



The Grapevine

February 2021



The monthly newsletter of
Church of the Redeemer United Church of Christ



CHURCH OF THE REDEEMER United Church of Christ

23500 Center Ridge Road
Westlake, OH 44145
440-331-0834
@coruccwestlake
corucc.org

Sign up for our newsletter:
tinyurl.com/cornewsletter

Join us Sundays at 10:30 a.m.
for worship and faith formation.

Church of the Redeemer UCC
is a Just Peace, Open and
Affirming congregation.
ALL ARE WELCOME!

Staff

The Rev. R. Brooke Baker
Senior Minister
pastorbrooke@corucc.org
Margaret Borrelli
Faith Formation Minister
margaret@corucc.org
Carol Peddie
Music Director
cpsongbird@aol.com
Jason Aquila
Organist and Bell Choir Director
jason.aquila@gmail.com
Nancey Brock
Parish Nurse
nancey@corucc.org
Barb Powell
Communication Specialist
church@corucc.org

Office Hours (resume Feb. 16)
T-W 9 a.m. - 1 p.m.
TH 9 a.m. - 12 p.m.

*Just Peace. Open and Affirming.
All are Welcome.*

News Around the Congregation

Leadership Training at Redeemer UCC

There will be a leadership training session via Zoom for all persons serving on a team in the church on **Saturday, February 20, from 9:30-11:30 a.m.** The Zoom link is <https://us02web.zoom.us/j/3364225728>. The leadership training provides an opportunity to discuss the responsibilities of leaders of the church, as well to examine our strengths and in what direction we might be called as a church. **Please RSVP to Pastor Brooke** — PastorBrooke@corucc.org — or call the church office and press 2 to leave a message.

Bible Study on Wednesdays

Lectionary-based Bible study takes place via Zoom every Wednesday at 1 p.m. The Zoom link is: <https://us02web.zoom.us/j/256878251?pwd=ZIRUamNSbFVlVG5lTnozTlEzYlFFQT09>.

Coffee, Tea, and Pastor B

We can't meet in person at Blackbird Bakery, but we can still visit with our own cups of a warm beverage and perhaps a sweet. **Join Pastor Brooke on the second Tuesday of every month at 10:30 a.m.** at this Zoom link: <https://us02web.zoom.us/j/82023435183?pwd=MWlJcmVrNGxZcHBFZWZtVEswVmNGUT09>. Drop in when you can, leave when you need to!

Community Meal Grab'N'Go! Free to Everyone!

February 27, 4:30 pm. till we are out of dinners at Clague Road United Church of Christ, 3650 Clague Road, North Olmsted. The monthly meal is sponsored by Redeemer UCC and Clague. Says co-organizer Elaine Freed, "We will be wearing our masks, and gloves. Stay Safe! We pray this New Year will bring an end to our pandemic, but if not, we will continue to have our Grab'N'Go dinners."

Cooks Needed for Community Meal!

The Community Meal is in need of cooks for community meals: we need your help in cooking in large quantities of food! Contact Elaine Freed for more information or to volunteer: elaine@jesfoods.com; 216-577-6160.



Handypersons Needed for Redeemer!

We are in need of additional people who might have "handyperson" skills to help with simple jobs around the church. Contact Mary Kanzeg for more information or to volunteer: maredon@oh.rr.com; 440-327-8510.

Remembering Each Day as a Gift

FEBRUARY, THE SHORTEST MONTH of the year — and it's a good thing, too. I feel like once I make it past February, spring is not that far away. Yes, I have lived in Northeast Ohio long enough to know that we can have whoppers of snowstorms in March and even April, but by March, we can expect a day here or there into the 50s and maybe even the 60s. I don't know whether it's COVID-fatigue or it's true, but we have seemed to have more gray days than normal this winter — and I expect gray days. But even if I am ready to "get through" February, each day is a gift.



