

# The Grapevine



May 2022

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

## CHURCH OF THE REDEEMER United Church of Christ

23500 Center Ridge Road  
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[corucc.org](http://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 and an Open and  
Affirming congregation.  
**ALL ARE WELCOME!**

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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

### Congregational Meeting

Please plan on attending a brief congregational meeting **May 22 after worship** to discuss funding for the steeple repair.

### Peace Sunday — May 22

We will celebrate Peace Sunday May 22. Sandy Lindahl from [Bread for the World](http://BreadfortheWorld.org) (<https://www.bread.org/>), will be our guest speaker.

### Amazon Smile for Redeemer UCC

We are now an official Amazon Smile charity. If you create a Smile account on Amazon and choose Redeemer, the church will get a small donation with every purchase you make. There's no charge to do this, and your account will look and act just like a regular Amazon account ... except that it will benefit Redeemer! Just use this link to choose Redeemer: <https://smile.amazon.com/ch/34-1017283>.

### Coffee, Tea, and Pastor B Returns!

Join Pastor Brooke for Coffee, Tea, and Pastor B, normally on the **second Tuesday of each month**, 10:30 a.m.-noon, at Blackbird Bakery in Lakewood. The June date, however, will be June 21, as Pastor Brooke will be on a Civil Rights Pilgrimage during the second week of June.

### Support Meals on Wheels at Dean's!

Shop Dean's Greenhouse, 3984 Porter Rd. in Westlake **through June 15**. When you check out, mention that your purchase is supporting the Meals on Wheels campaign.

### Hunger Walk

Once again, we are participating in the Hunger Walk, which takes place **June 4, 7:30-11:30 a.m.**, at the Cleveland Metropark's Zoo. You also can choose to walk virtually. See Mike Miller if you are interested in walking at the zoo. If you can't walk, please donate to our walkers!

### Cleveland Pride Parade

Redeemer UCC and West Park UCC are sponsoring a booth together at this year's Cleveland Pride, which takes place **June 4, noon-6 p.m.**, in downtown Cleveland. The parade starts at noon and ends at Malls B and C. We need volunteers to help at the booth! Please RSVP to the church office by June 1 if you can volunteer in the booth or march in the parade. (If you can only do one or the other, that's fine!) Let's be visible as an Open and Affirming UCC congregation.

### Wear Red, Yellow or Orange on Pentecost!

Pentecost is June 5. Please wear red, yellow, or orange to church that day in order to help celebrate the birth of the church!

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## PASTOR'S COLUMN

# From Why to What

### OUR WORSHIP ON APRIL

3 was beautiful for so many reasons. It was nice to be able to gather in Fellowship Hall, as we have done in the past. It was nice to share a meal together. It was nice to be able to have discussions about why we should keep doing things the way we have as well as why we might want to change. I appreciate people's honesty and candidness as we begin to look at not only who we are, but who we might want to be. This is sacred work in my opinion and having multiple voices is important.



PASTOR R. BROOKE BAKER



As is often my question, "So now what?" In the vain of the Three Stooges — that's right. "What" is the next question to be asked. What do we do with your answers? What do we do to take the next

step of looking at who we want to be?

While your voices will be sought again in the coming months, a small team of people are being formed to begin to look at the "what." As soon as that team is solidified, I will communicate who is on that committee, so that if you have input, you can share it with them. That committee will look not only at your answers, but also review the report from the Strategic Vision Committee from a few years ago. We will look at what we might have already implemented from that, what we might want to implement from that, and what might be missing from that which you all have identified. There was a faithful group of people who worked on that and we want to honor that work.

The team will continue to communicate with you. You will likely see some more services held in Fellowship Hall so that we can continue conversations and your voices can be heard. I look forward to creating a future together with all of you.

