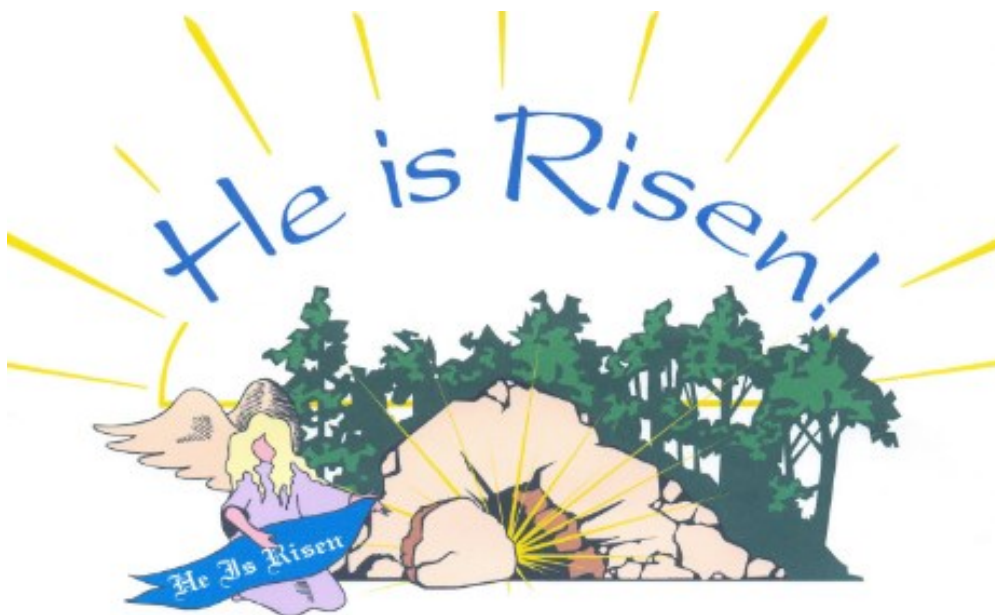


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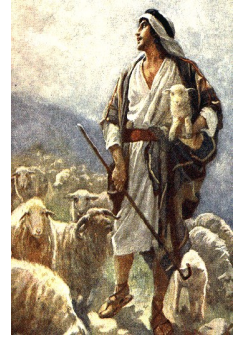
Please access our Website for the latest information, news, and Pastor Dave's sermons. You can access the site on your browser at: <https://www.sturgeonbayumc.org/>

For those of us who love Facebook, Pastor Dave has created a page under **Sturgeon Bay United Methodist Church**. There you will find **Coffee With The Pastor** discussions and **Bible Studies** with Pastor Dave.



# BEACON

## MARCH 2020 NEWSLETTER OF THE STURGEON BAY & JACKSONPORT UNITED METHODIST CHURCHES



Hello Friends,

Easter is nearly here! This year our services will all be made available via electronic means. The recent capital campaign made upgrades to our audio-visual equipment possible. While we had no idea at the time it would become such an asset, it is the reason why we can provide worship even though our building is closed. Here at Sturgeon Bay UMC and Jacksonport UMC we elected early on in this crisis to act to prevent the spread of this disease to the best of our ability. This means we must, all of us, stay home and avoid interacting with others as much as we can. None-the-less we are still connected to one another through our common faith in our Lord and our trust in God's will. I would encourage you to go to the Sturgeon Bay UMC's Facebook page and like us. There you will find the most up-to-date information about what is going on here at church via the posting called **"Coffee with the Pastor."** **There too you will find an ongoing Bible study I am leading.** On our SBUMC website you will find a link to the YouTube version of our worship services. They too can be found directly on YouTube under my name. We will continue to also be on WDOR FM Sunday mornings at 9:30 a.m. and now on public access TV on Sundays at noon and Wednesdays at 8 a.m. and 5 p.m. In addition to Sunday services we will be making a Good Friday worship service available on Good Friday, it will be timed to come onto YouTube at 1 p.m.

I am sure that you, like me, are very concerned about what our future holds in light of this most unexpected change in all our lives. As followers of Jesus Christ we need not fall into the despair that is clutching at the hearts and minds of those who don't know the Lord. We have the word of Christ that in all things we are never alone and that He continues to be our constant companion along the way. My heart goes out to those who don't have this faith.

