517 to reserve your day to drive the van.

**WALK A MILE IN MY SHOES**

Put this date on your calendar, **Sunday, February 27, 2011.**

This is the date of **Walk In My Shoes**, at Fairlawn West UCC Church, 2095 West Market Street in Akron. . It is just a short walk, we walk about 4-5 blocks around the church. There will be refreshments and music, by the Mixed Up Strings. You can get pledges or make a donation. Bring the family, a group of friends, elementary, middle and high school kids are welcomed. It's a lot of fun for a good cause. There will also be a Silent Auction. Registration is at 2:00 p.m. **JOIN US IN SUPPORT OF LOCAL HOMELESS FAMILIES.**

\*\*\*\*\*

We will be **SELLING SHOES** February 20<sup>th</sup> and the 27<sup>th</sup> in the Atrium, and we will have plenty of registration forms for the walk. Come and see us.

\*\*\*\*\*

Our next **rotation at Northwest Church** will be the week of **March 20<sup>th</sup>**. We are always in need of volunteers, if you would like to volunteer, please see Betty Cottrill. We should try to do something special for someone every week, and this is such a great experience. Our guests are always so appreciative of everything that you do for them. God is working his love through all of us.



*Trailmarkers*

When we read the Bible, sometimes the issues that they were dealing with seem pretty remote from our lives. For instance, you can read in Paul's letters and in the book of Acts a long debate about whether non-Jewish followers of Christ should observe all the Jewish rites, including circumcision. It's interesting, but that's not really a live debate any more.

And then there are those issues that are as relevant now as ever. In 1 Corinthians, Paul is writing about the problem of thinking that some people are more important than others. Without getting into too much detail, there was a sense in the church of Corinth that some people were more important and others not worth much at all. The ones who seemed important were probably in the prestige positions: maybe members of the choir, or the ones who served the communion bread. The ones who seemed unimportant were probably the ones who sat around the edges, and maybe the ones who had baked the communion bread that morning.

Paul searches for some way to tell them how crazy it is to ever think that some people are more valuable than others, and the image that comes to his mind is brilliant. He tells them that they should think of their community as a human body. Paul tells them to think of each person as a different member of the body. Now, would you say that as long as you have hands, then your feet aren't important? Of course not! That would be crazy!

Well then, Paul writes, that's how crazy it sounds to me when you talk about certain people not being important. It sounds to me like you're ready to cut off your own ears (Paul's got a sense of humor). If we ever say that any person isn't important, or isn't welcome, then it is like we are damaging our own body.

This is a message we need today as much as they needed it then. And, by the way, this is the same issue as that old question about circumcision. The end of that long debate is the same: no one gets left out when it comes to Christ.

May God's peace be with you,  
Matt

---



***Please Remember in Prayer***

- Carol Carter
- Joe Cheslock (*friend of Hope Mitchell*)
- Burt Duze (*Peggy Schenley's brother-in-law*)
- Ryan Encinas
- Jim Engle
- Joan Haby
- David Huth (*Jane Huth's son*)
- Grace Kish
- Judy Lacey
- Zell Lambert
- Nina Miller
- Sally Mong
- Jill Newmen (*daughter of Esther Maconachy*)
- Pat Paler
- Stephen Parker
- Alan Peterson
- M. J. Pickett
- Lyle Pohly
- Miranda Raies (*Jim & Sue's daughter*)
- Vicky Rambler
- Gary Rambler
- Bill Rodefer
- Janet Scoville
- Ralph Sharpnack
- Margretta Stocker
- Tom Walters
- Sherri Whittington (*Sandee Markulis' relation*)
  
- 1<sup>st</sup> Battalion 145<sup>th</sup> Armored Regiment (Ohio Nat'l. Guard)

**February's Leadership Retreat –  
– Serving God – Serving Others**

*(Lord, thank you for our church lay leaders and Pastors, John and Matt. Thank you for their servant hearts and all the ways that they minister to us. We know that they are blessings from You. Amen.)*

=====  
**NOTE:** Yes – we do have a “Prayer Chain”. If you need prayers for support, strength, or healing, we will do this for you. Call Dorothy Taylor @330-633-3008 or Karen Sauerbrey @330-920-1285.  
=====



***As Stephen Ministry Training Begins***

***Let's Look at the Caregiver's Compass***

*The Caregiver's Compass is a common thread in the training and service of our Stephen Ministers. The symbol in the center of the compass is a Chi-Rho, an ancient symbol for Christ. It reminds Stephen Ministers of the Christ-centered nature of their caring ministry. The four points of the compass guide Stephen Ministers to be compassionate, full of faith, skilled and trustworthy. For the next few months we will be looking at the different parts of the compass.*

