

VIEWS AND VISTAS

The Newsletter of the
WEST GRANVILLE PRESBYTERIAN CHURCH
6935 North 107th Street
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414-353-8680

Web-site = www.westgranville.org
E-mail Pastor Anderson at pastord@westgranville.org

Vol. 40, No. 9 October 2017

From the Minister

Prayer Garden Completion

Thank you to all who have generously donated to support the construction of the West Granville Memorial Prayer Garden. Thanks to your support, we have achieved our funding goal. Construction of the garden is set to take place the second week of October. Thank you in particular to Scott Prill and Dr. Tom Roberts for the planning and design.

Our goal was to create outdoor sacred space that would be:

Beautiful-an attractive outdoor signature gathering space for the congregation and community.

Practical-low maintenance, minimal care to keep up and preserve.

Inspirational-a sacred space for evening prayer, quiet meditation, conversation on Sunday mornings, special prayer services, weddings or baptisms.

Peace, Dee

Worship in October

October 1 *World Communion Sunday*
Pulpit color change to white
Special Communion Bread-Sunday School
Children's Church Mice ~
World Communion Processional
Adult Choir: Remember Me
When You Eat This Bread
Readers: Victor and Michael Essoka
Scripture II Corinthians 13: 13
Grace of Jesus Christ

Sermon: *Communion of the Holy Spirit-Koinonia*

October 8 *27th Sunday in Ordinary Time*
Congregational Meeting for the
Election of Officers
Scripture: Galatians 3: 26-29
Neither Jew nor Greek
Sermon: *One in Christ:*
Racism America's Original Sin

October 15 *28th Sunday in Ordinary Time*
Guest Preacher: The Reverend Dee Talley
Adult Choir: Make This Church a Welcome Place

October 22 *29th Sunday in Ordinary Time*
Scripture: Romans 8: 26-39 *The Spirit Helps Us*
Sermon: *The Struggle of Suffering*

October 29 *500th Anniversary of
the Protestant Reformation*
Reformation Sunday
Third Graders receive Bibles
Fall Junior & Senior High Retreat, Pilgrim Center
Children's Church Mice
Adult Choir: A Might Fortress
Scripture: II Timothy 3:16 *The Word of God*
Sermon: *Plain Sense of Scripture*

Reverend Anderson will be out of the office
October 11-15. We welcome the Rev. Dee
Talley to lead worship.

November

November 5 *All Saints Sunday*
Color change to white
Daylight Saving Time ends
Holy Communion
Scripture: I Thessalonians 5:
16-24 *Final Blessings*
Sermon: *The One Who Is Calling You*
Hymn 418: Softly and Tenderly Jesus is Calling

MAPLE TREE SCHOOL THANK YOU

Thank you to everyone for donating supplies for the children at Maple Tree. We delivered a van full of supplies on Tuesday, September 12. The students and staff appreciate your generosity!

Supplies gathered were valued at nearly \$500. Maple Tree School is near the church on 107th Street. There are 300 children enrolled. The School also is host to an after-school Boys and Girls club. Ms. Debra Rash is the Principal. We have had a long partnership with Maple Tree School. Special thank you to Michelle Pogorzelski for organizing this event and delivering the supplies.



CONCERNS OF THE CHURCH

Military

Kali Grogan, United States Navy
Evan Reiss, United States Air Force
Jacob Roy, United States Marine Corp. Reserves
JT Lorbiecki, Wisconsin Air Guard, deployment is to Kunsan Air Force Base in South Korea.

