



The Union News

Union Congregational Church, United Church of Christ

401 Lake Avenue East, PO Box 10, Hackensack, MN 56452-0010

*"No matter who you are or where you are on life's journey—you are welcome here"
An "Open and Affirming" Congregation*



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MARCH 2020

Notes from
Rev. Torri Vande Zande

"Doing" versus "Being"

I am a "doer". I like to DO projects, I like to DO errands, and I like to DO events. I like to stay busy. As a pastor I "do" a lot of things for people.

I have to admit... I've very good at "doing".

"Doing" ministry... "doing" Sunday church services... "doing" calls to people... "doing" lunch or dinner with members from the community... "Doing" is easy. "Doing" is what our society has conditioned us to... "DO".

And there has been more than once I have said...

"If only I had an extra day off I could..." OR

"If only I had more time I would..." OR

"if only I didn't have to work I should..."

"if only..."

Well, "if only" has arrived. This past week the Governor of Minnesota has given everyone in the state a "shelter-at-home" order. That means we all "hunker down" and wait. This limits my ability to "do" things and it annoys me.

I don't know about you, but I am finding that without "doing" things... I feel a bit lost. I have anxiety because I feel like I should be "doing" something.

And I think many people feel that way right now. We have time, we have quiet, and we don't know what to "do" with it.

But I want to challenge you with something I have been wrestling with lately. I have been thinking about the difference between "doing" and "being". When was the last time I really concentrated on "being".

"Being" more kind. "Being" more observant. "Being" more patient. "Being" more available. "Being" more loving. "Being" more intentional. "Being" more lovable. "Being" a more descent human **being**.

Maybe this time is meant to work on our humanity and redefining what it means to be human.

(continues on 2)

(continued from 1)

Sunday Worship at 9:30 A.M. **Communion: First Sunday each Month**
Coffee and Fellowship Following Service at 10:30 A.M.

Church Staff

Pastor.....Rev. Torri Vande Zande
 Church Secretary.....Sabbastian Wilson-Webb
 Financial Secretary.....Don Hoppe
 Treasurer.....Sheryl Kaubisch
 Choir Director..... Sheryl Kaubisch
 Bell Choir Director.....Heidi Hoppe
 Organists.....Sheryl Kaubisch
 Pianist..... Kathleen Millberg, Barb Nish
 Custodian.....Sue Johnson
 "Morning Out".....Sue Johnson

Church Council

Moderator.....Joni Kumpula
 Vice-Moderator.....Tom Cox
 Clerk.....Karen Holle
 Board of Financial Stewardship.....Don Hoppe

Ministry Teams:
 Christian Learning.....Jo Horak
 Congregational Life.....Margaret Zieffler
 Facilities.....Mike Bohanon and Ron Merritt
 Personnel.....Church Council
 Worship.....Heidi Hoppe
 Men's Fellowship.....Ron Merritt
 Women's Fellowship.....Linda Merritt

We are created by a loving God who created us to love. We love God and we do our best to love others. What does that look like for us now, in this situation?

I want to challenge you to ask yourself a questions every-day until this all ends. Do not ask yourself, "What do I want to **DO** today?" But ask yourself, "What do I want to **BE** today?" Whatever we decide to be will determine what we do.

My friends, when this is over, may we become people who look more like Jesus. May our doing flow out of who we are becoming. Let us find rest and peace in the comfort of know God is in control, and also in the midst of all of this allow God to transform us into who God wants us to be.

May the peace of Christ dwell in you.

In Christ Alone,

Pastor Torri



APRIL BIRTHDAYS

- April 1 Tom Forrest
Gene Hensel
- April 3 Randy Johnson
Burton Wook
- April 4 Dan Kayser
Carl Larson
- April 5 Ron Merritt
- April 7 Jim McGill
- April 9 Madeline McGill
- April 17 Kevin Kundert
- April 25 Jerry Wignall
- April 26 Marissa VanVickle
- April 29 Karen Holle

