

APRIL 2024
VOICE OF ZION
 A Monthly Publication of
 Zion Lippe United Church of Christ
 9000 Copperline Rd E
 Mt Vernon IN 47620
 812 985-2437
 website: zionlippe.org

Secretary email: zionlippesecretary@gmail.com
 Secretary Hours:
 Tues, Wed and Thurs 8:30 am – 12:30 pm

Rev. Jeff Long, Pastor
 Pastor cell: 812 306-4675
 Pastor email: zionlippepastor@gmail.com

Sunday Family Worship at 10 am
Sunday School at 9 am

Worship Attendance

Date		In Person	Virtual (est.)
2/28	Lent	53	n/a
3/3		168	51 devices
3/6	Lent	57	n/a
3/10		180	47 devices
3/13	Lent	59	n/a
3/17		231	46 devices
3/20	Lent	54	n/a
3/24	Palm Sun	146	60 devices

Sunday School Average Attendance

March: Adult (18+) = 18
 Children (downstairs) = 12
 Youth (grades 6-12, includes Conf.) = 10

**SUNDAY WORSHIP SERVICES ARE LIVE
 STREAMED and RECORDED FOR LATER
 VIEWING ON YOUTUBE !**

You can always join us for Sunday worship
 wherever you might be. To easily view the

live worship service simply go to our church webpage... www.zionlippe.org... and click on the "Watch Live" tab and you will be able to view the worship service when it goes live. For later viewing of recorded services, go to YouTube and search for Zion Lippe.



Greeter Schedule for upcoming Sundays:

- March 31 (Easter 10 am) – Terry & Mary Jane Schroeder
- April 7 – Dustin & Janelle Seitz
- April 14 – Marilyn & Keith Frank, David Schmitz
- April 21 – Tina Spears
- April 28 – Doris Strupp & Karen Evrard

- May 5 – Lisa & Darrin Seitz
- May 12 – Andrea & Bentley Singer
- May 19 – Ron Strupp
- May 26 – Diana Walker

We will have magnetic name tags available for our greeters, and hand-shaking is optional. If possible, please try to be here about 9:30 am or so. If you know ahead of time that you can't greet the Sunday you are scheduled, you can let Worship Chair, Rosie Bogard know – but if something comes up and you can't make it don't fret!

If you haven't already talked with Rosie Bogard about greeting, but would like to be added to the schedule, please contact Rosie or the church office.



APRIL

In order to share in the joys and celebrations of our lives as a congregation we publish a monthly list of birthdays and anniversaries of members and friends of Zion. Numbers in () represent year.

HAPPY BIRTHDAY!

- 1 Phil Wuertz, Remi Brown
- 2 Sean Hollen, Dan Hoffman
- 3 Diana Walker
- 5 Jared Reidford, Ramsey Barrow
- 8 Robert Juncker, Max Simpson
- 9 Jennifer Ploetz, April McCutchan
- 10 Lori Breiner
- 11 Nick Neidig
- 12 Cherie Johnson, Samantha Reese, Andrew Reese
- 13 Rob Bullington, Jr.
- 14 Kyle Voegel, Tom Lang
- 15 Jim Donner, Jessie Brame
- 16 Scott Dougan, Larry Lewis, Ashley Shreffler
- 17 Kyle Hoenert, Mary Schauss
Melanie Mann
- 18 Philip McCutchan, LeeAnn Hoenert,
KayLee Roberts
- 20 Linda Koch, Lindsay Calvert
- 22 Tyson Barrow
- 23 Elise Lewis
- 24 Debbie Reineke
- 25 Diana Redman,
Harper Schmitz
- 27 Megan Ploetz, Lisa Seitz
- 28 Linda Juncker
- 29 Dillon Davenport, Lily Swope
- 30 Austin Spears

HAPPY ANNIVERSARY!