Prayers

Madison Ford, treatment and stay in Children's Hospital
Harry Reeder recovering at Virginia Highland from a broken ankle
Llew Tietz, rehabilitation at Linden Grove
Nancy Rupke, continuing recovery
Prentice Jones, cancer treatments
Barb Terpstra Troka, continuing treatment
Gene Ellner, cancer (brother-in-law of Eleanor)
Dan Ryan, continuing care
Linda Ryan, recovery from shoulder injury

Long Term Prayers

June Herman, rehabilitation in Sheboygan
Tracy Browning, daughter of Helen Kidd
Nicki Rupke, special care
Ruby Tylenda-Emmons, special care
Marilyn Allan
Lil Sullivan's mother, Lois Spangle
Berit Swanson, wife of the late Rev. Harold Swanson

We pray in particular for all of those impacted by the storms that have hit Texas, the Gulf Coast, Florida, and the Caribbean Islands. We are grateful for **Steve Buck** who volunteers for the American Red Cross and helps lead the Red Cross Volunteer Response in Florida following Hurricane Irma. We are also grateful for the Presbyterian Disaster Assistance reaching out to those communities and congregations in need. You may still donate. Send a check to West Granville and designate Hurricane Relief. Thank you.

The **Church Stewardship** Program will begin in October. Each family will receive an invitation to Pledge and a Time & Talents Card. We ask that these be returned by Stewardship Dedication Sunday, November 12. Thank you for supporting the mission of our whole congregation. We continue to be grateful for those who have elected on-line bill-pay through your bank for donations. This year it really showed in our summer cash flow.

LEAVE A LEGACY

West Granville appreciates and depends upon planned donations. We graciously thank those who include West Granville in their wills, trusts or estate plans. These gifts ensure that we can continue to provide for the Worship, Education, Mission and Ministry of the congregation.

Here are a few of the ways you can easily provide a lasting gift that can create a legacy and impact generations:

- Memorial Designation at the time of a Funeral or Memorial Service
- Bequest, Will or Living Trust
- Retirement plan or Life Insurance beneficiary designation

ADULT BIBLE STUDY

9:15-10:00 Sunday mornings in Perseverance Hall. Everyone is welcome!

OPEN CIRCLE

Open Circle will meet **Wednesday evening October 18 at 7:00** at the home of Cindy Anderson for a planning meeting to set the calendar of events for this year. Bring your calendars and ideas! **All women of the church are invited and welcome at this and any of the events.** See Cindy Anderson for more information.

LUNCH BUNCH

Plan to join the Lunch Bunch on **Friday, October 13** at 1:00. All ages are welcome. Contact Nancy Baum for location, 414.355.9111.

Congregational Meeting on October 8

The meeting will begin immediately following worship. The purpose of the meeting is the election of officers for the 2018 year.

NURSERY VOLUNTEERS

We are looking for people to help care for the youngest members of our congregation! Please consider signing up to help in the nursery. If you have taken the child care class and would like to spend time with adorable children, please sign up to help. There will be a sign up in the nursery for future dates or you can email amberluecke@hotmail.com and let her know what dates you can help.

PRESBYTERIAN SCHOLARSHIPS

Attention all graduating High School seniors! The Presbyterian Church offers a number of scholarships for those attending Presbyterian-related schools. The deadline for applications is much sooner than you think. Please see Pastor Dee for more information.

Master Singers of Milwaukee Concerts "Seasons in Song"

Sat., 10/21, 7:30pm
at North Shore Congregational Church
7330 N. Santa Monica Blvd., Fox Point

Sun., 10/22, 3:00pm at St. John's Lutheran Church, 20275 Davidson Rd., Brookfield
See Marna Tess-Mattner for info / tickets

**Our Sunday School students
and teachers answer:**

"Where have you seen the face of God?"

I saw God today in each child's face as they
came back to Sunday School!

I saw God when we sing
While we were celebrating Epiphany.
All the children did a great job!

When I went to church
I see God everywhere I go
Hearing stories

Friends
Holy Bible
When I went to Sunday school and we did a
project and read the Bible

In my class room
I saw God in my teachers, Sunday School, and
my friends.

Making friends
I saw God when Pastor Dee was reading from
the Bible

I saw God everywhere
I saw God when we sang all of our songs this
year!