***For February let's Look at Serving with Compassion.***

*How important is it to practice compassion?*

*Jesus demonstrated compassion—for a demon-possessed man who lived among tombs, for a diseased woman, for the family of a dead girl, and many, many others. His power over nature, evil spirits, and death was motivated by compassion (Mark 5: 21-43).*

*Jesus responded to compassion in others—the paralytic's need moved his friends to action and they brought him to Jesus—Jesus healed him. (Mark 2:1-12)*

*God willingly responds with help when we ask.*

*“Because of the Lord's great love we are not consumed, for his compassions never fail.” (Lamentations 3:22)*

Scripture References and Comments

From *The Handbook of Bible Application*

Edition: Second

Copyright 1992 by Tyndale House Publishers, Inc. All rights reserved

**NOTICE!** Please put ACME TAPES in the box by February 27<sup>th</sup>! Thanks, JoAnn Wood 330/633-4488

## The Starlight Room returns!

**SAVE THE DATE!** April 9, 2011  
Don't miss it this year – remember the rave reviews from last year? More info to follow . . .

### WNI's February Program "Before The Healing Begins"

The Monday, Feb. 7<sup>th</sup> WNI evening program "Before The Healing Begins" at 6:30 will be an informative presentation from Ms. Kim Storer-Jones you won't want to miss. Ms. Jones is a Clinical Social Worker and supervisor for 13 local Veterans Administration community based outpatient clinics. She will have a lot of important information to share with us about the issues facing our returning warriors. We will also be accepting donations for returning warriors. We will also be accepting donations for Access Shelter. Items urgently needed are blankets, twin sheets, and pillow cases. Also needed are paper towels, garbage bags, OTC medicines, Children's strollers and car seats, umbrellas, and humidifiers. Please come and bring a friend. Delicious cookies from Linda's Kitchen and beverages will be served.

\*\*\*\*\*

### Yarning for Peace . . .

. . . will meet on Monday, February 14 at 7:00 PM in the David Bacon Room (Rm. 200). It's Valentine's Day so if you have other plans for that evening please let me know in case we need to change the meeting date. Since this prayer shawl ministry started in 2007, we have provided 169 prayer shawls, 2 prayer fleeces for very young children, 33 Baptism fleeces and 3 Baptism prayer shawls. As you can see our need is great for yarn and fleece material. Each prayer shawl takes approximately 4 skeins of yarn and each Baptism blanket uses more than 2 yards of fleece. In the past we have put out a list of the specific needed yarns. Now we have an easier and better solution. If you purchase a gift card for Michael's or JoAnn Fabrics and donate it to Yarning for Peace, we will do the shopping. These cards are available every Sunday morning in the Atrium. Best of all they also help to pay off the construction loan on the Atrium. This ministry is totally self-supported by 5 individuals who receive no funds from the church. We truly appreciate any donations. For further information contact Dee West at 330-633-4421.

\*\*\*\*\*

### Sunday Morning Book Study . . .

.. February 13, Room 210, 9am for six Sundays . . .  
Discover the manner in which you most respond to love. Discuss the book "The Five Love Languages – How to express Heartfelt Commitment to Your Mate" by Gary Chapman. Please sign up after service in the Atrium so we can purchase a book for you. *Mike and Ginny Collins*

\*\*\*\*\*



Mark your calendars to join Cherie Wade and Lori Heath for the next night of Scrapbooking!

**Friday, February 18, 2011 ~ 6 p.m. 'till whenever!**  
here at First Congregational Church ~ in the Fellowship Hall  
Call Cherie at 330-630-3448 or Lori at 330-633-3853  
if you have any questions! See you there!

\*\*\*\*\*

The Homebound Caring Contact section  
group of **Hearts In Service (H.I.S.)**



. . . will hold a meeting on Sunday, February 13,  
11:15a.m. in the David Bacon Room 200

If you would like to learn more about this ministry or interested in joining as a contact volunteer, please feel free to attend this meeting, or call Barbara Rowles at 330-733-2008. We would be pleased to increase our team in this spiritual and pastoral care ministry service!