- 1 Kraig & Mackenzie (Smith) Schmidt (2017)
- 4 Rob & Cherie Johnson (1987)
- 9 Travis & Robin (Schroeder) Crowe (2016)
- 12 Philip & April McCutchan (2003)
- 15 David & Lisa Simpson (1989)
- 18 Bill & Doris Smith (1992)
- 25 Robert & Rachel Hast (2015)
- 26 Terry & Mary Jane Schroeder (1980)
- 26 Phil & Sherry Wuertz (1986)

27 Cody & Jennifer (Taylor) Elless (2013)

If your birthday or anniversary is not listed or not correct, please call the office at 985-2437 so we may update our records.



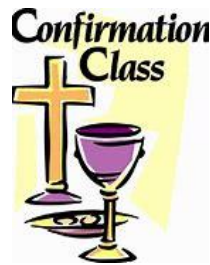
Thank you to Pastor Jeff and to our friends at Zion for the funeral, the love and support, and the cards during the passing of our mother, grandmother, sister and aunt, Lillian Randall. We especially thank you for the funeral dinner provided by the congregation.

Mike Randall Family and families of Henry C. & Clara J. Schroeder



Kinsley Jean Steinhart, daughter of Jacob & Kendra Steinhart, was baptized at Zion on March 17, 2024.

Alva Lynn Long, daughter of Matthew & Nitza Long was baptized at Zion on March 24, 2024.



Congratulations to Evan Becker, Ryan Englebright and Molly McCutchan, who were confirmed at Zion on March 17, 2024.

Happy Easter! Sunday March 31

*Sunrise Service 6:30 am
Breakfast following Sunrise Service
Easter Service 10 am, with Communion
Egg Hunt following 10 am Service*

Something I've grown to (mostly) love is biking.... Taking my bike and riding here near the church, the downtown trails, or even some of the off road trails in New Harmony or at USI. I find that by riding it allows me to clear my mind a bit and I get to see things from a different perspective... a little slower, a bit more up close, and a little more closely.



By riding you also find out exactly where the road needs to be repaved, which drivers are in a particular rush and don't like you taking up part of the road and sometimes how the mosquito population is doing at any given moment in time. In other words, you really get to know a place in an intimate way, good and troubling, pleasant and messy.

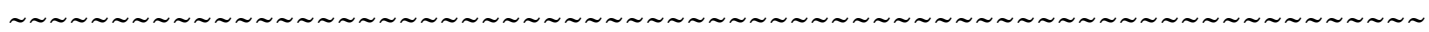
You see and experience things and people that you might otherwise miss going 55-60 mph. I think about Jesus' ministry and how critical the season of Lent and Easter Sunday is to the depth and steadiness of our faith. Of course, there wasn't much of an option. Lent and Easter come along every year; however, those seasons also remind us of the many stories in which Jesus changed somebody's life because he noticed somebody, or somebody noticed him?

In order for that to happen, you have to slow down and get close to the world around you. You have to open yourself up to being interrupted.

As we continue to walk together post Easter... that's my hope. To slow down a little bit if the spirit allows. To experience life a bit differently... by taking a little more time to try and catch that trophy largemouth bass for a photo in my office, take more bike rides, sit at more bonfires, maybe join some of you at the lake for a day, or sit on the front porch for a bit with a neighbor or friend who stopped by.

I invite you to help me do that work, showing and sharing with me what you see, so together we can share the stories of God at work in our midst of our church and community.

Blessings to each of you!! *Pastor Jeff*



2024 Council

- President - Bob Juncker
- Vice-Pres/Membership – Stacy Wagner
- Worship – Rosie Bogard
- Secretary – Andrea Singer
- Treasurer – Patrick Schroeder
- Stewardship – Adam Kendall
- Property – Russ Roehr
- Recreation – Carl Barchet
- Christian Ed – Lauren Kern



Memorial funds of Bob & Donna Reineke, Alvin Roehr, Patty LeGrange and Ruby Schroeder were used in February 2024 to purchase the new AED.

Memorial funds of Tony Weller and Sharon Schroeder were used in November 2023 and March 2024 to seal the basketball court and purchase a new basketball goal.

We thank the families and donors for these gifts.