Right now, it looks like the next time we will be sitting together in church services in our sanctuary will be in May at the earliest and perhaps not until June. Until that time, we will continue to offer worship services and other means for you to stay connected to your church. There too are those among our church family who are willing to shop for you and deliver necessities to your home if you are one of those folks who must not go into public because of health issues. just call the church office and let us know this is a need for you and we will put you in contact with those who have made this offer. We hope you will realize that we have expenses to keep the church going during this crisis and that you will continue your financial support as in the past.

And now may God who is Father, Son, and Holy Spirit Bless you and keep you my friends,

Rev. David O. Leistra

### LOOK INSIDE

Update on Church Status

Women's Club News

Men's Club News

Prayer List

Loaves & Fishes

UMC Updates

Parish Nurse News

SBUMC Sunday School News

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The Sturgeon Bay/

Jacksonport United Methodist  
Church Charge

836 Michigan Street

Sturgeon Bay, WI 54235

920-743-3241

### WEBSITE

<https://www.sturgeonbayumc.org/>

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Office Manager

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## WHERE THINGS STAND WITH SBSMC TODAY

We are currently working with the Red Cross on how our church can be utilized as a blood donation center or for other emergency purposes. The Fellowship Hall and other areas of the facility are being organized to be ready should their use become necessary. **Until further notice no other activities are to be held in the church facilities of any kind.** The only exceptions being those areas: designated for our janitor and staff in preparation for making our church ready when we open again; the church office use by the church secretary, the financial secretaries and church treasurer; and the Sanctuary for recording of worship services. **Please refrain from entering the building for any purpose until such time as we are no longer operating on an emergency basis.** Our church secretary will be in the office as needed and on an irregular schedule. Please call or email the church office with any requests for services, leaving a message if no one is there to immediately answer the phone or check emails that day. Messages will be checked regularly.

All meetings related to the church are to be held electronically until further notice. All operational and program matters related to the church are now being directed by the Administration Committee until this crisis ends. At this time we are operating under an 8-week plan that is designed to end on May 17th. This plan will be reviewed and adjusted as necessary based on the current situation. Everyone will be appraised of any changes to the above stated policy by the Pastor via e-mail, newsletter, and the website. Please pray for an early end to this crisis.

Blessings, stay Safe and well!  
Pastor Dave

## WHAT CAN WE DO TO HELP???

Just to let you know that there is a group of us working to make masks for the people in our community of Door County. The first batch will go to First Responders and Fire Departments.

If anyone has cotton fabric, 1/4 inch elastic, grosgrain ribbon, shoe laces, etc., you may drop it off at Sandie Ott's home: 845 Bridgeview Lane, Sturgeon Bay. Please call Sandie at 920-746-7952, to make arrangements for the exchange.

I will get it to people willing to cut and sew these much needed masks. It has been mentioned that sheets may be used for the backing on these masks.

SewinDoor also has a website if you would like to get more information.

Thank you.  
Sandie



## MEN'S CLUB NEWS

Due to the circumstances of our world, and our church doing what it needs to do, our April Men's Club meeting is cancelled. If we can arrange a meeting with our Boy Scout troop at a later date, we will put out the word. Also, the Fish Boil scheduled for June will probably not happen, but again, if things change, so can we. Good luck and good health to all as we weather this health emergency.

Ken Boettcher

## UNITED METHODIST WOMEN

A special **THANK YOU** to all of the United Methodist Women who made and served deserts on February 7th at Loves and Fishes. Well done everyone it was much appreciated.

All three Circle Meetings, Esther, Sarah, and Deborah Circle will publish new meeting dates and times once the quarantine is over. May God bless you and please stay well.

## SUPPORTERS OF LOAVES AND FISHES

The Loaves and Fishes Board of Directors has decided not to provide meals on April 3rd and April 17th. Although the Governors Emergency Safer at Home Order does exempt organizations that provide charitable and social services, we believe that continuing to provide any type of meal, including a pick-up service, would put our volunteers and patrons at risk. The Governors latest order ends on Friday, April 24th at 8:00 AM. We will evaluate the status of statewide orders and health department officials to determine what will happen on April 24th.

Fortunately, meals are being provided by the Door County Meals Cooperative at this time Monday through Friday for free.