I saw God when we ring the bell
I saw God when we were singing at church
In my heart, in my mommy and daddy
I saw God when the teacher read stories to the
class

I have heard God in the music of Christmas!
I see God when I see new ideas. God gave us
our artistic vision. He created life. I pray to God
because he forgives everyone. He guides us.
God is life. He saves us. The Lord God and his
son, Jesus.

This is West Granville
In the caring words written in letters to those
far from their church home.

WORSHIP ATTENDANCE

August 27 - 65 September 3 - 68
September 10 - 100 September 17 - 86

AED/CPR TRAINING OCTOBER 21, 2017

West Granville Presbyterian Church is pleased
to offer AHA Heart Saver Child and Adult
CPR/AED certification training for members of
our congregation. The training will be held on
Saturday, October 21, 2017 in Perseverance
Hall. Time is **9:00 to 11:30 am**. The class is
limited to 20 people. Training is provided by
First Aid Plus. We would strongly encourage
members from our Usher and Greeter Teams to
consider taking this training to promote safety in
the event of a medical emergency at church or
in the community at large. The cost is nominal
at \$20 per person, with the remaining fees
covered by church funds. You must register for
this training by filling out the form enclosed with
September's Newsletter and with the weekly
bulletins, include \$20 check or cash and return
to the church office. **Deadline to register is
October 8, 2017.** Contact person for this
training is Lil Sullivan, Parish Nurse (414 353-
9143). Please consider learning this important
life skill and register for the CPR/AED training.
~ Lil Sullivan, Parish Nurse

FAIRWAY KNOLL provides living choices

Construction of Fairway Knoll in Germantown
began in May 2017. The property sits atop a
slope that overlooks BlackStone Creek Golf Club
offering exceptional views of the luscious green
landscape and rolling fairways of the golf course
below. The community will offer 92 senior
apartments scheduled to open in spring 2018.
An additional 42 assisted living apts and 18
memory care apts are expected to be ready for
occupancy by fall 2018. A 2-story, 24,000 sq ft
Town Center will offer residents a market,
bistro, chapel, theater, salon, wellness center,
ample community space that includes a large
fireplace, and other amenities to enhance
community life. To learn more, visit
www.fairwayknoll.org.

Reprinted from *Enriching Lives, a publication
from Presbyterian Homes Foundation.*

This Christmas Season...

**GIVE THE GIFT OF FAMILY
TO A YOUNG PERSON FROM UKRAINE!**

*The Ukraine - Milwaukee Youth Exchange
Program* allows your family the opportunity
to welcome a young person into your home
for 3 weeks during this Christmas holiday!
This life-changing experience, not only for
the Ukrainian youth, but for your entire
family, will open your minds and hearts,
giving you new perspectives, deeper global
understanding, and memories that will last
a lifetime.

<https://ukraineexchange.wixsite.com/kienvtomke>

OCTOBER BIRTHDAYS & ANNIVERSARIES

4	Nicole Rupke		
5	Claire Rhode		
7	Will Hartman	7	John Rupke
9	Alex Crane	9	Isaac Luecke
10	Tom & Sue Heiser, 1992	(25!)	
10	Dorothy Harris		
11	Melissa Hrovat		
12	Jeramy Ellner		
15	Michael Essoka	15	Victor Essoka
17	Joseph & Lori Hrovat, 1992	(25!)	
19	Andrew Roy	19	Tom Roberts
20	Bob & Audrey Bonnett, 1978		
23	Amber Luecke		
24	Anthony Ryan		
25	Dennis & Cynthia Clay		
25	Shellie Anderson		
25	Angie & Brandt Murray, 2013		
26	Rachael Daniel		
27	Katie Anderson		
29	Zachary Pogorzelski		
31	Noah Bichler		

Please let the office know if your dates are
missing or in error.