PASTOR R. BROOKE BAKER

There are things as a church that will be happening in February as well. We welcomed three new members into the fellowship of Church of the Redeemer on February 7, and we welcome the gifts they bring. We begin Lent on Ash Wednesday, February 17. We will have a virtual Ash Wednesday service that evening at 7 p.m. via Zoom. **See page 4 of this newsletter** for how to receive your ashes in the time of COVID — you will receive them in a different way.

The season of Lent is a time for doing things differently; that can be giving something up or adding something to your life. I encourage you to be prayerful about what God is calling you to do. Leadership will have a retreat via Zoom on the morning of February 20, 9:30-11:30 a.m., to discuss how we see Church of the Redeemer as well as the responsibilities of leadership. Anyone serving on a team in the church is encouraged to attend.

The office will also resume our regular hours beginning Tuesday, February 16. I encourage you to continue to come into the church only if necessary, but the regular office hours of Tuesday-Wednesday 9 a.m.-1 p.m. and Thursday, 9 a.m.-noon will be back in effect. Many of you have received your first shots and the numbers are coming down. This is why it feels safe to do this again — I hope it is a permanent reopen this time.

I am going to commit to pausing each day to give thanks for the day — all 28 of them!

Blessings,

A Busy Winter!

HAPPY FEBRUARY, Everyone!



DEBBIE SHANK

I would first like to extend a warm welcome to the newest members of our Church family from the Leadership Team. Carol, Patty, and Kit, we hope you will take part in the opportunities available within our church and we look forward to meeting you in person very soon.

I am always happy to see January come to an end. In my mind, it means Spring is 31 days closer. Your 2021 Leadership Team welcomed new Team members Julie Barnes, Jeff Kirkby and Marcia Powles, and we have not been hibernating. We are busy working on items to improve and enhance the church building, and plans for Easter are underway. The Invitation Committee is being formed and a timeframe for us to begin in-person worship is always a topic for discussion.

Thank you to everyone who attended the Annual Meeting. Your involvement is critical to the growth of the Church. Special thanks to Barb Powell for her hard work in putting together the Annual Meeting information for us. Great Job!

See you on Sunday.
Debbie Shank

Redeemer UCC Birthdays, January-February

January Birthdays

- 1 Bryan Humphrey
- Jonathan Miller Shank
- 2 John Michelich
- 12 Margaret Borrelli
- 15 Graham Foote

- 17 Gloria McIntyre
- 23 Dave Hille
- 24 Eugene Widmer
- 25 Eric Schlitter
- 26 John Thomas
- 27 Carol Peddie

February Birthdays

- 3 Jean Badger
- 5 Tonola Branch
- 9 Jeanne Long
- 11 Barb Zaugg
- Karen Farmer
- 14 Julie Miller

- 15 Sally January
- 16 Kirk Suhart
- 17 Megan Moran
- 19 Ben Miller
- 22 Amy Reitz
- 24 Martha Brown



MUSIC MINISTRIES

Zooming through Winter

GREETINGS AND WELCOME to 21' Strong!!



CAROL PEDDIE

We successfully “zoomed” through the holiday season, which included a recording of one of our Chancel Choir Christmas Cantatas, *Darkness Into Light*, and a Christmas Eve Service, which featured several recorded musical numbers by the Bell Choir, Chancel Choir, soloists, and Jason Aquila on organ and piano. A big “thank you” to all who participated!

We continue to praise God every Sunday morning through recorded anthems by our Chancel Choir, special music, and piano/organ selections by Jason Aquila. We are extremely thankful for all of our musicians!

I'd like to share the following treasure, written by John Ruskin, a 19th-century writer, titled: PAUSES

In our whole-life melody, the music is broken off here and there by rests, and we foolishly think we have come to the end of time.

God sends a time of forced leisure, a time of sickness and disappointed plans, and makes a sudden pause in the hymns of our lives, and we lament that our voice must be silent and our part missing in the music which ever goes up to the ear of our Creator.