\*\*\*\*\*

### *A Tip of the Hat*

The process of reviewing, amending, and modernizing the language of any organizational document is not only time consuming but also a work in detailed minutiae. Two years ago we started a Constitution review process in order to discern the appropriateness of what the constitution instructed us to do as a church and review the dictates of board and council composition. From that discernment process, review of like churches governing instructions, and the Carver Model of Management of Non-profit Organizations we reviewed the Constitution of First Congregational Church and created the Guide to Governance. It was a work conducted in prayer, debate, and a critical analysis answering "How will First Congregational Church of Tallmadge be in Christian ministry?" The progress was reported to Executive Council and documents were submitted to the leadership of the church for critical review. Each staff person in program ministry was assigned to a ministry board to listen to the concerns, dreams, goals, and visions. There were six church members in good standing who worked in this process and they deserve a heartfelt and sincere expression of gratitude: ***Chuck Victor, Dee West, Denise Haynes, Jackie Mohr, Susan Schunk, and Dr. John Schlupe, ex-officio.*** This committee spent numerous hours in reading, research, writing, re-writing, and creating the documents. A special thanks to Susan Schunk who did much of the writing and gave us a place to start. Denise Haynes provided her professional guidance, and Chuck Victor kept us on task. The ratification of the Constitution on January 30, 2011 and the approval of the Guide to Governance will position our church for good ministry work for years.

*Thank you, Dr. John.*

### *The Atrium Coffee Corner*

*Overheard at a 200 guest wedding.*

*"I am grateful for this beautiful room for us to be in before the wedding. This is a beautiful church."*

### *Wheels4Change*

Many of you met Cassie Schumacher on Sunday, January 30 at the 10:00 a.m. service of worship. Cassie has been active in our Warriors Journey Home Ministry for the past several months and read some of the names on our military prayer list. Cassie will become more familiar to each one of us over the next several months because Cassie has asked to ride for Warriors Journey Home Ministry in the Race Across America (RAAM). She has coined the project name; "Wheels4Change" and she will ride her bike(s) across America in June 2011. Cassie is the first and only woman thus far from Ohio to qualify to compete in this 12-day race across America starting on the west coast and finishing on the east coast. She will intentionally raise awareness of veteran's issues of homelessness and she intends to raise funds to construct a meditation room in the new Valor Home, a home for homeless veterans, scheduled for Akron, Ohio. She also wants to raise monies to send more Viet Nam veterans back to Viet Nam for healing and reconciliation. Cassie's father is a Viet Nam veteran and she learned of our ministry while listening to the Regina Brett radio program on 89.7 when Joe Caley and Tom Saal were interviewed by Ms. Brett about their recent journey for healing and reconciliation to Viet Nam (October 2010). Keep Cassie and her team in your prayers as she prepares for this arduous challenge.

## HIGH SCHOOL YOUTH

### 1<sup>st</sup> Sunday

Super Bowl Sub Sale! A Fundraiser to send the mission tour to serve in Chicago. We will meet at 8:15 AM in the kitchen to make Subs.

### 2<sup>nd</sup> Sunday Fellowship

February 13, 7:00 – 8:30 PM

### 3<sup>rd</sup> Sunday Lunch Club

February 20, 11:30 AM – 12:30 PM at the church.

### Overnight Retreat

Friday night to Saturday, February 25-26.

## MIDDLE SCHOOL YOUTH

### Fellowship and Youth Ringers

6:00-7:00 PM **Middle School Fellowship** in the Youth Room 100

7:00-7:45 PM **Youth Ringers** in the Sanctuary

#### Fellowship Themes for February:

February 2 Amazing Stories  
February 9 Racing for Pennies  
February 16 Pencil Olympics  
February 23 Movie Night

**Winter Middle School Retreat**  
Snow Tubing below Ten degrees!



## 3-4-5<sup>TH</sup> GRADE LOCK-IN

Change of plans.... Enough of my 4<sup>th</sup> and 5<sup>th</sup> graders spoke up, we will offer a SLEEP OVER lock in on March 4-5<sup>th</sup> as long as we get parent helpers for the overnight time. The time then will change. We will meet on the 4<sup>th</sup> at 7 PM and stay until 8:30 AM on the 5<sup>th</sup>. The cost then will be \$5.00 for each person spending the night. Lock In forms will be coming in the mail soon- don't forget, you can have one friend come with you.

## Ice Cream Sundaes

Congratulations to all the children and youth who took part in raising funds for the African Sky school building project. We were collecting money for a little more than 2 months and raised over \$260.00. You went way beyond the goal that was set so we are inviting all children age 3 to 12 grade to attend an ice cream social on February 13 at 10:30 AM. After choir, come to the fellowship hall and eat yummy ice cream (yes at 10:30 in the morning) and choose from many toppings.

