



HOPE UNITED  
CHURCH OF CHRIST  
the church by the lake

## DIGITAL NEWSLETTER

Issue 0523 - May & June 2023



**CONNECT. NURTURE. PRACTICE.**

210 Michaels St | PO Box 28 | Cochrane, WI 54622

[hopeunitedcochrane.org](http://hopeunitedcochrane.org)

the church by the lake

608.248.2481

We are excited to announce our  
official web site!

**LET US KNOW WHAT YOU THINK**



Keep up to date on events, worship changes, and access newsletters. We will be adding more information and photos, archiving past newsletters, and linking with our facebook page (hopeucccochrane) in the coming months. Let us know what you think.

**HOPEUNITEDCOCHRANE.ORG**



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# Pastor's Letter:

**May 2023**

Since 1949, May has been designated as "Mental Health Awareness" month. Recent studies of the impact of the CoVID pandemic on the mental health of people who had it as well as the wider community indicate that this is needed more than ever. Churches across the nation often designate the third Sunday of the month as "Mental Health Awareness" Sunday. Though we won't be doing that this year, I still want to share some facts about mental health and illness with you, and some suggestions on how to help.

- Just as diabetes is a disorder of the pancreas, mental illnesses are disorders of the brain. Mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- One in four adults experiences a mental health disorder in a given year, though indications are that this has increased since the pandemic. One in 17 lives with a serious mental illness such as schizophrenia, major depression, anxiety disorder or bipolar disorder. About one in 10 children live with a serious mental or emotional disorder. This means if you don't have a mental illness yourself, you probably know at least one person dealing with an illness.
- Fortunately, most mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan, which may include medication, psychosocial treatments, and other support services.
- However, treatment availability may be severely limited or not available, especially in rural areas. There are fifty-five counties within the U.S. that do NOT have a single psychiatrist.
- Mental illness can disrupt a person's ability to work, care for himself/herself, and carry on relationships. It affects every aspect of life. However, because mental illness may not be immediately visible to others, the person can be negatively judged as being weak, lazy, or uncooperative.

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# Pastor's Letter:

**May 2023**

- This lack of understanding can lead to the stigma of people with mental illness. This stigma impacts the availability of treatment, insurance coverage, and the willingness to acknowledge that one is experiencing symptoms or accept treatment.
- Friends and family members feel the impact of mental illness experienced by their loved one. Those feelings range from being protective to anger to denial, to exhaustion. All may feel helpless to provide support and encouragement. This range of feelings is common, and friends and family members may feel all of these at different points and should be encouraged to seek professional counseling as needed.

So what does this have to do with the church? Jesus reached out to the marginalized and those who were considered outcasts and calls us to do the same. The way of Jesus was to comfort and not to ridicule, to love and not be indifferent, to show empathy, not hostility. Many of the exorcisms in the Bible by Jesus are thought to actually be healings of mental illness. This has led the UCC to widen its welcome and provide education and support to members experiencing mental health challenges. It also recognizes the wider church's role over the centuries, and some even now, that erroneously and cruelly labeled those dealing with a mental illness as not having enough faith, dangerous, and even sinful.

The Mental Health Ministry of the UCC suggests these five simple acts as ways to start helping to make the world a better place for people with mental illnesses and their families:

1. **Be a friend:** Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group.
2. **Listen without judgement.** Pray for those you know with mental illnesses and for their family members.

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# Pastor's Letter:

**May 2023**

3. Be an inspiration: Share your story. Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
4. Watch your language: Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."
5. Be a "StigmaBuster": Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.

If you want to learn more, good places to start include: the UCC Mental Health Network, [www.mhn-ucc.org](http://www.mhn-ucc.org), the National Alliance on Mental Illness, [www.nami.org](http://www.nami.org), and the National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov). If you or a loved one are experiencing mental health difficulties, please reach out. While I am not a therapist, I can be with you as you seek treatment, face any struggles, and let you know that you are not alone. For you aren't even when it feels as if God is absent, God is always there.

God's grace and peace.

**Pastor Deb Kunkel**

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## Online Calendar

### Keep Informed

Visit us online for up-to-date information on special events and Hope United Church news.

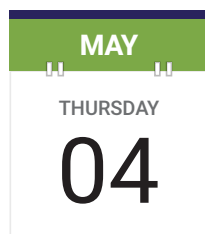
[hopeunitedcochrane.org/calendar.html](http://hopeunitedcochrane.org/calendar.html)

# 100 Mile Garage Sale

## Indoor & Outdoor Event

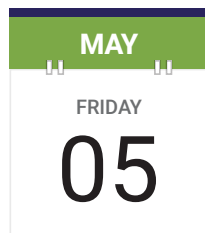
Hope United Church will participate in the huge sale on May 4-5, 2023 at the Church. All proceeds from the sale will go to the [Lifting Up Hope for All](#) Campaign. We are offering hot food, ToGo snacks and coffee bar. Plant sale as well, succulents perennials and some veggies. Contact Debra [Knutson knut1129@gmail.com](#) or 715.495.5085. The Church bathrooms will be available!