NOTES FROM YOUR PARISH NURSE

PREVENTING HEART DISEASE

Heart disease may be a leading cause of death, but that does not mean that a person needs to accept this as an inevitable outcome. There are some risk factors of heart disease that we cannot change such as our family history, sex or age. There are steps we can take to reduce our risk for heart disease. We can avoid heart problems in the future by adopting a healthy lifestyle today.

The Mayo Clinic staff has identified strategies to prevent heart disease. They have listed 7 heart disease prevention tips to get us started to better heart health.

1. Smoking or using tobacco of any kind is one of the most significant risk factors for developing heart disease. Chemicals in tobacco can damage heart and blood vessels that lead to narrow arteries because of plaque build up (Atherosclerosis). Atherosclerosis can ultimately lead to a heart attack. When it comes to heart disease prevention, no amount of smoking is safe, but the more you smoke, the greater the risk. Smokeless tobacco and second-hand smoke can also be risky. The good news is that your risk of developing heart disease is reduced in a significant way one year after quitting smoking. No matter how long or how much you smoked, there will be health rewards as soon as you quit.
2. Getting regular, daily exercise can reduce your risk of heart disease. Combining physical exercise and maintaining a healthy weight helps in even greater ways. In general, moderate exercise, such as walking 30 minutes at a brisk pace, is recommended on most days of the week. However, even shorter amounts of exercise than these recommendations can offer heart benefits. Please consider breaking up your workout

time into three 10-minute sessions on most days of the week. Activities such as walking the dog, gardening, taking the stairs and housecleaning all count toward your total time.

3. Eating a healthy diet can reduce your risk of heart disease. Avoid too much salt and sugars in your diet. A diet rich in fruits, vegetables and whole grains can help protect your heart. Low-fat or fat-free dairy products, lean meats and fish are also part of a healthy diet. Try to limit or avoid saturated fat and trans-fat in your diet. Healthy fats from plant based sources such as avocados, nuts, olives and olive oil, help your heart by lowering the bad type of cholesterol. Eating 2 or more servings a week of certain fish, such as salmon and tuna, may decrease your risk of heart disease.
4. Keep an eye on how much alcohol you drink, if you choose to drink. At a moderate level, alcohol may have a protective effect on your heart. Too much alcohol can become a health problem.
5. Maintaining a healthy weight is important. Being overweight, especially if you carry extra weight around your middle, increases your risk of heart disease. The extra weight can lead to high blood pressure, high cholesterol and diabetes which also increases your chances of heart disease.
6. Most adults need 7 to 9 hours of sleep each night. The Mayo Clinic staff advises we make sleep a priority in our lives. Set a sleep schedule and stick to it by going to bed and waking up at the same times each day.
7. Some people cope with stress in unhealthy ways. Some examples are overeating, drinking or smoking. It is suggested that we find alternative ways to manage our stress.

Physical activity, relaxation exercises and meditation are some ways to improve our health.

If you have a condition such as high cholesterol, high blood pressure or diabetes, your doctor or health care provider may prescribe medications and recommend lifestyle changes. It is very important to take the medications as your doctor prescribes and follow a healthy lifestyle plan. Incorporate these 7 heart healthy tips and you will be on your way to taking good care of your heart.

Sincerely in Health,
Lil Sullivan, Parish Nurse

DIRECTORY UPDATE

Tom & Sue Heiser, 414.526.9813

WEST GRANVILLE PRESBYTERIAN CHURCH

Dee M. Anderson, Pastor

Angie Murray, *Church Office Secretary*

Carol Buck, *Newsletter Editor*, cagbuck@sbcglobal.net

Please submit Nov. newsletter articles by 10.22.

COMMUNION GROUP: Rob & Lois Pearson,
Akoba Alogavi, Marna and Kent Tess-Mattner

USHER TEAM: Eleanor Ellner, Deb Bascom,
Steve and Carol Buck

COFFEE HOUR HOSTS:

1: Meyer 8: Hartman 15: Wood
22: Ramlow 29: Anderson