



Spirit in Motion

Parish Newsletter
A Community of Hope Congregation

St. Bartholomew
Episcopal Church

October 2008



Brewers with Bishop Miller was another success. Thanks to John Bussey (pictured with wife MaryAnn) for all the work organizing this diocese-wide, fun event!



The children in Children's Worship Level I "walking the line" at the beginning of class. Sunday classes have gotten off to a great start!



Senior Luncheons are back! See p. 4 for info. on this year's theme.



Bikes and boots and toys...oh my! Thank you for the ongoing donations to our Refugee Ministry. Stay tuned for requests as things are needed. See p. 3 for info. on the Refugee Dinner in November.



The ladies who attended the September ECW meeting had a good time with the "Southern Ladies Guide to Hosting a Perfect Funeral." October 14 is the next meeting!



Kada Bush (standing) led the Altar Guild Retreat on Sept. 20. Please see the related article on p. 2.

SAY CHEESE!



LAST CHANCE! There will be two final opportunities to have an updated, color photo taken for the upcoming directory: Sept. 28 & Oct. 5 between services in the north side chapel. You may also email parishadministrator@stbartspewaukee.com or drop off a photo to be scanned. Please see the preview copies of the directory on the table in the Narthex to check your photo status.

EFM

(Education for Ministry)

STARTS SOON!

See p. 3 for more info.

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Stewardship

GIVING TO GOD WHAT IS RIGHT, NOT WHAT IS LEFT!

CONSECRATION SUNDAY is approaching, please plan on being there. The date for Consecration Sunday has been **changed to Nov. 9, 2008** from Nov. 2. On this day you will be asked to fill out your Estimate of Giving card and place it on the altar. You will see information going up in early October, regarding our Consecration Celebration.

As we are aware, all of what we have actually has come from God. We are all blessed with different talents and we should use them to our best ability. As good stewards of

what God has given us, we should strive to share and give back to God. This can be done through tithing or increasing toward tithing. If you feel abundantly blessed, you may want to give thanks through sacrificial giving, which is anything greater than 10%. May God be with you and bless you during this time of prayer and discernment.

In Christ, John Kronshage

*Please note that donations of egg bakes and fruit will be needed for the brunch held on Consecration Sunday.

Watch for sign-up sheets or contact Cheryl Filo.



COMING SOON...CHAINSAW DAY!

Mark your calendars for Sunday, October 19th to make some noise. We have several outdoor projects that require hardy helpers and power tools. Our plans include cutting and shredding small trees on the west property, thinning and pruning scrub trees west of the handicap parking, pruning bushes east of the parish hall, cutting out selected arborvitae trees bordering the memorial garden, and possibly cutting

Building & Grounds

some dead trees for firewood. All of the shredded material will be used for mulch in our gardens. We need lots of workers to help saw, haul, shred, spread, rake, prune, and dig. We also need tools – chainsaws, a chipper, pruners, loppers, wheelbarrows, tubs, shovels, rakes, etc. The work will begin after hospitality and will end when the work is complete or Packer game time (3 PM), whichever comes first. We hope to have lunch provided!

Altar Guild

The next Altar Guild meeting is November 8th from 9 until 12:00 at church with a potluck lunch after the meeting. Anyone interested in joining the altar guild can just come or call Kada Bush. The Altar Guild is in need of the following items: Heavy duty Coat/ Hat tree, One Hour Martinizing

coupons and 3 gallon ice cream pails. If you need help emptying the ice cream, contact Dave Bergles! If you have these items, please contact Kada Bush.



MOPS

Mothers of Preschoolers

Mommy, I need a Band-Aid!

by Sharie Perugini

Paging Dr. Mom – Paging Dr. Mom! You hear the blood-curdling scream from your child in the next room – you race into the room with anticipation of the a severed arm or worse... and find alligator tears streaming down your child's tender face and an outstretched arm with a small cut or bump. As you wipe away those tears and put that Band-Aid on the "boo boo," do you remember what else you're supposed to do? What about hot and cold – when do you apply which? Where do you keep those first-aid supplies? What supplies should you keep on hand in your house? In the car? MOPS wants to provide you a quick refresher course on basic first-aid and some tips that may be helpful so that when "Dr. Mom" is called into action – she is armed and ready with current first-aid know-how and supplies.