### MEAL SITE PICKUP LOCATIONS

ALGOMA COMMUNITY WELLNESS CENTER  
SOUTHERN DOOR HIGH SCHOOL - DOOR #9  
CORPUS CHRISTI PARISH - W. MAPLE DOOR #2  
STURGEON BAY YMCA  
SEVASTOPOL HIGH SCHOOL  
BAILEYS HARBOR SPORTS COMPLEX

WE ASK THAT YOU REMAIN IN YOUR VEHICLE UPON ARRIVAL

**Monday - Friday, 3:00 - 5:30 - FREE**

Beginning March 30th, registration is not required

**AVAILABLE TO ANYONE**

"Whatever you did for  
the least of these brothers  
and sisters of mine,  
you did for me"

MATTHEW 25:40

## **PRAYER REQUESTS: DEAR FRIENDS & FAMILY & LOVED ONES**

<b>Home/Facility Bound &amp; Those in Need of Prayer</b>	
Cleida Galligan	Jerry Slavik
Barb Riederer	Dottie Haviland
Dick & Dottie Shappell	Dorothy Berg
Phyllis Swagel	Vernon Augustine (Butch
Jim & Shirley Talmadge	Ann Jerdee
Jan Haertel	Dianne Benishek
Barb Riederer	Marjorie Gambrel
Jan Wolter	Marion Cushman
Donna Hake	Esther Eshelman
Nokomis Pfeiffer	Elva Spetz
Jerry Wick	Doris Kniffin
Evelyn Mueller	Edith Wilber 107
Margie Krueger	Walter Alvin 37

### **UNITED METHODIST GENERAL CONFERENCE TO BE POSTPONED**

The Executive Committee of the Commission on the General Conference has been notified by the Minneapolis Convention Center that they are restricting events at the venue through May 10, 2020, following recommendations by the Minnesota Department of Health, the Governor of Minnesota and the Mayor of Minneapolis to postpone or cancel events involving 50+ people in order to slow the spread of coronavirus. As a result of this decision, the Executive Committee is announcing that the General Conference will be postponed and will not occur May 5-15, 2020 as planned.

“Our focus in this moment is not solely on the gathering of the General Conference for the work we have been called to do, but is on the individuals, families, churches and communities around the world whose lives are being impacted by this pandemic,” said Kim Simpson, chair of the Commission. “We recognize the struggle to deal with the physical, emotional and spiritual needs which come with the unknown. We are confident that local United Methodist churches will be finding new ways to be in community with their neighbors and meet their evolving needs.”

### **Reflection for March 30**

*By Krystal Goodger and the UM Foundation*

This is a new, troubling time. The unknown, fear, and frustration is palpable. We are all asked to do something new... work from home, not go out, be a teacher, learn from home, or be surrounded by your entire family all the time. We are in a time of wilderness.

The term "wilderness experience" rarely, if ever, means a time or place of leisure. In fact, by definition it is a remote environment devoid of all ease, hope or comfort. It is a hostile place where few would willingly go. Most of us actually would resist going into a wilderness, yet that is exactly where God sent His Son.

Matthew, Mark, and Luke tell us that “Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness.” (Luke 4:1) Jesus just had a mountain top experience where he was blessed by God at the Jordan River. He heard God! He received the Holy Spirit! This should have been a time of celebration, but instead he is thrust into the wilderness. He is in the wilderness for 40 days, without food and water. Without the voice of God. Without knowing when it would end.

We too are in a time of wilderness. Wilderness is not a place of leisure is it? Sure, it seems simple: stay at home. Home is where my family is. Home is where I can find Netflix. Home is where my puppy is. It seems easy. But our wilderness time is not easy. It is filled with worries and frustrations. When will this end? How do I teach 5<sup>th</sup> grade math again? What if I lose my job? What if we can't pay our mortgage? Deep in the midst of the wilderness, we may feel lost and lacking God

Yet Jesus was with God and God was with Jesus in that wilderness. The good news also is that the wilderness time is not forever! Following Jesus's time in the wilderness he went out to begin his public ministry. After “social distancing”, the first thing he did was gather together with people: He called his first disciples.

Our time in the wilderness will not be permeant either. Soon we will be able to gather together and worship God at church and in other social areas. But our churches need our help now. Our churches need your prayers, presence (during online worship), gifts, service (wherever possible), and witness. How can you pray for the church, others, and the world? How can you serve the church during this time? How can you uplift those around you? How can you give to your church?

The great news is that you are not alone; we are together in the wilderness. And though the wilderness is difficult, it does end. Soon we will celebrate Easter and other mountain top experiences together. Do not lose hope. Look forward!



