



# Edwards Editor

**EDWARDS**  
CONGREGATIONAL  
**UNITED CHURCH**  
OF CHRIST

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## January 2010

Articles for next issue due by 9:00 AM, Monday, 1/18/10

Submitted items are subject to editing.

### Long Range Planning Discerning our Priorities

Saturday, January 9

10:00 to 2:00

Your Voice Counts!



### ANNUAL MEETING!

Tuesday, January 26

6:00 ~ Chili Supper

7:00 ~ Meeting Begins

(snow date: January 28)

#### Table of Contents

From Our Pastor	2	With Our People	5	Who What When Where	9
Edwards Worships	3	Fellowship Opportunities	6	Calendar	10
Music at Edwards	3	Mission	6	CareGiver Thoughts	11
Youth & Christian Ed.	4	Thank You	7		
Long Range Planning	4	From the Mailbag	8		

## *From Our Pastor's Desk...*

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January 6<sup>th</sup> is the feast day of Epiphany, and after all the Christmas excitement, it sort of gets lost in the shuffle. Most of us have taken our Christmas trees down and put all the decorations away by then. We are focused on the New Year. Maybe that's why I love Epiphany! No one notices it.

In case you forgot, Epiphany is the celebration of the day that the Wise Men arrived in Bethlehem bringing gifts and worshipping the newborn King. The tradition is that they traveled from the East by camel, following a star that shone brightly in the winter sky each night.

Almost all our Christmas crèches have Wise Men, as though they arrived in Bethlehem with Mary and Joseph and the shepherds and the angels. But the Bible tells it differently, and January 6<sup>th</sup> is the day that the church has always held apart as the celebration of the 12<sup>th</sup> day of Christmas - the day that the Wise Men arrived on the scene. So what do the Wise Men have to teach us as we leave the manger behind this year? Probably a lot!

First of all, the Wise Men were people who noticed the little things and were curious. They noticed a small change in the night sky and they asked questions about it. And when their questions weren't answered, they went looking for the answers.

What might happen if we all noticed the small changes in our world, and went looking for the answers? The small shifts in temperatures in the Arctic or the small shifts in birds' migration patterns. The small changes in the way a friend is acting, or the way a child's face droops when they are tired. The small changes in our own spirits that could tell us when we have taken on too much or when we need more of a challenge. Those small changes are important - but only when we notice!

The Wise Men brought gifts for the Christ-Child - nothing practical like diapers, but instead extravagant symbols of his royal status. I wonder what might happen if our gift-giving in this season shifted from giving toys and gadgets that will soon be abandoned to giving deeper and more lasting symbols of love and admiration and awe?

Now...here's my favorite part. When the time came for the Wise Men to leave Bethlehem to go home, they left by a different road (so that Herod would not see them leaving). We all come to Bethlehem at Christmas - filled with busyness and partying and anticipation. What would happen if we left Christmas differently? If we took a different road? If we didn't just go back home by the same old route?

Every year, the birth of Jesus should change us. We ought to come away from this season with a renewed understanding of God's dream for the world - peace and joy and love and forgiveness. We ought to come away from this season with a renewed sense of the ways that we fall short of God's dream - in our personal lives and in our national and international politics.

What if this was the year that we actually noticed the star in the sky - and began to try to follow it? What if this were the year that we left behind the personal habits that keep us from following Christ's star and giving the gifts that make a difference in the world?

If we were to resolve to leave Christmas differently than we arrived, that would be all the New Year's Resolutions any of us would ever need! Think about it. How will you leave Bethlehem this year?