Wednesday, October 8th will be our next meeting from 6:45pm-8:45pm in the parish hall at St. Bartholomew. Mary Mauer, St. Bartholomew Parish Nurse, will be providing a refresher course on basic first aid, and we will be assembling first-aid kits to take home – all supplies provided. Childcare is provided. Dues are \$5 per month – but if this is your first time at a MOPS meeting – your first month is free! Come join us for a relaxing evening with other moms and a refresher course on basic first-aid.

If you have any questions, or know someone that we can extend a personal invitation to, please contact Becky Brand (262-370-2643) or Sharie Perugini (262-367-1837).

MOPS – **M**others **O**f **P**reschoolers. We are a group of mothers who have at least one child age birth to kindergarten. We are working moms and we are stay-at-home moms. We are members of different churches of all denominations from the Milwaukee Metro area and have sister MOPS groups all over the world. We meet the second Wednesday of each month to relax, renew and develop new friendships to help ourselves and each other be the best moms that we can be because...*better moms make a better world.*



Pastor's Pen

Dear Parishioners,

Having recently completed the mentor training for EFM, Dr. Mark Batory and I are ready to co-facilitate the upcoming EFM (Education for Ministry) group at St. Bartholomew. The class will begin October 9th, meeting on the 2nd and 4th Thursdays of the month from 6:30 to 9:00 p.m.

EFM is a non-seminary 4 year program with commitments to continue in the program made on a year to year basis.

In the 1st and 2nd years of this program, you will do an in depth study of the Old and New Testaments respectively. Church history is the 3rd year topic followed by theological understandings in the 4th year. These 4 years of study combine to help lay Christians develop a reasoned theological understanding based on Scripture and tradition. With this understanding you will have authentically developed a reasoned understanding of your own beliefs and be equipped to articulate that faith story to others.

In the Book of Common Prayer we say that we believe the Holy Scriptures of the Old and New Testaments to be the Word of God, and to contain all things necessary to salvation.

If you are unsure if EFM is a good fit for you, ask yourself the following: "Am I equipped enough to mentor a young person, in faith, to at least the same degree that I would be able to mentor them to understand and appreciate my favorite sport or hobby?"

In God's Peace, Fr. Tom



Mark Batory at the recent EFM Facilitator training

EFM starts October 9th!!
Contact the office or Mark Batory for
more info. or to register.

Mission & Outreach

Winter Clothing Collection and Give-away

The Pewaukee Interchurch Lay Council/Food Pantry will again sponsor a clothing give-away for food pantry clients, their families, and the needy in the Pewaukee community on Friday and Saturday, Oct. 24 and 25, from 9 a.m. until 2 p.m.

We are looking for winter clothing donations for men, women and especially children. The clothes **must** be in good condition, clean with no stains or holes. If you can offer donations, please bring them to Gethsemane United Methodist Church's **LOWER LEVEL** from Monday Oct. 19 - Thursday Oct. 23 (call Karen and make arrangements for your drop-off). The church office is open between 9 a.m. and 2 p.m. You can

enter the church through the upper level, but PLEASE do not leave clothes upstairs.

We shall need help on Tuesday, Oct. 19 from 9-11 a.m. and 12:30-2 p.m., and on Thursday Oct. 21 from 9-11:30 a.m. to sort the clothing. Help is also needed on Friday and Saturday during the give-away and until the leftover clothes have been packed up and removed from the church.

Clothing not taken will be given to a clothing give-away location in Milwaukee. Call Karen Semrad (691-8759) with questions or if you would like to help.

P.S. If you have clothing racks that we could borrow please bring them early in the week. Thank you for your help.



BURMA



AFGHANISTAN



TURKEY

Refugee Benefit Dinner

Saturday, November 8 at 5:00 p.m.

Enjoy ethnic foods prepared by our Refugee families.

Tickets go on sale soon!



MARY MAUER, RN

Health Quackery: Spotting Health Scams

from Mary Mauer, your Parish Nurse

“... give me wisdom and knowledge.” I Chronicles 1:10

You see the ads everywhere these days — “Smart Drugs for Long Life” or “Arthritis Aches and Pains Disappear Like Magic!” or even testimonials claiming, “This treatment cured my cancer in one week.” It’s easy to understand the appeal of these promises. But there is still plenty of truth to the old saying, “If it sounds too good to be true, it probably is!”

