

North Shore Church News

g r o w i n g G o d ' s c h u r c h



OUR PURPOSE IS TO GROW AND DEEPEN
CHRISTIAN DISCIPLESHIP
IN A FAITH COMMUNITY GUIDED BY THE
HOLY SPIRIT.

January 2016

“A Few Thoughts On.....”

Congregationalism and NSCC in 2016

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Sunday Morning
8:00 Worship—Chapel
9:00 Confirmation, Children's Choir &
Centering Prayer
10:00 Worship—Sanctuary
11:00 Coffee & Fellowship
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Point, WI

Vol. 34 Issue 1



As many of you know, I had the privilege, this fall, of teaching a course on the basic history and tenets of Congregationalism that we titled Congregationalism 101. In a nutshell, the goal of the course was to enable the participants to more readily and effectively answer the simply question, ‘What is a Congregational Church?’ Every week a group of 20-25 gathered to dig a little more deeply into that question, and each week I was blessed by the thoughtful attention, questions, and discussion brought forth from the group. Our final session, however, came with a new challenge for me. Simply stated, the participant asked me to come up with the definition of Congregationalism in ‘three sentences or less.’ So, for the past few weeks, I’ve been working on that very task. I’m not sure I’m done with it yet, but this is where I’ve come so far...

*Congregationalism is a tradition in which we gather in **faith**, under the headship of Christ, ever-led by the Spirit in our prayer, worship, teaching and service. A member of a Congregational Church typically subscribes to the fundamental theological principle that ‘Jesus is Lord,’ but comes together with other members **free** from the dictates of a common creed (or other delineated statement of beliefs), and, instead, ‘owns’ a covenant in which we promise to support one another, work with one another, and journey with one another as we seek to grow closer to God, and who God longs for us to be. In a Congregational Church, each Church is free from the control of a denomination, synod, or other ecclesiastical body, but is equally bound to the importance of **fellowship** with other Congregational Churches, through and with which we can grow, serve, advise and thrive.*

I could go on and on with my thoughts on the beauties and challenges of our way (just ask someone who attended the class – they listened to me for nine weeks!). But, in light of the challenge that was placed before me, I will leave it at

Congregationalism and NSCC in 2016, cont...

those words and, instead, say this...

As we head into 2016, and everything God has in store for us, there is so much for which I am thankful, and so many things to which I look forward. I can't wait to continue to 'settle in' with my family and start to reach our new 'normal' – getting beyond the early stages of moving in, work transitions, etc... I'm anxious for the full year ahead in which we can continue to explore the opportunities SE Wisconsin provides for us. I'm thrilled to continue to strengthen long-standing relationships that have been re-awakened since moving back to WI while continuing to be blessed by new ones that are just spawning.

As much as any of this, however, I look forward to all that 2016 has in store for us at North Shore Congregational Church. As I look at that definition of Congregationalism – one that drives home our centered faith, distinct freedom and foundational fellowship – I simply cannot wait for this year of serving side by side, praying hand in hand, worshipping one next to another, and discovering together the blessings, privileges and opportunities God has in store for our church family in 2016 and beyond.

Happy New Year, and here's to a Wonderful 2016!!

-Marty

Hosanna Industries, Inc.

Calling all Mission Trip Members...

Save the date for the 2016 Hosanna Mission Trip in Western Pennsylvania: Saturday, June 18 - Friday, June 24.

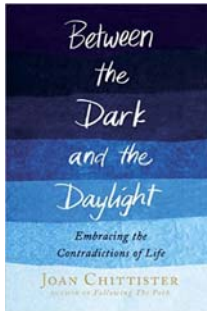
This is a cross-generational week of work, fellowship, spiritual growth, and building God's Kingdom! Ages 12 and older, all levels of fitness, and all levels of expertise are needed. If you are interested in being a member of the Meal Team or serving on the Mission Team please contact David Schimpf 262-242-8709.

Look for a gathering in mid-January to discuss further details!