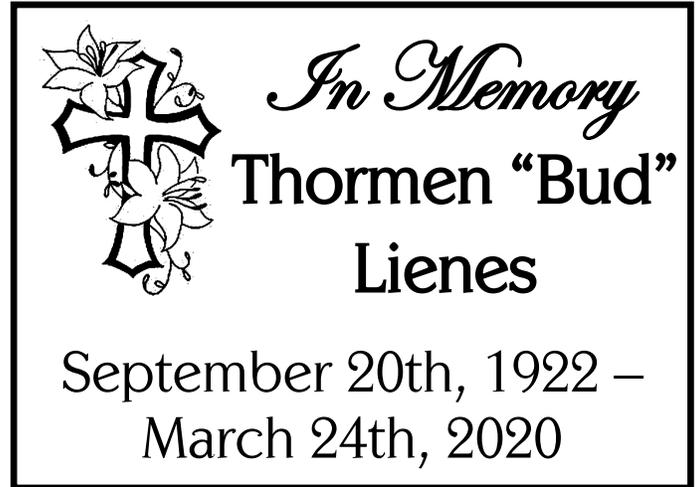


MODERATOR'S NOTES

Spring greetings, what a different world we now live in. Lots of changes since my last greetings. I am now home all of the time. When this is over my house, basement and garage should be spotless. I have the time to clean. Well, we'll see how good I really am! I am thrilled to use up all that freezer burned meat in my freezer. I really miss extra people at the dining room table, one of my biggest joys. We all still have the gardens to worry about.

Union is also different, not really closed even though the doors are locked and pews empty. 'We are all communicating in different ways. All listening and seeing Torri on line and e-mailing, messaging and calling each other. It does work. The Wednesday night community meals are continuing as I write this. However we don't know how long. We are sending out lots of tasty meals. The income is greatly less and if you could choose to help by donating it would be greatly appreciated. Donate to community meals by a check to Union and mail it to church. Also don't forget your Sunday offering is missing. So don't hesitate to mail it to church. Even though we are not in the building I bet we are all praying more, for all of our loved ones, friends, community and nation. When we all do our share we will get through this together and be stronger than ever.

Keep smiling and we'll talk! Joni



IMPORTANT ANNOUNCEMENT

Due to the COVID-19 Pandemic, several of our in-person services and events have been canceled, or postponed until further notice—such as the following:

- Bible Study
- Men's Fellowship
- Women's Fellowship
- Easter Food Box Packing/Delivery
- Morning Out

Some of our events that will look different during this time will follow:

Sunday Services will take place over Facebook live, and then will be uploaded to the church YouTube channel Monday morning.

Community Table will be replaced with meals available for pick-up and delivery on Wednesday evenings.

Please look for additional information and updates on our website at www.unioncchackensack.com and our Facebook page Union Congregational UCC Hackensack, MN



**Union Congregational Church , UCC
Council Meeting of March 19, 2020
Minutes**

Present: Moderator Joni Kumpula, Pastor Torri Vande Zande, Mary Parish, Caryl Allen, Mike Bohanon, Ron Merritt, Linda Merritt, Jo Horak, Tom Cox, Don Hoppe, Heidi Hoppe, and Karen Holle (by phone)

The meeting was called to order by the moderator and a convening prayer was offered by Heidi (Torri's mouth was full of one of Joni's delicious cookies. Thanks for providing the treats.)

The agenda was approved. The minutes of the previous meeting were also approved (Don/Caryl)

Pastor's Report: Torri did not have a written report. Instead, in light of the COVID-19 situation, we went through the current membership list and indicated those members and friends who might be isolated and in need of calls or notes. We selected over 30 individuals who we feel need particular support during the isolation period. **Please let everyone know the church's emergency number for contact while the office is closed. Sabbastian will answer during office hours, otherwise Torri will answer. Also let everyone know services (Lenten and Sunday) are available on our Facebook page.**

Financial Stewardship: Don reported February income of \$10,374.83 and expenses of \$12,384.37. However, he feels we are in a stable position because the year-to-date income is \$21,360 and expenses are \$17,495, we have already received \$8,133 in March, and the Fetzer donation is expected soon. Additional donations in the amount of \$2,070 have been received for the Food Shelf appeal.

Caryl is providing monthly or quarterly reports to ministry teams indicating their budget amounts and activity. Worship, Christian Learning, and Facilities all expressed their desire to receive reports and their thanks for the Board providing this information.

Jo asked whether we can receive donations/pledges via the internet. Don replied that at the present time, we only receive payments by check, cash, electronic funds transfer, and stock transfer. The Board would like to make on-line giving available in the future.

Motion(Ron/Jo) to accept donations from the AA meeting in lieu of a charge for their use of our facilities. passed

Facilities: There has been a small leak in the sanctuary from the ice dams which formed this winter. The damage seems minimal and may only require a paint touchup.

There was a discussion of making the lower level door handicap accessible. Ron will seek information for both an electronic door and a non-electronic door and bring the information to the council for review.