## Edwards Worships...

### January Scriptures

#### January 3:

John 1:1-18  
Jeremiah 31:7-14  
Psalm 147:12-20  
Ephesians 1:3-14

#### January 10:

Luke 3:15-17, 21-22  
Isaiah 43:1-7  
Psalm 29  
Acts 8:14-17

#### January 17:

John 2:1-11  
Isaiah 62:1-5  
Psalm 36:5-10  
1 Corinthians 12:1-11

#### January 24:

Luke 4:14-12  
Nehemiah 8:1-3,  
5-6, 8-10  
Psalm 19  
1 Corinthians  
12:12-31a

#### January 31:

Luke 4:21-30  
Jeremiah 1:4-10  
Psalm 71:1-6  
1 Corinthians  
13:1-13

### Contemporary Worship

Join us on January 17<sup>th</sup> at 5:30 pm for our monthly Contemporary Worship service in Baxter Fellowship Hall. The Friends in Faith Band will lead us in praise and thanksgiving, we will share communion together, and after worship we'll sit down to a potluck meal!



### Red Name Tags

Have you seen any members wearing red name tags recently?... Do you know the reason why? If not, please make sure to ask them about it, they will be happy to share the information with you!!



## Music at Edwards . . .

### Weekly Music Rehearsals

It's a New Year - time to explore the musical groups of the church! Come to a new rehearsal and check us out!

#### Alleluia Ringers

Monday nights 6:30 - 8 pm

#### Chancel Choir

Wednesday nights 7 - 8:30 pm

#### Chime Choir

Wednesday nights 7 - 7:30 pm

#### Friends in Faith Band

Tues., Jan. 12<sup>th</sup> 5:30 - 6:30 pm.

#### Liturgical Dancers

Sunday mornings following worship



## ***Youth and Christian Education at Edwards...***

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### **Children's Programming**

Wednesday evening **TouchStones** will not meet Dec. 23<sup>rd</sup> or 30<sup>th</sup>, but will resume on Jan. 6<sup>th</sup> with a service celebrating Epiphany. Supper will be served from 5:30-6:00, followed by the Epiphany service in the sanctuary from 6:00-7:00.

**Kids in Mission** will prepare and serve supper at the East Moline Meal Site on Thursday, January 28<sup>th</sup>. Meet at church at 4:15 to prepare supper. We will leave church by 5:20 and return by 7:00. For more information contact Susan Chesley @ 332-2300.

**Cookie Walk Update:** This year's Cookie Walk raised \$590 to support a new fund designed to help families in need. Thanks to everyone who baked cookies and attended this annual event.

### ***Long Range Planning...***

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Saturday, January 9<sup>th</sup> will be another big day in our Long Range Planning process. The Church Council has finalized a list of possible priorities for Edwards Church, and now YOU have to pick which ones will guide our work together over the next five years.

So... Soon, you will receive the list of POSSIBLE priorities in the mail. We ask that you study them carefully, pray with them, ponder them, talk with your friends and neighbors about them. And then come at 10:00 on the 9<sup>th</sup>, ready to talk to each other about them! We will engage in a process that will be similar to an Iowa Caucus, and by 2:00 in the afternoon, we will have our priorities!

### **Adult Education**

Beginning Sunday, Jan. 10<sup>th</sup> a class on the spiritual practice of journaling will be offered from 9-10 in the church parlor. Classes will run through January.

Writing as a Spiritual Practice will be our topic for January's adult education forum. Beginning on January 10, we will look at how writing can enhance our spiritual journey. Katie Hanson, a professor at Augustana, will begin our series with a presentation about spiritual journaling. Come join us!

### **Confirmation**

Confirmation will not meet Dec. 23 or 30, but will resume on January 6<sup>th</sup>.

Lunch will be provided, childcare will be available, and this will be fun! If you can't come for the whole day, come for whatever part you can. Everyone's voice is important!!

**Be There!!  
January 9<sup>th</sup>  
10 - 2  
Your Voice Counts!!**

### **Keep In Our Prayers**

- ✦ **The Ashbacher Family**, grieving the discovery of Rich's death
- ✦ **J.B. Berg**, son of Gail McPike, will soon be going to Afghanistan
- ✦ **Ruth Bowers**, home from the hospital
- ✦ **The Edgerton Family**, grieving Dow's death on December 13<sup>th</sup>
- ✦ **George Gallaher**, recovering from a second broken hip
- ✦ **Richard Jirus**, continuing chemotherapy
- ✦ **Harold Lohmann**, turning 100 this month
- ✦ **Rev. Jean Norton**, continuing to recover from surgery
- ✦ **The family of Sandi Russell**, grieving her death on November 27<sup>th</sup>
- ✦ **Pat Schroeder**, continuing cancer treatments
- ✦ **Chuck Slack**, serving in Iraq
- ✦ **The Family of Nancy Stenger**, grieving her death December 7<sup>th</sup>
- ✦ **Pat Sterk**, home from the hospital
- ✦ **Dave VanDerKamp**, recovering from a broken arm
- ✦ **Lisa Whitfield**, recovering from surgery