EDUCATION AND FORMATION OPPORTUNITIES

Tuesday Morning Book Group



Tuesday Morning Book Group meets in Friendship Lounge from 10 – 11 am. We continue reading and talking about Joan Chittister's book *Between the Dark and the Daylight: Embracing Contradictions of Life*. Join us, you are always welcome!



The Friday Men's Discussion Group would like to invite all interested men to join them for an time of fellowship and discussion every Friday morning. We meet at 6:45 AM at the Family Table restaurant, 6598 W Brown Deer Rd, Brown Deer WI, 3223. After sharing a meal we have a short devotional and discuss a chapter or two from a book. We wrap up by 8 AM.

The books we read are nominated by the participants and range from Christian biographies, to world politics, to scholarly biblical studies and everything in between. Often times the discussions are more enlightening than the books.

We know that not everyone can make it every week. We are blessed, and we believe you will be blessed, whenever you can come. Please join us for breakfast and joy-filled spiritual food.



Thursday Morning Bible Study from 9:30 to 11:00 is rich in discussion, fellowship and learning. We are focusing on Matthew's Gospel and encourage you to join us.

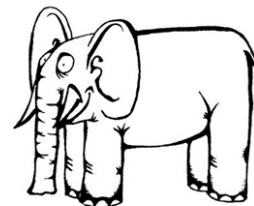


Moms 'n' More! Come Friday, January 15, from 9:30-11:00. Tired of the same 'ol dinners? This month we will gather, cook up 6 different recipes and divide them into family portions. Please come that day, help cook and take your portions home. Unable to be there? Contact Katy Nelson and let her know. We will divide the cost and portions between ALL who sign up! Contract Katy at kanelson4@yahoo.com

FELLOWSHIP AND OUTREACH OPPORTUNITIES

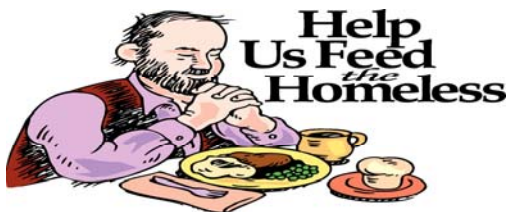


Lydia Circle White Elephant Fun(d) Raiser.
Mon., Jan. 25 @ 9:30am in Friendship Lounge.



Wrap up those unwanted, unused, regifted,
forgotten treasures and bring \$\$\$ to buy those of others.

This event is a laughter filled, heartwarming time with friends
during this dreary, cold time of the year. Bring a friend!



January 3rd, begin the New Year reaching out to
others. Gather in the church kitchen after
worship making bag lunches for Repairers of the
Breach (daytime homeless center), OR donate items for lunch making. This is an
intergenerational ministry! Thank you to the team of volunteers who shop ahead of time or
deliver lunches on Monday mornings.

Do not forget! The First Sunday of each month we extend our table to our neighbors
in need by bringing in non perishable food items (see boxes by the north and south doors).



Knit Together by God

Knit together by God ! Come
January 15 to Friendship lounge
1-2 pm. It's time to start some
of those post-Christmas
projects. Knot a Knitter yet?
We can fix that! Join us.

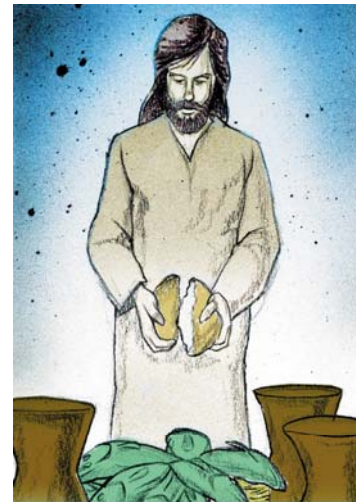
**MONTHLY OPPORTUNITY TO SERVE
BRANCH OUT IN THE COMMUNITY**

**LOAVES AND FISHES
January 19, 2016**

CASSEROLES

DESSERTS

Tollefson	Dowsett
Bartlett	J. Hadcock
Cook	Krueger
Quilling	Lange
Papineau	Lemorande
Shawger	Holmes
McGinn	Levatich
Bauzenberger	Tornetta
Enea	Weber
Gaelenson	Wood
-----	Zganjar
-----	Krosnosky