Not without design does God write the music of our lives.

Be it ours to learn the time and not be dismayed at the rests.

If we look up, God will beat the time for us.

Blessings to all,
Carol

FAITH FORMATION MINISTRIES

Minute with Margaret

Youth Lenten Project



MARGARET BORRELLI

The youth at COR will have a big question to answer this Lent: What would you do with \$100 to further the Reign of God? When the youth program was gifted \$900 with the intention that the kids would get to decide on how to spend that money, we decided to “give” \$100 to each of the nine active youth. Each young person will be given the responsibility of deciding how best to spend their \$100. Lisa Thomas and Margaret Borrelli will help guide them, asking them to think about their interests and passions as well as picking those charities that are fiscally responsible. Would they like to give their money to fight for environmental justice, such as to the Sierra Club Foundation? Or perhaps their passion is closer to home, such as a local food pantry. Most importantly will be their conversations with God, helping them discern how this money can be used to make a more just and peaceful world.

Adult Lenten Study

Our Lenten Book Study this year will be *The Grace of Les Misérables* by Matt Rawle. As one reviewer said, “Whether you’ve read the novel, seen the Broadway musical, heard its soundtrack, or seen the several screen adaptations, you already know the power of *Les Misérables*. In this six week study, author and pastor Matt Rawle explores six themes — grace, justice, poverty, revolution, love, and hope — each represented by a character in [author Victor] Hugo’s story. Rawle draws parallels between the iconic story and musical and our Christian calling, inspiring us to understand our faith and live it out in the world.”

The book study via Zoom starts Wednesday, February 24, 7:00-8:15 p.m., and runs though Wednesday, March 24. Here’s the Zoom info:

Web link: <https://us02web.zoom.us/j/85783356812>

Meeting ID: 857 8335 6812

One tap mobile

+13126266799,,85783356812# US (Chicago)

+19292056099,,85783356812# US (New York)

Please contact Margaret Borrelli through the church office at 440-331-0834, ext. 3, or by email, margaret@corucc.org, to register and indicate whether you want her to order your book. The book also is available for \$13 through [amazon.com](https://www.amazon.com).

Word for the Year

Most of you have picked up your stars which hold your WORD FOR THE YEAR. If not, arrangements are being made to get those to you. There are no rules for how you might choose to engage your word but here are a few options. I hope you find the experience meaningful.

- Make note of when you hear your word spoken. Many find that God tends to put things in our paths of which to take note. What might God be trying to tell you?
- Seek out images in print, online, or in the world, that speak of or to your word. Collect them in print or on your computer, so that you can use them in reflection and meditation.
- Find scriptures that contain your word. Use a concordance or google online. Then spend time with those scriptures. How do they speak to your life experiences at present?
- Create a breath prayer that contains your word. Pray it as you take walks in the neighborhood or park. Does it speak to the rhythm of your step or heartbeat?

7 Ways to Fight the Winter Blues

10 million Americans are affected by the “Winter Blues” every year. This is the time of year during the winter months when people start complaining about the weather, the monochromatic tones, the shorter days, and longer nights. The darkness. How do you know you are experiencing the winter blues; you could have all or some of the following symptoms: trouble sleeping (insomnia; poor appetite; weight loss; agitation or anxiety.



NANCEY BROCK, RN

The “Winter Blues” occur because the days are shorter, the weather is colder, the sky is gray and overcast, and we barely see the sunshine. Less sunlight affects our circadian rhythm which is the body’s biological clock that governs our brain wave activity and hormone production. In simple terms, your circadian rhythm helps control sleep, rising, and eating. This rhythm is tied to your 24-hour body clock. We cannot change the temperature outside or make the sun shine more but listed below are 7 simple tips to ultimately reset your circadian rhythm:

1. **Go Outside.** Step out into your yard, take a deep breath, walk around the block, walk your dog, or walk in the park. Fill your lungs with fresh air. They will thank you!
2. **Wear Bright Colors.** Bright colors help you to feel optimistic and tricks your brain into thinking it is sunny and bright outside.
3. **Stock Up on Vitamin D.** Sunshine naturally produces Vitamin D in our body, so walking outside gives you a dose of Vitamin D (even if the sky is gray and overcast). If you can’t go outside, ask your doctor if you should take a Vitamin D supplement. The dietary allowance of Vitamin D is 600 international units/day.
4. **Make A Book and Movie List.** Read or watch a movie that makes you laugh. Laughter helps us in the following ways: Lowers blood pressure; reduces stress hormone levels; improves cardiac health; boosts T-cells (immunity); triggers release of endorphins (natural pain killers); produces a general sense of well-being.
5. **Try Something New.** Do something you always wanted to do. Doing familiar routines such as always drinking the same brand of tea, never eating more than 1 cookie, or combing your hair the exact same way every day is comforting, but it can become dull and old after a while. Trying something new is refreshing and exciting and makes you feel good. The happiness you experience with something new is caused by the body’s natural release of serotonin, oxytocin, dopamine, and endorphins. You literally re-wire your brain!
6. **Start A Project.** Clean a closet you always intended to clean, organize your sock drawer, shred old taxes, or decide to call a friend or neighbor every week just to let them know that they are not alone. The new project distracts us from the dreary weather, aches, and pains, and relieves anxiety. You also have a sense of accomplishment (which also releases serotonin) when the project is complete.
7. **Eat Winter Mood Foods.** Use your slow cooker to cook up mood-boosting soups and stews made with great fall and winter ingredients such as squash, eggplant, sweet potatoes. Vegetables contain fiber, vitamins, and anti-inflammatory flavonoids (which help to relieve arthritis pain, back pain, hip, and knee pain). Not only will you improve your health and your mood, but your house will smell great!

This will bring health to your body and nourishment to your bones — Proverbs 3:8.

They have no struggles; their bodies are healthy and strong, — Psalm 73:4

Nancey Brock, RN

Ash Wednesday

Because of COVID-19, we can’t do traditional ashes this year, but we can still observe Ash Wednesday. Beginning Sunday after worship through the time of the service on Wednesday, stop by the church and pick up a mask that has been marked with the sign of the cross. Masks will be in a bin by the front door. After Ash Wednesday, wash your mask and keep it!

If you cannot get to the church to pick up your mask, please call and we will deliver one!

Westlake Food Pantry List:

The Westlake food pantry still needs our help! Food and monetary donations are welcome. Make checks out to Redeemer and put “COVID-19 Food Pantry” on the memo line OR donate online (<https://www.corucc.org/give/>). Place items in the bin outside the doors: canned Meat (chicken, ham, tuna, canned fruit, cereal (hot or cold), brown or white rice, macaroni & cheese, spaghetti sauce, pasta noodles, jelly, canned pasta, boxed potatoes, bread, toilet paper (4-packs), paper towels (single packs), laundry detergent, dish soap, spray cleaner, shampoo, bar soap, toothbrushes and toothpaste.

Links

Our **YouTube channel** is “Redeemer UCC Westlake” and our **Facebook** page is “coruccwestlake.”

Zoom Bible Study: <https://us02web.zoom.us/j/256878251?pwd=ZIRUamNSbFVlVG5lTnozT1EzYlFFQT09>

Meeting ID: 256 878 251; Passcode: 709934

Zoom Weekly Worship (gather at 10, worship at 10:30) (available the following Monday on FB and YouTube): <https://zoom.us/j/91411023120?pwd=WldjYmc3VXNM2ZHFfZGFkdDnkraUIlZz09>

Meeting ID: 914 1102 3120; Password: 630507

1-tap mobile: +19292056099,,91411023120#,,#630507# US N.Y.

Dial up (e.g, landline): +1 929 205 6099

Download weekly resources at <https://www.corucc.org/resources/>.