### **BENEFIT FOR PAT SCHROEDER**

On Friday, January 8<sup>th</sup> 2010 - 5:00pm to 8:00pm at Pinnacle Country Club - 11928 Knoxville Road, Milan, IL. Proceeds to assist with expences for cancer treatment.

**Church Office Closings ~  
When Bettendorf or Davenport  
Schools are closed due to weather  
conditions, the church office is  
also closed.**

### **January Birthdays**

- 3 Harold Lohmann
- 3 George Gallaher
- 5 Kay McGee
- 6 Kerry Fear
- 6 Aidan Kyte
- 7 Fay McCarrel
- 8 Sarah Dixon
- 8 Aidan McCormick
- 11 Nolan Stratton
- 12 Pat Cresap
- 12 Sandy Bateman
- 13 Marki Sparks
- 13 Steve Knoche
- 13 Britt Hein
- 13 Molly Taft
- 22 Robert Dean
- 23 Marjorie Jirus
- 24 Gilly Miller
- 25 Shirley Wiele
- 27 Diane Anderson
- 29 Fred Clapp
- 29 Robert Norwood
- 31 Sam Olsen



### **Happy 100<sup>th</sup> Birthday Party Invitation**

The family of Harold Lohmann cordially invites their Edwards family to an open house reception on Jan. 2<sup>nd</sup> from 2 to 4 pm. at the Quality Inn in Eldridge to celebrate Harold's 100th Birthday!!

### **Did you know?**

Edwards CareGivers are always available. They can coordinate a ride, bring a meal or come for a visit. Call the church office (359-0331), the CareGiver on call as listed in the Who What When Where on page 13 or the Coordinator Bobbi Rudiger (309-373-5513) if you have any questions or need assistance.

## Fellowship Opportunities...

### Kitchen Items

Are you missing your favorite bowl? Do you find yourself saying, "I wonder where my cake pan is?" Check the Baxter Fellowship Hall kitchen. There are a number of serving and storage bowls and cake pans that will be given to Goodwill if not picked up by January 24, 2010.



### *Moveable Feasts to Resume*

Moveable Feasts will start again in January. They will take place on the **third weekend** each month. Six to ten people dine in someone's home and with a different group each month. Be on the look-out for more info in the weekly Sunday bulletin or call Erica if you have any questions (563) 570-2335. Be sure to sign up - they are a lot of fun!!

### Chili Supper & Annual Meeting

The Annual Meeting will be held on Tuesday, January 26<sup>th</sup> at 7:00 following a chili supper at 6:00 pm. We will be looking for volunteers to make chili and other dishes. Check the weekly Announcements for details. (Snowdate is Thursday, January 28<sup>th</sup>)



## *Mission...*

### FLU IMMUNIZATIONS FOR WINNIE'S PLACE!

Kit Miller, Director of Winnie's Place, knew that close living conditions, lowered natural immunity, newborns, children of all ages, mothers in stress, and working with these residents could mean serious illness for many residents and staff if flu were to start among those at Winnie's Place. She asked for masks. Bob Hamilton said, "Why not immunize?" Bob contacted Becky David, his supervisor in the Spiritual Care Department at Genesis who contacted Dr. Jim Lehman, Medical Director.

Within a short time Genesis responded by sending a nurse who gave immunizations for both the seasonal flu and H1N1 flu to children, mothers, and staff. As new residents arrive, this will be continued as a protection for all.

Winnie's Place is grateful and relieved that this protection was received.

