



The Grapevine

June 2021



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



CHURCH OF THE REDEEMER United Church of Christ

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corucc.org

Sign up for our newsletter:
[https://mailchi.mp/0467ce426d6f/
thegrapevine](https://mailchi.mp/0467ce426d6f/thegrapevine)

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

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Office Hours

Tuesday & Wednesday, 9 a.m.-1 p.m.
Thursday, 9 a.m.-Noon

Just Peace. Open and Affirming.
All are Welcome.

News Around the Congregation

Coffee, Tea, and Pastor B

Join Pastor Brooke — weather permitting — July 20, 10:30 a.m. till Noon at the outdoor tables at Blackbird Coffee in Lakewood. **On July 20, call 440-467-2328 to verify due to weather.** If weather prevents an in-person gathering, we will meet in the Gathering Room.

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

June 26 and July 31, 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 Road UCC. If you are interested in volunteering to help out, contact Elaine Freed, elaine@jesfoods.com.

Worshipping Indoors

We continue to worship in-person, including music in the form of Prelude, Postlude, and Special Music by soloists. Please sign up (for contact tracing purposes ONLY) at <https://rsvp.church/r/uuZlymgg>. However, no one will be turned away — if you forget to sign up, you will be asked to sign in when you arrive. Masks are required in the building at all times, and social distancing will be observed. For those not yet comfortable or unable to worship in person, join us at the usual link (see the main page of corucc.org for the direct link). See you Sunday!

Keep the UCC in Prayer During General Synod

The UCC's biennial General Synod takes place virtually July 11-18, as delegates from local congregations from across the country debate and vote on resolutions that help shape the UCC's ministry. In the words of our denominational officers:

Although General Synod convenes to conduct the business of the Church, we approach this work in a spirit of worship. In that spirit ... we invite the entire church to join us in prayer for our gathered time together. ... We are praying for the manifestation of God's presence and power among us as we attend to the work of the church. We are praying for restorative times of worship and witness. ... We pray for courage. We pray for joy. We pray for wisdom. ... We simply ask that you pray for the church. Because of our faith, we know our prayers will reach God and the hearts of those who gather.

It's An Old-Fashioned Hymn Sing for Worship!

On July 25, Redeemer UCC will hold a 10:30 a.m. Hymn Sing worship service on the front lawn.

The idea was generated because we know how much everyone misses singing hymns during in-person worship. So the July Hymn Sing will give everyone a chance to sing some of our most beloved hymns. Don't miss this change to sing loud and joyfully!

Summer Means Taking Time for Joy

AH SUMMERTIME! We are officially in summertime and yet I heard on the radio this morning someone bemoaning that “when you turn the calendar to July, summer is quickly ending.” That’s simply not true!

There is a “syndrome” known as FOMO — fear of missing out. It is common in American culture. It is our need to say “yes” to everything because we have a fear of missing out if we say “no” to something. The Psalmist reminds us “Be



Marko Kelecevic/Unsplash photo

still, and know that I am God” (Psalm 46:10a). If we trust that God will be with us at all times, then we can trust that if we say “no” we are not missing out on anything that we need to know. Put another way — God is God and we are not.

One of the “benefits” of COVID was that we were forced to slow down. I heard many of my introvert friends say that COVID allowed them to live their best lives. They didn’t have to negotiate whether they had the energy to attend social events because there were none. They weren’t

as tired because they were not expending energy being social. Others talked about the opportunity to sit down and have family dinners.

As we begin to resume our “pre-COVID” lifestyle, let us not fall back into the old trap of FOMO. Summer is just beginning — let us cherish each day, remembering to be still and know that God is God and we are not.

Blessings,

Pastor Brooke



PASTOR R. BROOKE BAKER

Happy June, Everyone!

One of the biggest projects facing Leadership Team over the past 15 months has been our return to in-person worship, in our church and in our sanctuary — and we are so happy to say that Sunday, June 13, 2021, was that day.



DEBBIE SHANK

We studied the science, listened to news updates, watched the data, read articles, investigated ways to improve our online presence and discussed the best ways to keep our membership safe and healthy while moving forward in new ways of worship.

I cannot thank Leadership Team enough for their contributions in all of this and also to everyone who pitched in to get the building ready. While we will still continue to be vigilant on all fronts, now that we are resuming in-person worship, I ask that you would consider volunteering to help with Sunday services by signing up to usher, help sign in members or, be an on-line greeter for our members who Zoom in.