# SUNDAY SCHOOL / YOUTH NEWS



As everyone knows, the coronavirus has affected us all...including our Sunday School families and youth. Before all church activities were cancelled, the teachers and kids were learning about being faithful servants of both our Lord and others around us in our community. The pre K – 5<sup>th</sup> grade curriculum was titled “Loving God, Loving Neighbor”, while the 6<sup>th</sup> – 9<sup>th</sup> grade curriculum was titled “Submerge”. Both curriculums taught about ways that we serve God by serving others around us. Important lessons for us all in these trying times. May we all find ways and opportunities to truly “Submerge” ourselves into “Loving God, and Loving our Neighbors” by helping and supporting each other as much as we can! On behalf of the teachers and myself....we pray everyone stays healthy and safe. We wish you God’s blessings...and a Happy Easter, rejoicing and focusing on the miracle of the resurrection. We too will rise again together as a community of faith.

Sheila Klansky, Youth Education Coordinator



Serving others



## HAPPY EASTER!



Packaging soup for the Doing Good Together event

Singing joy unto the Lord!



Learning about joy vs happiness



Doing Good Together volunteers



# Health and Wellness

## Put on the Armor of God

Carol Moellenberndt,

Church Health News

April 2020

*"So put on God's armor now! So stand steady with truth as a belt tight around your waist, with righteousness as your breastplate and as your shoes the readiness to announce the Good News of peace. At all times carry faith as a shield. Do all this in prayer, asking for God's help." Ephesians 6: 13-18*

I believe this is a time that we all need to put on the Armor of God and work together toward peace and healing. During this time of health crisis we can put on the armor of God by:

- by keeping informed about the disease,
- by learning how to keep ourselves healthy,
- by recognizing the signs of the disease, and
- by learning how to prepare if the virus should infect ourselves or a family member;

By putting on this Armor of God we can feel confident we are ready to handle whatever may come with God's help.

Information about CoVid-19 has dominated the news for the last month, at least. Staying up to date on the progress of the disease can let us know how much we need to protect ourselves and reach out to others. But it is very important to keep track of where we are getting our information. What are the facts and where to find them are always something to consider. If I am wondering if something is true I will often go the Mayo Clinic website, the CDC, or the National Institute of Health. WebMD is also reliable. Just today I am researching about the information concerning ibuprofen and Covid-19. What I read suggests that no studies have shown that ibuprofen is contradicted in treatment but tylenol seems to be the preferred medication for fever in this case. But if it is difficult to get a fever down a combination can be helpful. Check out information you hear on the news.



How can we keep ourselves healthy during this time? Getting out side for a walk is a healthy way to get exercise and fresh air, maybe a little sun on your face. I have been amazed at the number of people I have seen outside lately! I am hoping that continues. Also eating the right foods can help your immune system and also can help combat stress and anxiety. Stress depletes the body of certain vitamins (vitamin B in particular) and certain hormones are increased, which can increase anxiety. Here are a few foods to consider having in your diet:

- Fish, like salmon and mackerel are high in DHA and EPA which help with brain function and reduce inflammation. Also high in B vitamins.
- Pumpkin seeds are high in magnesium, B vitamins and zinc which helps with mood and brain function.
- Chia seeds help with inflammation and and help keep blood sugar levels stable.
- Avocados contain fats that are brain-boosting and vitamins that reduce inflammation
- Greens such as spinach and kale benefit brain health and protect your cells from damage.
- Cucumin, the active ingredient in turmeric has many health benefits.
- Yogurt can help as a probiotic which can help maintain good gut bacteria. Research shows that good gut bacteria impacts mood and can decrease anxiety.

Home Office:  
Call anytime if you  
want to talk to me  
920-743-3476

So, what should we be looking for symptoms of having the Covid-19 virus? Fever, Dry Cough and Fatigue are the first signs of the virus. Be sure to call your physician before going to get checked out for the disease. Do not go to the ER unless you are unable to keep the fever down, or have trouble breathing or ongoing chest pain or pressure.

What if we suspect we or a family member have the virus? It is good to plan ahead and designate a room in your house for someone who has the virus. Hand washing is very important, soap and water is good as well as hand sanitizer. Clean surfaces with disinfecting spray – include doorknobs and cellphones. Use a mask when caring for someone with the virus. Use gloves when handling clothing and dishes the infected person has touched. Social distancing is very important for all of us.

So put on your "Armor of God", carry your faith as a shield and pray for God's guidance along the way. Stay in touch with your church family. Let us know if you would like to be apart of our calling ministry or if you need any assistance call the church office at 743-3241.