Regarding the solar plans update, Rreal Solar bid a 40KV system on our north property at \$140,000. Ron is contacting Jim Ballentin who has a solar system to see what he thinks of the quote.

Personnel: There was a lengthy discussion regarding Sue Johnson, our custodian/Morning Out coordinator/Wednesday night chef. Sue is invaluable to our church, and we don't want to lose her. Morning out is cancelled, possibly for the rest of the school season, and probably for the future (due to low attendance this year). Wednesday night meals at church have also been suspended, although we will prepare meals for pick up or delivery.

Motion (Mike/Tom) to increase Wednesday night payment from \$25 to \$100 per night. Defeated.

Motion (Don/Mike) to pay Wednesday night chef \$15 per hour for 6 hours. Tabled.

Motion (Mary/Linda) to increase custodial hours by 2. Passed

Motion (Don/Ron) to pay chef \$90 per week as a contractor (to avoid withholding). Passed

Question was raised whether a single person could be an employee for one job and a contractor for another. It was decided to prepare a written contract for the Wednesday night chef clearly stating it is a contracted position.

Several people pointed out that custodian sometimes leaves doors unlocked when alone in the building. We will instruct her to **keep doors locked at all times when she is here alone**. Pastor Torri and Moderator Joni will discuss these issues with Sue.

Clerk's Report None

Congregational Life: No further report.

Worship: Lenten Services and Sunday morning services will be on line only. Pass the word to everyone you talk to.

Women's Fellowship: Prayer Bears and blankets are still being made, although we will not deliver till pandemic subsides.

Men's Fellowship: Still planning to prepare Easter food baskets on April 10 at 9:00.

Christian Learning: Planning for summer continues. On line team meeting will be held on March 29, and VBS team will meet on March 30.

Justice Ministry: Meeting was cancelled, so there is no report.

Moderator's Moment: Plans are going ahead for the NAC Art Fair pie booth. Additionally, at the request of NAC, Union will provide internet access for the Community Building on the day of the fair so vendors can access the internet.

Newsletter: Deadline is March 25

Old Business: Question was raised regarding the cost for Triad to use our facilities for their fish fry. The cost is \$50 for custodian's services.

Meeting closed with a prayer by Pastor Torri.

Thanks to Joni for cookies and thanks to Mike for shoveling the entryway. Motion (Mary/Ron) to adjourn. Next meeting will be Thursday, April 16, at 1 p.m. Scribe: Heidi Hoppe

Reimagining Wednesday Night Meals

Union Church has provided hot Community Meals on Wednesdays during September-May at no cost for many years. During these times of social distancing, we wish to continue this service. Here's how it will look:

We will use a pick-up/delivery system operating out of the church Upper Level West entrance. **Reservations for meals should be made by 12:00 Noon each Tuesday.** Please include total number of meals, any special food allergies, or delivery needs. Contact Jo at (651) 274-2145 OR Sue if you are already on her list. *Call only one number/mail please!*

Meals will be ready for pick-up at 4:00 PM as you drive by. There will be no need to leave your car! Volunteers will bring meals to your car with a smile. Meal containers are eco-friendly so no need to save them for next time. New ones will be used for each week! Union Church is very eco-friendly but safety of all is high priority during this time so personal containers will NOT be permitted for pick-up. Along with your meals you will receive information about the Lenten/Sunday morning services available on church websites.

We ask for your support and patience in attempting this new way of getting meals to those who wish them. Menu items will be announced in advance. Blessing to you and yours come with each meal!

The Union Church Team

CALLING ALL SEWERS/QUILTERS

Our hospitals are in short supply of masks as they fight this COVID-19 pandemic. You can help! Homemade masks are less effective than regulation masks, but much better than no protection. Please join the Facebook group "A Stitch in Time Saves Live – Northern and Central Minnesota" to plug-in.

<https://www.facebook.com/groups/StitchInTimeFacemasks/>

*NOTE According to the CDC, a homemade mask is protection of last resort, when certified N-95 masks are in short supply or unavailable. A higher level of protection may be possible with the addition of a face shield worn properly over the fabric masks. A company in Brainerd is working on face shields that can be used over a regulation mask, or other masks. Contact Rob Garberich, Consumer Products Division, LINDAR Corporation in Brainerd, 218-822-4528. Masks are \$2.25 each regardless of quantity.