## 4<sup>th</sup> grade Communion

On Sunday, March 6<sup>th</sup>, we will be sharing communion with our 4<sup>th</sup> graders in worship. We will have 2 classes for our 4<sup>th</sup> graders on Feb. 20 and 27<sup>th</sup> at 9:00 AM to learn about the symbolism of communion as well as why and how we take communion here at the church. The classes on Feb. 20 and 27<sup>th</sup> will be for our 4<sup>th</sup> graders (and a few 5<sup>th</sup> graders) and then on March 6<sup>th</sup>, we will ask the parents to join us at 9:30 in the sanctuary to have a walk through before the worship service. Please let Wendy know if your child will be taking part in the communion service as well as the classes.

## Children's Education Calendar

Feb. 13 @ 10:30 AM	Ice Cream Sundaes- age 3 to 12 <sup>th</sup> grade in FHall
Feb. 20 @ 9:00 AM	4 <sup>th</sup> grade communion class in David Bacon
Feb. 27 @ 9:00 AM	4 <sup>th</sup> grade communion class, Rm.209
Mar. 4 @ 7:00 PM	3, 4, 5 <sup>th</sup> grade lock-in through Mar. 5 @ 8:30 AM
Mar. 6 @ 9:30 AM	4 <sup>th</sup> graders and parent meet in sanctuary for practice
Mar. 6 @ 10:00 AM	4 <sup>th</sup> graders take communion in worship



Rev. Schluep and Congregation,  
**Thank you** for your kindness and contributions in facilitating my sister, Christine Hines', memorial service.  
*Yvette Hughes*

**Thank you** for the wonderful baptism ceremony in November for Elaina. It was a very special day for our family. We love the beautiful blanket and feel very lucky to be part of such a great church. *Sincerely,*  
*The Scherers – Donald, Melissa, Lillian and Elaina*

Dear First Congregational Church,  
 We are **very appreciative** of all the kind words of concern, prayers, thoughts, visits, phone calls and emails we received during Jim's surgery and recovery time. He is well on the road to a full recovery and is able to now be back to work. You were there when we needed you the most, and for that we give heartfelt thanks. *Love, Jim and Elaine Engle*

To our friends in mission,  
 I want to **thank you** now, in advance of our year-end reporting and while the aura of the season of peace continues to glow in our hearts. The year 2010 was as encouraging as it was challenging for our work here in Summit Lake. We remain an oasis of comfort and service in a place where even the most fundamental needs are difficult to meet. Your support – in prayer, as a volunteer, through financial contribution – has helped sustain our presence in this community. Thank you. *God Bless You!*  
*Rev. Tom Gerstenlauer*

**A BIG THANK YOU!**

**Thanks to all** that donated money and groceries, made a cake, or worked at the January AARP. Also, a big thanks to Don and Bob, who do such a good job on the dishwasher. We couldn't do it without all of you. *Marlene, Donna, and Betty*

**Thank you everyone** so much for your prayers for me regarding my recent back surgery. It was nice to get phone calls and visits. Thank you Mrs. West for the **beautiful prayer shawl**; I love the colors!

Although I may be less mobile, the doctors say I'm improving quickly and in short time will be as good as new.

Thank you again for all of your thoughts and prayers.  
*Sincerely, Courtney McClelland*

**Church Attendance**

<u>January 23rd, 2011</u>		
8:30 a.m. Worship		31
10:00 a.m. Worship		252
<u>January 30th, 2011</u>		
8:30 a.m. Worship		34
10:00 a.m. Worship		264

**For Sunday Service of February 13, 2011**  
*February Special Benevolence: Youth Mission Tour*  
*Scout Sunday*

- 8:30 a.m. Worship Service**
  - 9:00 a.m. Sunday School – all ages
  - 9:00 a.m. Confirmation I & II
  - 10:00 a.m. Worship Service**
  - 10:00 a.m. Children's Choir Rehearsals
  - 10:30 a.m. Ice Cream Social-FH-age 3 to 12<sup>th</sup> grade
- The Rev. Dr. John M. Schluep will be giving the message.

Ushers Ken Caldwell and Scouts

Greeters *Atrium* Terri Poff, Shelly Williams  
*Narthex* Jim and Dee West

- 11:00 a.m. Linger Longer – Atrium
- 11:15 a.m. Hearts in Service
- Scouts Blue & Gold Banquet – FH
- 1:00 p.m. Stephen Min. Training – D.Bacon Rm.200
- 7:00 p.m. Sr. High Fellowship Mtg.