Quacks — people who sell unproven remedies — have been around for years. Today they have more ways than ever to peddle their wares. In addition to TV, radio, magazines, newspapers, infomercials, mail, and even word-of-mouth, they now can use the internet — websites offer miracle cures; emails tell stories of overnight magic. Sadly, older people are often the target for such scams. In fact, a government study found that most victims of health care fraud are over age 65.

The problem is serious. Unproven remedies may be harmful. They may also waste money. And, sometimes, using these remedies keeps people from getting the medical treatment they need.

Unproven remedies promise false hope. One reason health care scams work is that they prey on people who are frightened or in pain. Living with a chronic health problem is hard. It’s easy to see why people might fall for a false promise of a quick and painless cure.

How Can You Protect Yourself From Health Scams?

Be wary. Question what you see or hear in ads or on the internet. Newspapers, magazines, radio, and TV stations do not always check to make sure the claims in their ads are true. Find out about a product before you buy. Don’t let a sales person force you to make a snap decision. Check with your doctor first.

Remember stories about the old snake oil salesman who traveled from town to town making claims for his fabulous product? Well, chances are today’s quack is using the same sales tricks. Look for red flags in ads or promotional material that:

- Promise a quick or painless cure,
- Claim to be made from a special, secret, or ancient

formula — often only available by mail or from one sponsor,

- Use testimonials or undocumented case histories from satisfied patients,
- Claim to be effective for a wide range of ailments,
- Claim to cure a disease (such as arthritis or cancer) that is not yet understood by medical science,
- Offer an additional “free” gift or a larger amount of the product as a “special promotion,” or
- Require advance payment and claim limited availability of the product.

For More Information... Attend one of the Local Aging Conferences / Health Fairs:

✦ **Pewaukee Community Health Fair** on Saturday, November 1st, 2008 at Shepherd of the Hills Lutheran Church. This health fair is planned by the Parish Nurses in the Pewaukee area. **Admission is Free** (See the November newsletter for more information) (Posters will be up soon!)

✦ **Senior Lifestyles Conference** on October 27, 2008 at the Country Springs Hotel in Pewaukee, WI **Donation of \$15**. (Brochures available in the hall, the Parish Hall and Parish Nurse office)

✦ **Envision the Possibilities: Living Well Conference** on Friday, September 26th, 2008 at Country Springs Hotel, Waukesha, WI **Registration \$20 (Registration Deadline: Wednesday, September 10, 2008)** (Brochures in the Parish Hall and Parish Nurse Office)

For More Resources on Identifying Health Scams

Contact Mary Mauer, our Parish Nurse

Heavenly Father of All Wisdom, guide us to the discernment of information that is available to us. Keep us from the temptation of taking the quick and easy way when slow and steady may be the better choice. Give us resources that are helpful and honest. We ask this in the Power of Jesus’ name. Amen.

Senior Luncheon - Back to the Bible This year all of our Senior Luncheons have a Biblical theme. Since the October luncheon falls on October 22nd, the theme is "2 X 2 Noah's Ark." *Genesis 6:19 - "You are to bring into the ark two of all living creatures . . ."* Join us to double your fun and have a healthy lunch at 11:30am. Please call the church by October 20th to RSVP. Thank you.

Prepare...Because You Care ECW had a great start to the season with "How to Have a Proper Southern Funeral." Here's your chance to learn how to plan a Northern funeral that respects your wishes. Join us for an informative and educa-

tional presentation that will simplify the process of getting your personal affairs in order for you and your loved ones upon your death. Planning ahead provides peace of mind, gifts your loved ones, avoids financial burden on your family, and reflects your expressed wishes. **Ice cream sundaes will be served!**

See Mary, our Parish Nurse for additional information.

Please note the October Blood Pressure Screenings will be Oct. 12 (and not the usual 1st Sunday) in Mary Mauer's office!

Children's/Youth Christian Formation

Nursery News!

We have recently welcomed Andrea Boinski as our new Nursery Director. Her experience with children and enthusiasm will make her a great fit to our nursery staff, which also includes Jennifer Carr, Chelsey Shramm and Barb Weirough. Andrea will be incorporating new procedures and projects for the nursery so if you have children ages 0-4, please stay tuned for more information. In the meantime, please keep these general guidelines in mind in regards to the nursery:

- Children ages 0-4 are more than welcome to enter the nursery during services.
- We encourage children over the age of 4 to go to church with their families. This is because we are working with a smaller space, and our upcoming activities and teachings are for the younger age group. If you have an older child, there are activity sheets and crayons available in the Narthex for use during the service.
- Nursery will always be available during the following events:

Sunday Services: 8:45 - 9:45am
11:00am - 12:00pm

Sunday Children's Christian Ed.: 10:00 - 10:50am

MOPS (2nd Wed. of each month): 6:45 - 8:45pm

Nursery can be made available for other programs/classes with advanced notice (at least 7 days, please). Contact the office to make a child care request.