MAN DOES NOT LIVE ON
BREAD ALONE BUT ON
EVERY WORD THAT COMES FROM
THE MOUTH OF THE LORD.
DEUTERONOMY 8:3

DRIVERS

Osborne	Quilling	Block
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SERVERS

Schuyler	Papineau
Schuyler	Papineau
Schuyler	Papineau
Schuyler	Papineau

CALENDAR OF EVENTS LOOKING FORWARD

Two events in January for families sponsored by REDgen a North Shore organization focused on building resiliency in families. Both events are free and open to the public.

Wednesday January 13th at 7 pm Course Selection for Success Balancing Personal Health and Academics. For middle and high school students, and parents. This event will be held at Dominican High School Auditorium 120 East Silver Spring Drive.

Wednesday January 20th at 7 pm Parenting the Whole Child Understanding Your Child's Brain Development. This event will be held at Whitefish Bay High School Auditorium 1200 East Fairmont Ave.

SAVE THE DATE!

Winter Market at North Shore Congregational Church on Sunday morning from 11:00 – 1:30. Brunch and Market Products such as Meat, cheese, eggs, produce, preserves, pastries, cookies, canned goods, honey, soaps & body care, candles, fair trade products.

The Winter Farmers Market & Brunch, hosted by North Shore Congregational Church, is sponsored by Markets & Meals for Hope, a joint project of Churches Center for Land & People, a 501 (c) (3) non-profit organization, & the Harvest of Hope Farm Crisis Fund of the Madison Christian Community, a United Church of Christ and Lutheran ministry helping family farmers since the 1980 farm crisis.



HELPS FROM THE HEALTH COMMITTEE

Don't Defeat Your Immune System



Winter will indeed be upon us for the next few months and we need to keep our immunity built up against the nasty bacteria and viruses out there. Keeping good health habits in our daily routine, using good hand-washing, getting your flu shot, will go a long way to keep illness at bay. Here are six behaviors that can be a boost or a bust to your immune system. Check to see where you need to improve.

1. **Getting enough sleep:** (Bust) Not getting enough nightly zzz's can lead to higher levels of stress hormones and inflammation in the body, leading to more colds and other illnesses. (Boost) Try for 7 - 9 hours for the average adult.
2. **Daily exercise:** (Bust) You don't exercise. (Boost) Regular exercise, such as a daily 30-minute walk, increases circulation, sending good elements to body tissues while removing waste from cells. Endorphins (chemicals that promote well-being) improve our mood and promote sleep.
3. **Diet:** (Bust) Yes, the holidays may have messed it up, but no excuses for the rest of the year. The worst culprit that diminishes our immune system from responding to bacteria is intake of too much sugar. The effect can last a few hours after ingestion. (Boost) Stringently limit juices and sugary beverages, including alcohol. Eat a variety of fresh or frozen fruits and vegetables, especially brightly colored, such as: berries, kiwi, red grapes, apples, citrus fruit, kale, spinach, carrots, sweet potatoes, as well as fresh garlic, and shiitake mushrooms.
4. **Frequent stress:** (Bust) Occasional stress is part of life. However chronic stress can work havoc on our immune system. If you are unable to avoid your stress, learn to manage it by: (Boost): learning mindfulness techniques such as meditation, relaxation breathing, prayer; connecting with others - in some cases counseling can help; work out to release bodily tension.
5. **Social isolation:** (A definite Bust) (Boost) Maintain and encourage strong relationships with friends and family, even if just a few. It has been shown that persons having meaningful connections with others have stronger immunity than those persons who identify as feeling alone.
6. **Your sense of humor:** Boost It! Laughter has long been identified as a stress reducer. It decreases stress hormones and raises the number of certain white blood cells that are known to fight infection. Look up your favorite hilarious movies or check the latest craze, online cat videos! LOL every day!

submitted by Jean Lemorande
adapted from WebMD

BENEVOLENCE SPOTLIGHT

The members of the Benevolence Board thank you for your kindness and your generosity during the past few months. You contributed to the church's special offerings at Thanksgiving and Christmas. You filled the Harvest Haul boxes and the food pantry boxes with food. And you surrounded the Giving Tree with presents. We know that the recipients of your many gifts are grateful to you. Your goodness and generosity are a reflection of God's love.