Blessings,

*Pastor Brooke*

## LEADERSHIP TEAM

# Busy, Busy Spring!

**I HAVE TO ADMIT**, this month's Grapevine article snuck up on me! I took some vacation time after Easter and when I went back to work, it was Go-Go-Go! Church of the Redeemer feels a little like that as well. We have a lot of facility work that has been planned, and now it is go time!



JULIE BARNES

As many of you know, the flat roof work at the building entrance has been completed! We have progress on several other facility projects as well. Before Easter, there was a Journey to Bethlehem interest meeting and our church thinking session on our "Why." Leadership team has begun reviewing and digesting your thoughts, so look for further communication on this as we move from "Why" to "How."

As always, please reach out to me, Pastor Brooke or a member of the Leadership Team with ideas or comments.

*God bless,  
Julie*

## Mission News

Our May mission collection will benefit Holy Joe's Café.

Holy Joe's Café, a coffee house ministry that supports U.S. military chaplains, is seeing an urgent increase in the need for support as U.S. military troops are deployed to Europe in response to the Russia-Ukraine conflict.



Holy Joe's began as a ministry of First Congregational Church of Wallingford, Conn., in 2006. The cafe provides coffee to military chaplains to help them make connections with active-duty military personnel.

## In Gathering for May — Canned Proteins!

This month's In Gathering collection is "Fin, Feather, Fur," and we are collecting canned meat and fish. Thanks in advance for your generosity to both May mission offerings!



## MUSIC MINISTRIES

### Don't Miss the Svette Signers!

#### GREETINGS!

It's hard to believe May is already here! The Chancel Choir and Bell Choir have been regularly participating in services since March. It has been wonderful welcoming everyone back and sharing our musical talents together in praise to God.



CAROL PEDDIE

Please mark your calendars for a very special musical event taking place on **May 14 at 7 p.m.** in the church sanctuary. **The Svette Signers, under the direction of Cory Svette, will perform "The Dancing Queen,"** based on the musical, Mama Mia. Please plan to attend and be inspired!

Once again, thank you to all our musicians for continuing our journey together of bringing praise and honor to the Lord through the beauty of music.

*Blessings to all,  
Carol*



DON'T MISS THE SVETTE  
SIGNERS ON MAY 14!

### Birthdays and Anniversaries, late May through Mid-June

#### May Birthdays

- 16 Jan Bischof
- Jeff Kirkby
- 21 Christine Foote
- 22 Karen Tomoff
- 25 Matthew Warren

#### May Anniversaries

- 10 Mike & Kathy Barrick
- 24 Tony & Nola Branch
- 30 Dave & Diane Kvasnicka

#### June Birthdays

- 3 Pastor Brooke Baker
- 6 Julia Scardina
- 7 Carol Warren
- Patty Lindamood
- 11 Elaine Freed

- 13 Gretchen Daiber
- 15 Meredith Holt

#### June Anniversaries

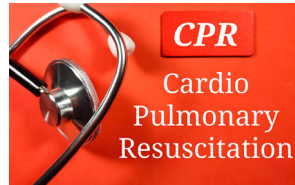
- 10 Alex & Amanda Miller
- 12 Andy & Jan Bischof

## More News and Events

### Community Meal Grab'N'Go! Free!

**May 28, 4:30 p.m.** till we are out of dinners at Clague Road United Church of Christ, 3650 Clague Road, North Olmsted. We serve at the back door — drive by and we will bring you a great meal! If you are interested in volunteering, contact Elaine Freed, [elaine@jesfoods.com](mailto:elaine@jesfoods.com).

### Learn How to Perform CPR



An American Heart Association CPR class, **Saturday, June 11, 10 a.m.-12 noon**, in the lounge. (No certification provided at this particular class.) Seating is limited — but Parish

Nurse Nancey will schedule additional classes as needed. The sign-up sheet is on the bulletin board in the Gathering Room.

### Pride Sunday at Redeemer

On **June 12**, we will celebrate our LGBTQ+ siblings as we honor our designation as an Open and Affirming congregation during worship. Be an ally with your presence at worship that day.