This month is also the last month that I will have the privilege of serving you as President of Leadership Team. My term is ending and I am putting things into the very capable hands of Julie Barnes. A very special thank you to Pastor Brooke, the Leadership Team, Barb Powell and all of you who have supported and guided me in this journey. It has been quite an adventure!

Thank you everyone.

Debbie Shank, President

Wear Your Masks Over Your Nose and Mouth

The purpose of wearing our masks **over nose and mouth** when in the church building is simple: **to protect our children**, who are not yet able to be vaccinated; and to protect anyone who may not be eligible for the vaccine due to health issues.

We do not want parents to be unable to bring their children to worship due to safety concerns.

Therefore, you must wear a mask over your nose and mouth when you are in the church building. As Christians, we are called to care for all of God’s beloved, including our youngest members. Masks can be removed once you are outside the building (e.g., after worship for fellowship time).

PLEASE REMEMBER that there are vulnerable children and others. Let’s all do our part to keep EVERY SINGLE Redeemer UCC member and friend — regardless of age — safe!





MUSIC MINISTRIES

Summer Features Music!



CAROL PEDDIE

GREETINGS! HAPPY JUNE! We are thrilled that we have returned to in-person worship in the sanctuary as things slowly get back to normalcy.

Each week, worship features special music, along with Jason Aquila on organ and piano. We are planning to have special music presented every Sunday during the summer months. The Chancel and Bell Choirs both hope to return in September. We welcome new members! If you are interested in joining our Choir Family, please contact Carol Peddie, Director of Music.

I'd like to share the following poem by Marcia A. Newton, which I believe truly reflects our Redeemer Family

We are the Hands of Christ

We are the hands of Christ, embracing the ones in need.

We are the hands of Christ, caring for those who plead.
We are the hands of Christ, sharing our bread to feed.
We are the hands of Christ, serving the ones who need.

We are the hands of compassion, hands that serve,
hands that lift up.
We are the hands that feed the poor, hands that
comfort, hands that heal.
We are the hands of Christ.

We are the hands that touch the sick, hands that bless,
hands that teach.
We are the hands that welcome the lost, hands that
support, reach out in peace.
We are the hands of Christ.

We are the hands that offer strength, hands that guide,
hands that pray.
We are the hands that wipe away the tears, love and
protect, prepare the meals.
We are the hands of Christ.

We are the hands that till the Earth, knead the bread,
mend the clothes.
We are the hands that plant the seeds, harvest the crops,
build the homes.
We are the hands of Christ.

*Blessings to all,
Carol*

FAITH FORMATION MINISTRIES

A Minute with Margaret



MARGARET BORRELLI

A HIGHLIGHT IN EARLY JUNE was Recognition of Graduates, at which we honored Aaron Barnes and Jackie Branch.

We have watched them grow before our very eyes. Both came to Church of the Redeemer from First Church in Lakewood, when the two churches united in 2006. There are many members from First Church who may remember their births and their baptisms. Many of the rest of us will remember meeting them both as sweet preschoolers. Aaron and Jackie



faithfully attended worship, sitting on the sanctuary steps for children's sermons, serving as acolytes, greeters, lay readers, and regularly participating in our Sunday Faith Formation program.



These two amazing youth have been bright lights in our church. In person, one might find them to be "thought full," or full of thought — as they are able to hold deep and insightful conversations. They also can be described as "care full", or full of care, as evidenced by their participation in

the adoption of a school class in Cleveland, the Care for Creation project, and this Spring's mission project selecting worthy organizations to receive financial support. They will no doubt continue to make an impact in the world.



Congratulations to AARON BARNES, who just graduated from Avon High School. He will be attending Lorain County Community College this fall, studying Chemistry,

with the ultimate goal of being a chemistry teacher.



Congratulations also to JACKIE BRANCH who just graduated from Lakewood High School. She will be attending Cleveland State University where she is planning to follow a

couple of her passions — art and animal sciences, while she discerns a field of study to pursue.

Benefits of Dark Chocolate

MANY PEOPLE WILL BE ECSTATIC TO HEAR that chocolate has amazing health benefits. There is a tasty treat that is exceptionally good for you? I know that everyone is excitedly asking, “Really. Does this include all chocolate?”. The answer is no, sorry, only dark chocolate. And I will show you why.

Research has shown that dark chocolate is loaded with nutrients that can positively affect your health in many ways if consumed in moderation.

Dark chocolate is made from the seed of the cacao tree, and it is one of the best sources of antioxidants. Yes, the same antioxidants that you hear promoted in broccoli and salmon. In addition, it contains the heart healthy properties of flavonoids, flavanols, and polyphenols.