**Fund Raiser Church Treasure** If you have an item for donation, or are looking for a specific item to purchase, watch *The Herald* or call **Jim/Kathy Harris** at 330-630-9627 or e-mail [kharris375@hotmail.com](mailto:kharris375@hotmail.com). There will also be an ongoing list of items available for donation and/or requests in the Atrium.

**Items available for sale:**

NONE available for sale at this time.

**Items Wanted:**

Kendal Taylor is looking for Quilt tops. Please call her at 330-676-9986 if you can help her!

**Remember --- To donate or put in your request:**  
 Call Kathy / Jim Harris at 330-630-9627  
 or email them at [kharris375@hotmail.com](mailto:kharris375@hotmail.com).

**TO LOAN:** Bath Tub Seat, Potty Chair, Walker-2 wheels  
 Call Jerry Feezel to inquire about these items 330-633-7465



Thurs., Feb. 3  
 8:00 a.m. Financial Advisory Ministry - Library  
 10:30 a.m. Staff Mtg.  
 11:30 a.m. WF Luncheon -- FH  
 6:30 p.m. Chancel Choir & 8:00pm Chancel Ringers

Friday, Feb. 4  
 Sat., Feb. 5  
 8:00 a.m. Leadership Meeting - FH  
 7:00 p.m. AA Group - FH

**Sunday, Feb. 6**  
*Communion Sunday*  
 8:30 a.m. **Worship Service**  
 9:00 a.m. Sunday School – all ages  
 9:00 a.m. Confirmation I & II  
 10:00 a.m. **Worship Service**  
 10:00 a.m. Children’s Choir Rehearsals  
 10:30 a.m. Children’s Worship 5<sup>th</sup> Grade & younger  
 11:00 a.m. Linger Longer – Atrium  
 11:00 a.m. Super Bowl Subs  
 1-3:30 p.m. Stephen Min. Training – D.Bacon  
 6:00 p.m. WJHM

Monday, Feb. 7  
 6:30 p.m. WNI Program - FH  
 7:30 p.m. Heritage AA – Rm.100  
 Tuesday, Feb. 8  
 7:00 a.m. Men’s Bible Study – Bagnoli home  
 12:15 p.m. Pastor’s Lectionary Study  
 1:00 p.m. Stephen Min. Training – D.Bacon  
 7:00 p.m. Board Meetings  
 8:15 p.m. Executive Council – D.Bacon Rm.200

Wed., Feb. 9  
 9:00 a.m. Quilters  
 6:00 p.m. Youth Fellowship  
 7:00 p.m. Youth Ringers

Thurs., Feb. 10  
 11:00 a.m. Staff Meeting  
 6:30 p.m. Chancel Choir & 8:00 pm Chancel Ringers

Friday, Feb. 11  
 Saturday, Feb. 12  
 8:00 a.m. Stephen Min. – D.Bacon Rm.200  
 7:00 p.m. AA Group – FH

**Sunday, Feb. 13**  
*Scout Sunday*  
 8:30 a.m. **Worship Service**  
 9:00 a.m. Sunday School – all ages  
 9:00 a.m. Confirmation I & II  
 10:00 a.m. **Worship Service**  
 10:00 a.m. Children’s Choir Rehearsals  
 10:30 a.m. Children’s Worship 5<sup>th</sup> Grade & younger  
 11:00 a.m. Linger Longer – Atrium  
 11:15 a.m. Hearts in Service – D.Bacon  
 -----  
 Scouts Blue & Gold Banquet – FH  
 1:00 p.m. Stephen Min. Training – D.Bacon Rm.200  
 7:00 p.m. Sr. High Fellowship Meeting

Monday, Feb. 14  
*Happy Valentine’s Day!*  
 7:00 p.m. Yarning for Peace – D.Bacon Rm.200  
 7:00 p.m. Heritage AA

Tuesday, Feb. 15  
 7:00 a.m. Men’s Bible Study – Bagnoli Home  
 12:15 p.m. Pastor’s Lectionary Study  
 2:00 p.m. Sr. Advisory Ministry  
 6:30 p.m. Card Making / Stamping Class - FH

Wed., Feb. 16  
 9:00 a.m. Quilters  
 6:00 p.m. Youth Fellowship  
 7:00 p.m. Youth Ringers

Thurs., Feb. 17  
 11:00 a.m. Staff Meeting  
 6:30 p.m. Chancel Choir & 8pm Chancel Ringers