MIDDLE SCHOOL



5th-8th Grade @ St. Bartholomew

Introducing...Middle School Connections! These grades are an important link between what they do in Children's Worship/Catechesis of the Good Shepherd in the younger grades and what they will do in the High School Youth Group. They are starting to make connections to the "bigger picture" and how they fit into that picture. The middle school class is here to help make those connections! Led by Rachel Knuese, a former Middle School teacher, along with Tiffany Hameister and Cassie O'Connor as co-teachers, the class has gotten off to a great start having as many as 14 kids in the class! They have already shared much wisdom in the first couple classes and we look forward to learning along with them as we currently read "Pilgrim's Progress" and then participate in the Community of Hope for Youth program later this year.

Catechesis of the Good Shepherd

Our Monday afternoon children's formation offering begins its second year on Monday, Oct. 6 at 4:30 (children can be dropped off any time after 4:00). The Catechesis of the Good Shepherd is an approach to the religious formation of children pre-K through 8th grade. It is rooted in the Bible, the liturgy of the church, and the educational principles of Maria Montessori. Please contact the office or Laura Noel for more information or to register.

October Birthdays

10/1 - Frank Lange

10/3 - Amber Close

10/4 - Jacob Lange, Bruce Kren

Jennifer Carr, Becky Brand

10/5 - Kristin Bush

10/6 - Louise Thompson, Ryan

Stock, Tanner Kronshage, Kelly

Dwyer

10/9 - Jeff Watter, Daniel Brand,

Harry Baker

10/10 - Diana Stuckslager

10/11 - Carl Bardenwerper

10/17 - Pat Barger, Bill Seymour

10/18 - Gayle Bush

10/19 - Sally Kronshage

10/20 - Lauren Bardenwerper,

Hazel Stock

10/21 - Nichole Noel, Bernard Krauska

10/22 - Amy Lange, Hannah Perugini

10/27 - Manuel Salinas, Stephen Ford,
Ryan Hegwood

10/28 - Ken Bush, Gladys Sutherland

10/31 - Sarah Reichert

October Anniversaries

10/6 - Bill & Amber Close, Rick & Rachel Knuese

10/7 - Richard & Laura Noel

10/8 - Rob & Betsy Hegwood

10/9 - Bill & Kris Desmond

10/14 - Joe & Marie St. Aubin

10/18 - George & Pat Barger

10/23 - Robert & Gladys Sutherland

To be added to the Birthday/Anniversary list or to make corrections, please contact the office.

**St. Bartholomew
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We're on the web!

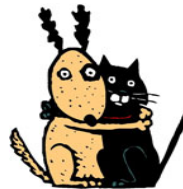
www.stbartspewaukee.com

October Events

Join us for the Feast of St. Francis with a Blessing of the Animals!

Saturday, October 4th at 10:00 a.m.

- All furry, feathered and finned friends are welcome.
- Please have pets on leash or in an appropriate pet carrier.
- Service will be held outside, weather permitting.
- Pet & People treats available after the service!



Israel Slideshow Tuesday, October 7 at 6:30 p.m.



Join us for an informative slide show presentation on traveling through Israel and the Holy Land with parishioners Jim and Wilma Price. Jim and Wilma have graciously agreed to join us Tuesday, October 7 at 6:30 p.m. to share their experience of walking through this ancient land and birth place of Christianity. There will be a time for questions and answers. Refreshments will be served.

Stem Cell Presentation

Sunday, Oct. 19th 3:45-6:00 p.m.

The presentation and discussion will be led by Dr. Ken Reichert. Part of the program will include viewing the DVD "Cutting Through the Spin." *This informative and acclaimed video examines the science and ethics of stem cell research and cloning.* The objective of this program is to share current knowledge of stem cell research and provide participants a place to process the info through a discussion. Our purpose is not to give answers but to provide a forum for discussion. Refreshments will be served and child care is available with advanced notice to the office.