Council Meeting Highlights – 3-12-24

2/29 YTD Regular Offering: \$23,798.70
2/29 YTD General Fund Income: \$25,078.91
2/29 YTD General Fund Expense: \$28,769.52

Solar Update – This subcommittee will meet with interested parties, then compile the information to present. Once it is narrowed to this, then a capital campaign can be strategized. The subcommittee members will do the brunt of the work. Dan Hoffman, Jim Droege, and Greg Schmitt have asked to join the subcommittee.

Save the Date!

Zion Lippe Vacation Bible School will be from 5:30- 7:30 PM on June 30, July 1, 2
Theme: Christmas in July: Learn the True Reason for the Season of Giving!
Anyone interested in helping with planning should reach out to Lauren Kern.

Basketball Goal Project - Installers had a scheduling conflict on March 20 so the concrete foundation will be poured on March 27. The goal will be set the following week on Wednesday, April 3.

Pastor Jeff will be taking vacation on April 1st-7th. Jason Emmerson, former director United Caring Services, has agreed to fill in on Sunday April 7.

Next Council meeting: Tuesday, April 9th, 6 pm

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**CENTER FOR CONGREGATIONS MENTAL HEALTH INITIATIVE (MHI)**

Zion Lippe United Church of Christ has been chosen as one of 29 congregations to receive the Center for Congregations Mental Health Initiative grant. What an honor it is to be selected to move forward with this possibility. In the near future there will be informational gatherings, meetings, and planning to formulate a complete grant for submission. **We would love to have you help us create that vision.** Please let Pastor Jeff know if you would be interested in being a part of this grant process.

In the meantime, a little more about this wonderful opportunity. The Mental Health Initiative is an education and grant initiative designed to assist Indiana congregations in addressing mental health and wellness among their members. This opportunity includes educational sessions and a grant of up to \$40,000 to fund expenses and activities that support mental health programming in congregations.

As a result of participating in this Mental Health Initiative, we hope to:

- \* Understand ways that the congregation can benefit from the intersection of mental and spiritual wellness.
- \* Harness our congregation's spiritual practices and faith claims to promote healing and mental well-being.
- \* Understand cultural dynamics that can limit the discussion of mental health in congregations.
- \* Equip themselves to identify and offer mental health resources to support their faith community.
- \* Find rejuvenation and healing while learning how to offer it to their own congregation.
- \* Learn ways to support clergy people and their spiritual and mental wellness.

This grant awards 90% funding up to \$40,000 and will require a 10% commitment from each participating congregation.

## **SOCIAL MEDIA USE AND CHILDREN**

It is always a good time to talk about and begin new routines with children and focus on building healthy habits. One of the most important elements of adolescent and teen mental health relates to their use of social media. The U.S. Surgeon General recently issued an advisory stating that widespread social media use among kids and teens poses a significant mental health risk that needs to be addressed immediately.

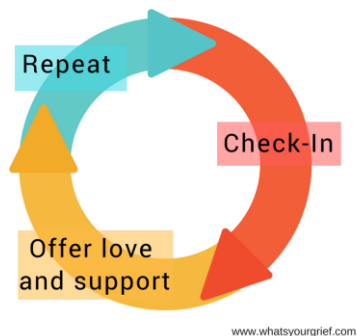
For many parents, limiting their kids' use of social media is daunting, with so many social media platforms so easily available to kids on their phones or tablets. But the Surgeon General's report shows the stark need to build healthy habits on social media. According to the report, social media is used by up to 95% of teens between ages 13 and 17, and more than a third say they use social media "almost constantly."