CAESAR'S TALES

Hi, my name is Caesar and I am the church dog! "Rabbit Season" is almost here! My human calls it "Easter". I call it "Rabbit Season" because I see more rabbits on the TV and on items my human brings home (she calls them Peeps!)

I have been going to church every Wednesday night with my human and my human's friend, Pastor Judy, so they can talk into a little black box they call Facebook live. I do not really understand what is happening, but they have "the dot" (my human calls it the projector remote) in their hands all the time and I love "the dot".

(Note from Caesar's human: Our projector remote has a laser pointer on it. Caesar loves it!)

Yes! I love it! Sometimes I chase it, but I have yet to catch it. I will one day trap it and make it mine!

Lately my human has been using "the dot" more and she has been talking to the Facebook live box a lot too. I do not understand everything, but I know our routine is changing. We do not go into the church much anymore, but my human told me this is only temporary and we will be back in the church building soon. This makes me wonder, "Is Rabbit season cancelled?"

My human also told me that church does not stop. Humans might not be gathering together to howl and make noises to their God, but they are still "THE CHURCH". This confused me, so I listened very carefully to my human when she was explaining it to one of the other humans from church. My human said, "Church does not stop. It adapts." Now, I found that to sound crazy because how can a building adapt? But then I started realizing, maybe the Church is not a building... maybe Church is humans?

If that is true, then I think that is great! I mean, a group of dogs is called a "pack", so why can't a group of humans be called a "Church"? And if this is true, that means... RABBIT SEASON IS ON! Oh, excuse me... EASTER IS ON! That is fantastic!

So I rejoice with all my human friends during this time of Easter. May this season bring you hope and healing!

Have a Barky Day!

Caesar

"The Church Dog"



Celebrating the Past – Myra Damm, historian

Care Bears

Perhaps you've heard talk of bagging "Care Bears" in the last couple of weeks. These bears have a wonderful history in our church. They have been an on going project of the Women's Fellowship since the early 1990's. They were started by Ann De Gray and Joanne Moran as a way to bring comfort to people who are going thru serious illness or trauma as a way to let the recipient know they are thought of with love and prayers. The bears can come in black, brown, prints, floral, plain or loud, giving each a personality. The bears also come with a card expressing the care and concern for the recipient from UCC.

At a Fellowship meeting the bears are cut out of various types of fabric, they are then taken home by various members to be sewn, faces are added. At another meeting the bears are stuffed, completed and are ready to be sent to someone in need of comfort.

They are then put in a bookshelf in the Friendship Hall. Lots of bears to choose from, each in their own little bag. A great gift to share and let someone know you care about them.

If you are in the Friendship Hall you will see a bookcase on the back wall with a nice display of "Care Bears" bagged and ready to be delivered when a request is made. You are asked to sign our name and the recipient's name in the book that is provided for our records.

FINANCIAL STEWARDSHIP

Being the Church

Union Church is still here in this different, strange and troubling time. We may not be gathering and worshipping together at the church, but we continue to be the Church. Pastor Torri continues to prepare and present Wednesday Lenten and Sunday morning worship services on Facebook Live or later on the church website. We continue to keep in touch by the website, Facebook, Zoom, telephone, email, and written communication. The Community Meal continues to be prepared by dedicated people, to be picked up or delivered to those who or are more distant or are not comfortable in leaving their homes at this time.

Even though our church building is pretty well shut down, we still have expenses for heat and electricity and we have staff that does the Church's work. Please remember to send your pledges or donations to Union Church by mail.

Union Congregational UCC
401 Lake Avenue,
Hackensack MN 56452
ATTN: Don Hoppe

Stay safe and healthy, keep in contact with one another, and be thankful for Christ's abiding love.

Don Hoppe, Chair of the Board of Financial Stewardship

Immune Boosters to Fight COVID-19

- Selenium 55 mg per day found in: Raw spinach, kale, cabbage, and broccoli
 - Black tea
 - Black seed oil
 - Vitamin C
 - Zinc (in Cold-Eeze)
 - Elderberry (in Cold-Eeze)
 - Raw ginger root (best in tea)
 - Apple cider vinegar
- Lemon Zinger Tea 2tbsp or fresh lemons
 - Stay hydrated

CHRISTIAN LEARNING

In this time of crisis and concern it is especially important that we call on faith-based activities to sustain us as we go through these events together. Christian Learning wants to maintain service to as many members and others as possible even if we do it in different ways during this challenging crisis. We are all in this together!