## *A Healthier You*

As a Case Manager in the field of social work, I meet individuals in various stages of life. Whether it is age sixty or ninety-two, they find themselves dealing with a chronic illness. It may be arthritis, hyperthyroid, diabetes, anxiety, or high blood pressure. Whatever the circumstances, I find they have similar emotions about the impact their illness has in their life and how it effects everyone around them. In many cases there are caregivers who face many different emotions and struggles as well. What seems at the time to be an impossible hurdle, families and loved ones have the willingness to survive. Our personal health, happiness and spirituality is so important to the foundation of who we are. These elements are the “essential fuel” that keeps our “vehicles running.” Sometimes we just need to understand the necessary tools in order to rejuvenate ourselves and continue our journey in life. Psalm 25:4 quotes, “Show me the path where I should walk, O Lord; point out the right road for me to follow.”

I have great interest in helping individuals learn the “necessary tools” to living a healthy and fulfilling life despite their chronic conditions. After all, I believe the more you can empower someone, the more they will likely remain independent and have a quality lifestyle. Chronic health conditions are a topic we shy away from. No one wants to face having a chronic illness. However, most of us may experience one or two long-term conditions during our lifetime. Recently, I learned about the Chronic Disease Self-Management Program (CDSMP) which was developed at Stanford University Patient Education Research Center. I attended Lay Leader Training Classes and became certified to teach CDSMP also known as Healthy U classes. I learned that these classes are now being taken by individuals throughout the entire U.S. Local community centers, senior buildings, and wellness facilities have been housing these educational classes. The classes run six weeks long, 2 ½ hr class per week. During this class session participants learn how to identify and manage their health issues through problem solving and action plans. Many topics are discussed such as dealing with difficult emotions, the importance to physical activity and nutrition, pain management techniques, breathing and relaxation, positive thinking, medication usage, guided imagery, and working with your healthcare providers. I was amazed with how much new information I had picked up and the awareness of my own personal health. Studies have found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors, health status, and decreased their days in the hospital.

I am excited and pleased to announce that I will be teaming up with a registered nurse from Akron City Hospital to facilitate **Healthy U classes at The First Congregational Church of Tallmadge** this Spring. **These classes are free and are open to seniors and interested caregivers. The classes will be on Fridays starting April 1<sup>st</sup> through May 6<sup>th</sup> from 2-4:30pm.** The meeting room has not yet been announced. At least twelve participants are needed to have a full size class. Participants will receive a book called Living a Health Life with Chronic Conditions and a Time for Healing CD as a gift and personal guide.

If you are the least bit interested I invite you to join us in this six week journey. My hope is that you will leave this class feeling fulfilled and more confident. Regardless of your past or current lifestyle, it is not too late to start making healthier decisions. **To register please contact Nancy Beken at the Church and tell her you would like to participate in the Healthy U classes. Also, please provide your contact information so you will be contacted with further details about the classes. You may also contact Leslie Taylor at 330-687-0881 if you have further questions about the program.**

*God Bless,  
Leslie Taylor  
Coordinator of Life's Journey Ministry*

FIRST CONGREGATIONAL CHURCH  
PO BOX 420  
TALLMADGE OH 44278  
RETURN SERVICE REQUESTED

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
TALLMADGE OH  
PERMIT No. 30

**DATE: February 1, 2011**

---

*Spiritual / Pastoral Care Ministry Contacts*

<u>Hearts in Service</u>	Barbara Rowles	330-733-2008	34babs@sbcglobal.net
<u>Life's Journey Ministry</u>	Leslie Taylor	330-687-0881	ltaylor@services4aging.org
<u>Pastoral Staff</u>	Rev. Dr. John Schluep	330-633-4931	jschluepfcc@sbcglobal.net
	Rev. Matthew Wooster	330-633-4931	mcwooster@yahoo.com
<u>Prayer Chain</u>	Dorothy Taylor	330-633-3008	-----
<u>Stephen Ministry</u>	Jackie Parker	330-867-7149	jackieinministry@att.net
	Jana Caplinger	330-896-4320	jcaplinger@neo.rr.com
	Diana Caldwell	330-733-0030	dianasl@neo.rr.com
	Ron Mitchell	330-633-4055	Mitchell_rd@hotmail.com
<u>Warrior's Journey Home Ministry</u>	Rev. Dr. John Schluep	330-633-4931	jschluepfcc@sbcglobal.net
<u>Yarning For Peace</u>	Dee West	330-633-4421	dwest890@aol.com