Each month the Board is highlighting one of the other organizations to which the Church makes an annual contribution. This month we focus on Literacy Services of Wisconsin (LSW), which aims to reduce adult illiteracy in the greater Milwaukee area and throughout Wisconsin by connecting volunteers who can read with adults who cannot. LSW offers students three core programs: (1) Adult basic education, which is especially helpful for those struggling with learning disabilities such as dyslexia, (2) High school equivalency preparation for those who need to obtain a GED certificate in order to enhance their job opportunities, and (3) English language learning for adults from other language backgrounds.



LITERACY
SERVICES

Literacy Services of Wisconsin is an organization that is close to the heart of several of our members. The North Shore Congregational Church was one of three churches that were instrumental in the creation of LSW in the mid-1960's, and our members have been donors, board members and volunteers there ever since. In September of this year LSW presented our church with a Key Maker award in recognition of the church's contributions at its 50th anniversary celebration.

We know that education is the key to a better life. LSW is always in need of volunteers to help students meet their goals. If you would like to learn more about the program, go to www.literacyservices.org, or contact Betty Moore. As you open your hearts to others, may each of you be blessed with health and happiness in the new year.

CHILDREN'S MINISTRY



Sunday School Lessons at a glance:

January 3 – Jesus Grows Up
Luke 2:39-52

January 10 – The Word Became Flesh
John 1:1-18

January 17 – Satan Tempts Jesus
Luke 4:1-13

January 24 – Jesus Performs His First Miracle
John 2:1-11

January 31 – Jesus Teaches in a Synagogue
Luke 4:14-21



A quick shout out to our teaching staff! We have a team of VERY dedicated individuals who are doing wonderful things with the lessons and children! These teachers are blessings to the children and the classrooms they volunteer in. Carolyn Grove, Kathy Schill and Laurie Navarro (PreK/K), Leslie Krueger (1st/2nd grade), Sarah Krauss and Bo Dowsett (3rd grade), Jane Ford, Jennifer Hadcock and Pam Enea (4th/5th grade) Linda Emery and John Papineau (6th/7th grade) and have been fabulous during the fall and winter sessions. **We are looking for new team members!** Ideally each classroom should have 4 lead teachers to help with everyone's very busy schedules. If you are interested in joining a team or have any questions, please contact Maribeth Penno at maribethpenno@northshorecongl.org.



Sunday, January 17 is the next **Kids Connect** (grades 3-5) **4:00-5:30!**

Come in out of the cold for some games, activities and snacks that are sure to warm you up! Please bring a friend to join the fun!!!!

CHILDREN'S CORNER



Parents and ALL other church members... WE NEED YOU!!!!!! Each classroom is staffed with a lead teacher every week. According to our church Child Safety Policy, we need two adults in each classroom every week. The classroom helper in the room has no teaching responsibilities. Your job is to simply enjoy the children, lessons and fun happening in the room. Please sign up or contact Maribeth Penno to be a classroom helper in any classroom!



Children's Choir will practice from 9:00-9:50 on Sunday mornings upstairs in the chapel. It is a joy to have them sing in worship once a month! Contact Leslie Krueger for more information.



Crib N Crawler will be staffed during worship on Sunday mornings from 9:45 – 11:15.

FAMILY DINNER AND MOVIE NIGHT!

Friday, January 29th, 6:00 – 8:00. Escape the cold and join us in Fellowship Hall for a pizza dinner, popcorn and a movie.

Bring camp chairs, blankets, pillows, friends and jammies and hunker down for some fun and fellowship!