The Christian Learning Team adopted the following changes:

Bible Study

Monday Morning Bible Study Group will not meet physically in the church between 10:00-10:30 AM for coffee and conversation or Bible Study at 10:30-11:00 AM. Instead we will gather spiritually wherever we are physically during those times to study, read bibles, share prayers for our group and other folks. We may even enjoy a snack! Gratitude given to God for our many blessings!

Morning Out

The Friday Morning Out program for preschoolers has been suspended for an indefinite time. Last year we had a large core group of kids who were able to attend regularly but this year has been different. For a variety of reasons the numbers have decreased substantially this Spring. Now other schools and preschools are closed due to virus and we have decided to do the same. This is a September-May program but closure will be done immediately. Funding directed to this no-cost public program may be reallocated in a variety of ways to serve other areas of need-such as special cleaning and sanitizing. Grateful thanks to parents, kids, staff, and volunteers who have participated in this no-cost public program over the years. Have Hope for the future!

Community Table

Therefore, our Lenten Meals and the Community Meals at Union Church will be ongoing but with a twist. They will still be on a Wednesday but with a different time and delivery system.

Sue and her assistants, the Christian Learning Team, the Congregational Life Team, various members, will be preparing, packing, and giving out meals for pick-up and delivery on Wednesday, April 1st, and beyond. More info is listed elsewhere in this newsletter. Let's try something new and have Faith for our future!

Treasure Sale and VBS

As of now planning is still on target for the Treasure Sale June 10-13. Many items and volunteers needed.

The VBS Program is June 24-26. Our theme for VBS is Space Explorers for God. Wonderful lessons and good resources will be shared. We invite all to participate as you are able in these great projects at Union Church.

Have a joyful Spirit and share it with others. We will come together at this time with God's Grace and Love.

The Christian Learning Team

LIFE IN THE WORLD OF CORONAVIRUS

When my husband first started talking about social distancing I listened with a partially open mind. That is easy for him to talk about. He spends his days reading, making origami, and interacts with pretty much no one, except me, our dog, and our daughter by phone. David has pulmonary sarcoidosis, a disease he takes medicine for that leaves him very vulnerable to infections. I, on the other hand, see people every day. I go to yoga classes, I volunteer at church, and I swim every week. I like doing errands and talking to people. Then I come home and rest in the quiet and comfort of my home.

When David first told me that I needed to curtail my exposure to the outside world I thought he was being extreme. He didn't want me to go to church, to see the chiropractor, to go to yoga, to get a massage, etc. He wanted me to wear gloves when going to the grocery store or when pumping gas. Despite my feelings that my husband was being extreme I agreed to do what he asked of me. Now, two weeks later, I realize how necessary these actions are for our safety and the safety of others.

This is what I have done for the last two weeks: Yesterday I power cleaned my refrigerator. It was pretty gross and is now shiny and new seeming. (It is 25 years old). I have gone through and purged old flyers and information from camping trips we took 25 years ago. (I don't camp anymore). I am cleaning my own house. (I am leaving my wonderful housekeeper checks every two weeks even though she does not come here). I am watching church services on the computer. (It is still nice). Today I am making a big pan of Natalie Holle's bread pudding to be given out at Family Table. (I will not be there to help but will enjoy making the pudding). I do yoga on line. (I have learned that my dog likes to share the yoga mat with me). I write notes by email or text to my friends and they send me notes. (That is fun).

Before this is all over I expect I will have cleaned and re-organized my garages and will have cleaned out a storage room in my house. I may have made some new wool applique projects. I have enough fabric to sew for a year without buying anything. I am on book 9 of a 25 book series called V PLAGUE BOOKS BY DIRK PATTON. I don't really recommend these books unless you enjoy disaster books with a lot of violence. I just love the fact that I can keep jumping from one book to the other without having to meet new characters. It is very comforting.

Someone just texted me the definition of a "covidiot". This is someone who ignores the warnings regarding public health or safety during the worldwide coronavirus outbreak. Let's not do that. Stay in and stay well.

Karen Holle

COVID-19: Advice from Multiple Doctors Consolidated

- The virus causes mucus build up and therefore blockage that hardens in the lungs and pathways
 - Drink lots of hot water, warm teas
 - Gargle with antiseptic (salt, lemon, vinegar) daily
 - Virus attaches itself to hair and clothes
 - Shower after you go anywhere.
 - Avoid touching hand rails and door handles
 - Wash hands every 20 minutes and do so for 20 seconds
 - Elevate Zinc and Vitamin C intake
 - Continue to eat healthy, reduce sugar intake, no/limit alcohol
 - Avoid getting the common flu or anything that weakens the immune system
- Feeling different? Throat hurting? Attack this immediately. The virus remains for 3-4 days in throat before it passes to lungs.
- Refrain from taking ibuprofen/Advil at all during this time. It appears to speed up and worsen the virus effects.