Antioxidants help the body fight off damage to cells by preventing “oxidation” to the cells. Higher antioxidants may cause the “bad” cholesterol (low-density lipoprotein (LDL)) to form plaque in the arteries.

Flavonoids are occurring antioxidants found in cocoa beans and provide benefits to the cardiovascular system. They also help lower blood pressure and cholesterol levels. They are found in teas, red wine, and other fruits and vegetables.

Flavanols are the main compound found in cocoa and chocolate. They affect your vascular health which includes lowering blood pressure, improving blood flow to your brain and heart, and improving blood platelet’s ability to clot.

Polyphenols are naturally occurring compounds that have antioxidant

properties. Polyphenols in dark chocolate may improve insulin sensitivity and how well insulin works in the body.

Here are 8 amazing health benefits of dark chocolate:

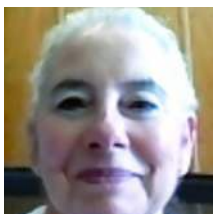
- Potential Vision Booster
- May help you ward off cancer.
- Reduce the risk for heart disease.
- Improves overall cholesterol profile.
- Improves cognitive function.
- Good for blood pressure
- Helps decrease fasting blood sugar.
- Boost your immune system.

It is important that you choose a high-quality chocolate that contains at least 60% cocoa. The higher the percentage of cocoa, the greater the benefits. (Milk chocolate only has 15-25% cocoa, is diluted with milk solids, sugar, and cream, and is processed much longer which increases the loss of flavanols.).

Remember, the benefits need to be weighed against the risks, including the number of calories and the fat content. Dieticians recommend up to 20-30 grams of dark chocolate per day. For example, one Ghirardelli Chocolate Raspberry square is 15 grams, 70 calories, 10 grams of carbs, and 8 grams of sugar. For the health benefits, you can eat two squares per day.

So now, you can satisfy your craving for something sweet while collecting the benefits of dark chocolate and you will not break the bank on calories, saturated fat, carb, or sugar intake! Enjoy!

*Nancey Brock, RN
Parish Nurse*



NANCEY BROCK, RN

Important Places to Visit ... Online!

Each week, our website, YouTube channel, and Facebook page are updated with the latest news and videos from the church.

The website has a live, frequently updated calendar on the events page, plus the Sunday Order of Worship, Monday Musings, and Friday Reflections can be found on the resources page. There also is a convenient online giving page.

The site also has links to our Facebook and YouTube pages, but you can also go there directly. Here are the links:

Website: <https://www.corucc.org/>

YouTube: <https://www.youtube.com/redeemerUCCwestlake>.

FaceBook: <https://www.facebook.com/coruccwestlake/>.

Around Redeemer Lately ...

Landscaping:



Thanks to all who worked on our beautiful garden landscaping!

In-Person Worship:



Hunger Walk:





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Special Insert Section, June 2021

The monthly newsletter of
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Pastor Brooke to be Installed August 8!

Pastor Brooke will be officially installed as our senior minister during worship on **Sunday, August 8!**

The joyful and meaningful service will be followed by a celebration at the church building.

Mark your calendar now to make sure you are able to attend the installation!



Redeemer June 15-July Birthdays & Anniversaries

June 15-30 Birthdays

- 19 Marilyn Murphy
- Lizzy Thomas
- 20 Carol Mealy
- 24 Devon Shank
- 27 Tony Garcia
- 29 Kit Myers
- 30 Leslie Patzwahl

June Anniversaries

- 10 Alex & Amanda Miller
- 12 Andy & Jan Bischof
- 19 Russ & Erin Williams
- 23 Russell & Jill Negray
- 25 Chuck & Carol Mealy
- Wayne & Margaret Borrelli
- 30 Dave & Leslie Patzwahl

July Birthdays

- 1 Sandra (Ross) Novicky
- 7 Jessica Barrick
- 8 Jennifer Walters
- 9 Alexis Cross Patzwahl
- 11 Jason Aquila
- 13 Carole Adams
- 15 Ryan Williams
- 20 Julie Barnes
- 24 Dorothy Murphy
- Bill Freed
- 29 Jill Negray
- Mary Ellen Bonin

July Anniversaries

- 4 Mark & Lori Lentz
- 5 Pastor Brooke Baker & Cal Zunt
- 7 Dave & Melissa Hille
- 8 Chris & Ann Davies
- 10 Kevin & Angela Reed
- 19 Rich & Debbie Shank
- Michael & Julie Miller
- 21 Persis Sosiak & Brett Miller