The American Academy of Pediatrics has developed a useful tool called the Family Media Plan to help guide families on media use in the home. This plan helps you come together as a family and determine what your priorities as a family should be. Your strategies may include: 1.) Set expectations about how your kids' phone or tablet should be used. Use the parental controls available to set times when your child cannot access social media or the internet. 2.) Create tech-free zones like at dinner or before bedtime. Put all devices – including your own – in a drawer during meals. Have a "holding zone" for everyone's phones overnight. 3.) Talk about social media with other parents and work to create shared practices. Parents are truly all in this together, and talking about how others set boundaries may help you establish ideas for new routines and can help you explain to your children that setting limits is not unusual. 4.) Model good behavior for your children. Be "present" when you are with them. Put your own phone or tablet down and listen to and interact with them. 5.) Reach out for help if you or a friend are being harmed by social media. Talk with your parents or a trusted adult about your feelings. **If you or a friend are in crisis, you can find expert information on the National Center of Excellence on Social Media and Youth Mental Health or by calling or texting the suicide hotline 988.**

The Surgeon General's report concludes, "Our children and adolescents don't have the luxury of waiting years until we know the full extent of social media's impact. Their childhoods and development are happening now. At a moment when we are experiencing a national youth mental health crisis, now is the time to act swiftly and decisively to protect children and adolescents from risk of harm."

<https://www.sjmed.com/health-and-wellness/blog/social-media-use-and-children>

## Grief Support Instructions:



Let's have a conversation about grief support and how when done at its best it is ongoing **and evolving**. Unfortunately, people wishing to **support grieving family members and/or friends** tend to envision grief support as an ongoing need to be met, people often think of it as something to be checked off a to-do list: *Send flowers, check. Go to the funeral, check. Make a vague offer of ongoing support, check. Okay, looks like I'm done!*

Now I love checking things off my to-do list as much as the next person. But, as we all know, good grief support doesn't work this way. If a person's grief is ongoing, then grief support ought to be as well.

If you don't believe me, believe the 1,200 grieving people who recently completed our informal survey about good grief support. We asked people which responses from family and friends were most helpful in their grief... *and* which experiences actually had a negative impact. The results showed that 3 of the 4 most common experiences negatively impacting grief are related to avoidance and/or inaction from family and friends:

Specifically...

- 68% said that people seem uncomfortable talking about their grief
- 58% said people avoid bringing up their loved one
- 57% said people have disappeared since their loss

It seems to me that the negative impact of these experiences could be somewhat alleviated if supportive family members and friends conceptualized their role as ongoing as opposed to finite. Now I know talking about grief isn't easy—especially if you're worried about **saying the wrong thing** or if you aren't comfortable with emotion in general—but the only way for individuals and, for that matter, society as a whole to get better at talking about grief is by doing it.

Don't assume a grieving person has all the support they need simply because you know they have plenty of family and friends. It never hurts to check in.

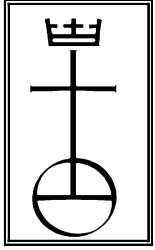
If the person you are trying to support doesn't respond, leads you to believe they need a little space, or declines the type of help you are offering, that's okay. Try not to take it personally; it's not about you. Be open and accepting of their response. Don't get offended. Remember, everyone grieves in their own way and at their own pace. Unless the person outright tells you to let them be, *keep checking in*. Make a mental note to text the person in a few days or a few weeks (this, I will allow you to put it on your to-do list). It's always nice to let the person know you are thinking of them.

Article taken from... <https://whatsyourgrief.com/providing-good-grief-support/>

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Next Sleep in Heavenly Peace bed frame build event is Saturday, April 13th, 8 am – noon at 1303 S Green River Road, Evansville, IN 47715. Let Pastor Jeff know if you are interested or have any questions.



ZION LIPPE UNITED CHURCH OF CHRIST
9000 COPPERLINE ROAD E
MT. VERNON IN 47620



Sunday April 21,
following worship, everyone is
invited to a free-will donation
lunch supporting North Posey
Relay for Life. We will have great food
and prizes! The North Posey Relay for
Life Event will be held August 17 at
Murphy Park in New Harmony. See Hans
Schmitz or Nancy Dougan for more info.



Zion Nursery Center will be
hopping for ALS Association
Indiana Chapter in honor of the
Frank Rynkiewich Family.
Hop-a-thon dates are April 2 & 3.
There will be a donation bucket in
the foyer through Sat. April 6.
Thanks for your support!