We're kicking off Spring Quarter here at Kokoro, although it looks a little different at the moment. Classes have moved online in response to the COVID-19 pandemic, and students are still getting quality instruction via Skype, FaceTime, or other video services that work for both the student and their instructor. It's a crazy time we live in, and music helps keep our instructors that much more sane!

So what does a video lesson look like anyway?

Anyone with a way to access the internet – i.e. phone, laptop, tablet (computers and laptops work best!) – just has to set their device up in a way that the instructor can see their fingers, hands, and anything else required to play their instrument. Your instructor can help with this (sometimes we aren't aware of everything we're playing with – did you know that pianists are using their biceps when they play loud notes?)

The instructor will call the student at their lesson time, they'll exchange greetings, work out any camera snafus (typically just during the first remote lesson), and then proceed with the lesson as normal. No, really, it's that simple. Nobody even has to leave their house!

Well, it's not all silver and gold. There are a couple of caveats to remote teaching vs. in-person teaching.

The Pitfalls

Students and instructors can't play together during a remote lesson. Due to technical mumbo-jumbo with how the internet works, everything is delayed by a little less than a second, making it impossible to properly play duets.

Also, for certain instruments, such as piano, voice, or violin, there are aspects of developing a good sound that can't be effectively taught over the internet. Even the best microphone in the world will leave some of the most important information out! Thankfully, this mostly matters for advanced performers of acoustic styles of music (like classical, or folk music around a campfire). Beginners and intermediate can still learn a lot about their sound in remote lessons, and if you primarily "plug-in" to play music (i.e. pop, rock, and blues to name a few), with a decent microphone you're pretty much in the clear.

And even advanced students in an acoustic style have a lot they can learn remotely: music theory, composition, improvisation, reading techniques, ways to eliminate tension – maybe you could even pick up a second instrument!

Hopefully this has given you a bit of insight into the world of remote lessons. We're still taking registrations for Spring Quarter, and since we're teaching remotely, anyone anywhere can take them! Please email kokoroperformingarts@gmail.com for more information.

by Sabbastian Wilson-Webb

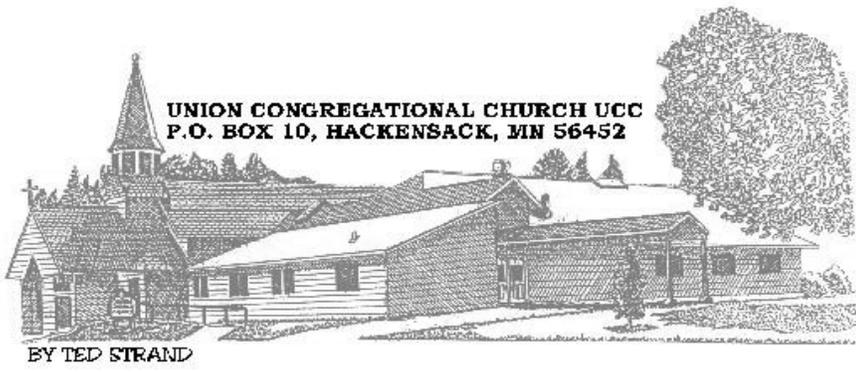


Union Congregational Church, UCC, Hackensack MN

APRIL 2020

* = Community Event held at the church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:30pm Community Table Pickup/Delivery	2	3	4
5 Worship 9:30am (Facebook)	6	7	8 2:00pm Justice Team Ministry Meeting (Zoom) 5:30pm Community Table Pickup/Delivery	9	10	11
12 Easter Worship 9:30am (Facebook)	13 Office Closed	14 5:30pm Financial Team Meeting (Zoom)	15 5:30 Story Time with Torri (Facebook) 5:30pm Community Table Pickup/Delivery	16 1:00pm Council (Zoom)	17	18
19 Worship 9:30am (Facebook)	20	21	22 5:30pm Community Table Pickup/Delivery	23	24	25
26 Worship 9:30am (Facebook)	27	28	29 5:30pm Community Table Pickup/Delivery	30		



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2020

Important Information about
Church Services and Ministry inside
Are you a sewer/quilter?
You can help our doctors!