- ▶ Hot Food
- ▶ ToGo Snacks
- ▶ Coffee Bar
- ▶ Plant Sale
- ▶ Succulents Perennials
- ▶ Some Veggies



### Hope United Church 100 Mile Garage Sale

10:00am - 4:00pm  
Indoor & Outdoor Event  
210 Michaels Street  
Cochrane, WI



### Hope United Church 100 Mile Garage Sale

7:00am - 4:00pm  
Indoor & Outdoor Event  
210 Michaels Street  
Cochrane, WI

# Groundbreaking Anniversary

**Sunday, May 7, 2023**

Hope United Church will have a special Groundbreaking Anniversary Event during Worship on Sunday, May 7, 2023 at 10:30am in Cochrane, Wisconsin.

The Pastor is leading a Special Service commemorating the project along with the progress of the [Lifting Up Hope For All](#) Campaign.

There will be a potluck after Worship.

HOPE UNITED CHURCH

Start @ 10:30am  
210 Michaels Street  
Cochrane, WI

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# Mother's Day & Confirmation Sunday

**Sunday, May 14, 2023**

Hope United Church will have a special Mother's Day Celebration during Worship on Sunday, May 14, 2023 at 10:30am in Cochrane, Wisconsin.

There will also be a Confirmation Sunday Worship Service. The Special Worship Service will be for those who attended the Confirmation program. These students will be Confirmed.

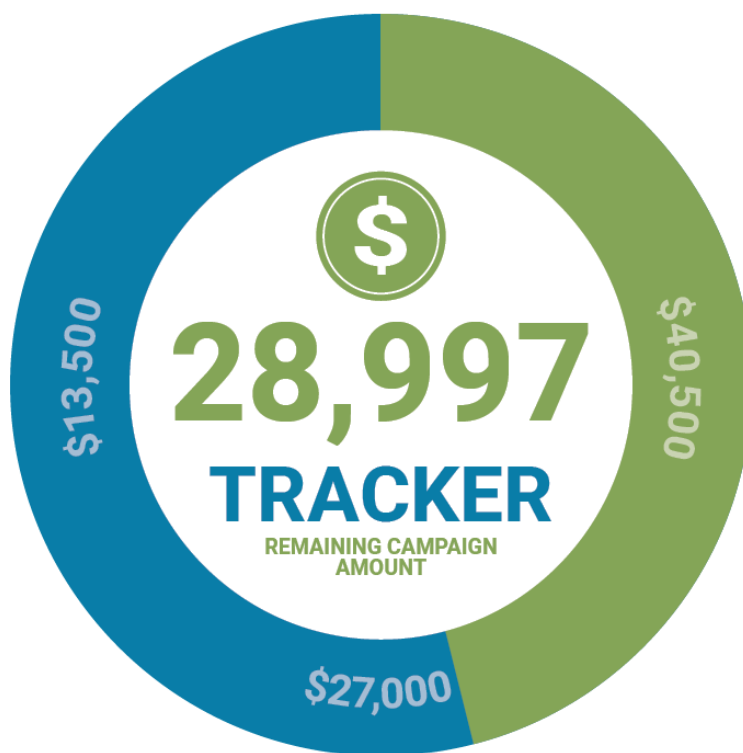
HOPE UNITED CHURCH

Start @ 10:30am  
210 Michaels Street  
Cochrane, WI

# Lifting Up Hope For All

## Here Is Your Chance To Help

While the Capital Campaign has ended we are still working to pay for Lifting Up Hope for All accessibility addition. If you are interested in helping any donation amount is appreciated for this ambitious undertaking.



**LAST UPDATED**  
**03.21.23**



# Father's Day

**Sunday, June 18, 2023**

Hope United Church will have a special Father's Day Celebration during Worship on Sunday, June 18, 2023 at 10:30am in Cochrane, Wisconsin.

## HOPE UNITED CHURCH

Start @ 10:30am  
210 Michaels Street  
Cochrane, WI

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# Eagle Valley Church

**Saturday, June 24, 2023**

There will be an open invitation for all members of Hope United Church and St. John's Church to attend a Special Evening Worship on Saturday, June 24, 2023 at TBA in Fountain City, Wisconsin.

The Church in Eagle Valley was historically preserved and donated to St. John's in 2003. Friends of Eagle Valley Community Church, an independent ecumenical committee, manages its use and maintains the restoration. As it is now named, this Community Church is available for any church to use for worship services, memorials, or weddings. In 2011 a pavilion with tables was added on the church grounds to accommodate gatherings of church or family.

## EAGLE VALLEY CHURCH

Worship @ TBA  
S2664 Co Rd G  
Fountain City, WI

# Worship Time Change

**Sunday, July 2, 2023**

Worship Time Change: Starting on Sunday, July 2, 2023 the new Sunday Worship Service start time for Hope United Church will be 8:30am. Please contact us if you have any questions.

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## Mission

**CONNECT. NURTURE. PRACTICE.**

We extend hospitality to all as a sign of God's inclusive love. No matter who you are, or where you are on your spiritual journey, you are welcome here!

We CONNECT through shared life experiences and search for a spiritual presence in our lives.

We NURTURE spiritual growth for all ages by encouraging curiosity about Jesus Christ's message and how it relates to our world today.

The Spirit invites us to PRACTICE the language of hope.

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## Online Calendar

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