### Graduating Seniors Honored

We will recognize our two graduating seniors, **Elizabeth Carney** and **Jacob Miller**, during worship on **June 12**. You will want to be part of celebrating their accomplishments!

### Wednesday Afternoon Bible Study

Our weekly Bible study also continues on **Wednesdays at 1 p.m.** in the Gathering Room and via Zoom. All are welcome.

### Dessert Baking for the Community Meal

We will meet **May 21 from 9 to 11 a.m.** in the kitchen and Fellowship Hall to bake desserts for the Community Meal. This is part of our newest outreach ministry, and is sure to be a big hit with those receiving the Community Meal. Thanks for your help in this important ministry.

### Coming Church Team Meetings

Mission Team meets **May 15** following worship.  
The Leadership Team meets **May 23 at 7:15 p.m.**

### It's Easy to Give Online



The Redeemer UCC website is setup for online giving:

<https://www.corucc.org/give/>. Illustrated instructions in PDF form are available on

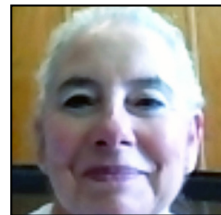
the website: <https://www.corucc.org/wp-content/uploads/2020/03/instructionsforonlinegiving.pdf>.



# Let's Nourish Our Mental Health

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

— *Philippians 4:8*



NANCEY BROCK, RN



**T**HE MONTH OF MAY is Mental Health Awareness Month. During the month of May there is a national movement to raise awareness about the importance of maintaining good mental health. Each year, the National Alliance of Mental Illness (NAMI) vigorously works to provide support, educate the public, advocate for policies, and fight against the stigma attached to any form of mental illness. Mental health disorders include anxiety, behavioral, eating disorders, substance abuse, mood disorders, obsessive compulsive, personality, psychotic, suicidal ideations, and trauma and stress related disorders (PTSD). Almost everyone will develop at least one diagnosable mental disorder at some point in their life!

But what makes up our mental health?

Mental Health includes our emotional, psychological, and social well-being. It affects how we act, think, and even feel. It determines how we manage stress, make choices, and relate to others in differing environments. However, there are many factors that affect our mental health, including:

- Biological factors — genes and brain chemistry
- Life experiences — abuse or trauma
- Family History
- How can you tell if someone is living with mental health problems?
- The person eats or sleeps too much or too little.
- The person pulls away from people/

family and activities that they use to enjoy. Is unable to accomplish normal activities of daily living.

- The person has little or no energy.
- The person experiences unexplained body aches and pains.
- The person feels helpless, hopeless, unusually confused, on edge, angry, upset, worried, or even frightened over insignificant things.

How can we maintain positive mental health?

- Begin talking with others about how you feel: family, friends, pastor, faith community, doctor, or nurse.
- Build your support system!
- Stay physically active.
- Get plenty of sleep — six to eight hours per night.
- Stay positive!
- Learn to develop coping skills.
- Help someone else: write them a note, visit, take them out, encourage one another.
- Seek professional help if you need it. Seeking help when you know that you need it, demonstrates your strength.
- <https://findtreatment.samhsa.gov/> (Substance Abuse and Mental Health Services Administration – for secure and anonymous help)

Remember, having positive mental health allows you to cope with the stresses of life, experience true joy and happiness, and most of all, it enables you to realize your full potential in life as God meant for you to live!

*Nancey Brock, RN*  
*Parish Nurse*

## Aid for Ukraine

The UCC Ukraine Relief Fund provides shelter, food, and other care to refugees and internally displaced people. Mail a check made payable to the United Church of Christ, PO BOX 71957 Cleveland, OH 44194. Please be sure to note “Ukraine Relief Fund” in the memo section. Or give online at <https://www.ucc.org/global-h-o-p-c/ukraine-emergency-appeal>.