Questions?
Contact Rev. Julie Sheridan- Smith today!
 414-352-6123 or 414-588-8693
 juliesmith@northshorecongl.org
 Or
Maribeth Penno, 414-352-6123
 or maribeth@northshorecongl.org

CARE OPPORTUNITIES

At NSCC we have two prayer opportunities of which you may not be aware. On Sunday mornings at 9:00 AM in the library, the Centering Prayer Group meets. This is a group open on a drop-in basis to anyone who is interested in spending quiet time in a group setting. We take time to center on the presence of God and then use the practice of lectio divina to listen, absorb and reflect on the scripture readings for the service that day. There is also time for discussion and fellowship.



NSCC Devotions, formerly NSCC e-Prayer, is email communication of inspirational thoughts, scripture readings, poems, occasionally even music, sent out once or twice a week to those who have signed up on the list. This is an outgrowth of what the prayer group does on Sunday mornings and serves to remind us of the blessing of God's love in our lives and keep us prayerful during the week. It is very informal and no reply is necessary, however sometimes lively exchanges between us unfold!

This is not led by the pastoral leadership, it is an endeavor of congregation members. If you wish to be included on the list which is currently about 30 people, please email me: lsawger@gmail.com



A Stephen Ministry Congregation

Interested in becoming a Stephen Minister?

There is a training class at Eastbrook Church from January 9th through May 5th on Saturday mornings. If you have an interest in Stephen Ministry, please contact one of the leaders to learn more.

Stephen Ministry is one on one listening. Men meet with men and women meet with women, once a week for an hour. This ministry is Christian based and is to walk with someone in a crisis.

Our congregation is blessed with many wonderful and talented people.

Consider Stephen Ministry as one of your gifts.

CONFIRMATION CLASS UPDATE

Thank you to the class, parents, and mentors for helping with so many things this season! Advent Candle lighting, making Repairs of the Breach lunches, sorting poinsettia and evergreens for our fundraisers, baking cookies and visiting with some of our members at Alexian Village, Newcastle, Laurel Oaks, etc. We have a great group of youth!



In January the Confirmation class begins their exploration of life at North Shore Congregational in terms of our history as well as current roles within the church as participants on Boards and Committees.

Youth events calendar: put it on yours!

Friday, January 8th is our next scheduled “**First Friday**” event of the Wisconsin Congregational Association Youth. This one will be held here at North Shore. Please put this on your calendars! We get together from 7 – 10 pm so come for pizza, songs, devotions and discussion. Friends are welcome.

January 17th, 4-5:30 YouthConnect@Church (Jr and Sr High) meets in the youth room: If I Had Dream... topic, games and dreamy snacks. Bring your friends ~ all are welcome!

Young Adults/College students: January 12th-14th Rev. Julie and Rev. Rob Fredrickson (Ozaukee Congregational Church) are leading a retreat at Mt. Morris Camp in Wautoma, WI. Check with either Julie or Rob for last minute availability to join us!

juliesmith@northshorecongl.org or rob@occhurch.org



Parents: We would like to keep a bulletin board and newsletter notes of sport events and plays/musicals that the children of the church are part of so we join in as able! Please contact Julie Smith with dates and events!

**Contact Rev. Julie
Sheridan-Smith today!**

414-352-6123 or 414-588-8693
juliesmith@northshorecongl.org

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NORTH SHORE CONGREGATIONAL CHURCH

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*A member church of the National Association of Congregational Christian Churches
and the Wisconsin Congregational Association.*

MINISTERS

All members of North Shore Congregational Church

ASSISTED BY

Rev. Dr. Martin Hall, Senior Minister	Rev. Julie Sheridan-Smith, Associate Minister
Maribeth Penno, Assistant to Christian Enrichment	Rick Kieffer, Music Director
Dr. Rodney Loren, Organist	Becky Whelpley, Organist
Leslie Krueger, Children's Choir Director	Kerrin White, Office Manager
Mike Fugarino, Custodian	Shannon Schimpf, Crib & Crawler Coordinator
Cal Papineau, Abby and Jack Schill, and Nicole Lennie, Sunday Custodians	