Mission in Action... networking from our congregation to a place of work... **do you have an idea for something?**

Let the Mission Board know if you do!!

## ***Thank You, Thank You, Thank You !!***

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Thank you to all the wonderful musicians in December: Alleluia Ringers, Suzanne Benson, Emily Knoche, Merlyn and Elaine Lippert, Harry Swarts, Josh Weiss, Norma Wren,

The Social Justice Board would like to thank **Katy Strzepak** for coordinating this year's SERRV Sale. We would also like to thank everyone who fostered sustainable development and improved the livelihood of low-income people through their purchase of SERRV Sale fair trade items this year!

Thanks to the Board of Christian Education for organizing this year's Cookie Walk.

Thanks to **Dick Dulaney, Mila and Neal Smith, Chris Fessler, Pat Baxter-Rebal, Ann Kovacs, Carol Carroll, Julie Henke, John Keraus, Carol Hart, Carol Ogletree, Dorothy and John Hammond** and **Susan Chesley** for volunteering as tutors at the Central Circle Community Circle.

Thanks to **Cathy Wetzel** for her dedication to TouchStones.

Thanks to **Sandy Reinders** to leading the Children's Chime Choir.

Thanks to the generosity of Edwards, 47 Thanksgiving baskets were delivered to families struggling to make ends meet. A special thank you to **Martha and Richard Jirus, Carol Hart, Susanna Heeney, Terry Schlabach, Dick Dulaney, Milo Smith, Sandy Reinders** and **Susan Chesley** for final assembly and delivery.

Thanks to **Marilyn Riedesel, Sandy Reinders, Fran Wolfe, Emily and Sarah Kenneke, Heather Wren, Ed and Robin Tesch** and **Crystal McCormick** for tremendous help during the Christmas Pageant rehearsal and performance.

Thanks to **Sandy Reinders** and the CareGivers for 4 funeral lunches!

Thanks to **Woody Perkins** for creating the Christmas Eve PowerPoint.

Thanks to **Bonnie Walling, Lyle Stratton** and **Steve Chesley** for providing music at the Family Service on Christmas Eve.

Dear Edwards Family ~ When a person directly experiences illness or tragedy, life changes dramatically. One is not able to rely on the same daily prayer and rituals that keep everything in perspective, and full of energy and joy and connection to God. That is when the prayers of the community make all the difference in the world. When I find it hard to deal with what's in front of me, or even to pray, I know someone, somewhere, is praying not only for me, but the world, at sometime during the day or night. And I know all will be well. Dave and I thank you for your prayer support, and for the beautiful prayer shawl that has almost surgically attached to my shoulders during this time (he can verify that!). Thank you for all of the delicious food and the piles of wonderful cards. Thank you for the many who have taken on my tasks to continue the mission of music, and sound, and who care for those in need. It is comforting to me to know that even when I cannot directly participate, the work and Light of Christ is carried by the Edwards community. Listening to the worship service every week online, I am amazed and comforted by the beautiful music of all the people who have stepped in to create and share their talents in my absence. And thank you for giving me/us the gift of time to rest. The surgery went well and I am healing. Dave is well and able to beautifully care for me. I feel so very blessed. What a gift of thanksgiving you all are. Everything has been extraordinary and it lifts my spirits. Thank you, **Jean Norton**

## ***From the Mailbag***

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Edwards UCC ~ Blessings to each of you. The World Relief - Moline refugees and staff sincerely appreciate your thoughtfulness. The 66<sup>th</sup> Annual Union Thanksgiving Celebration held on Sunday, November 22<sup>nd</sup> at Temple Emanuel was a beautiful event. We are grateful to receive the offering and to tell the story of the modern day Pilgrim. We cannot do this work without the local church. And we work very hard at building new and maintaining old partnerships. Many Blessing, Amy Rowell, Director of World Relief - Moline

Dear Edwards Church ~ We hope you know how much your thoughtfulness is appreciated. Everyone who attended Rich's memorial service thought it was just perfect. Thank you from the bottom of our hearts for everything you did for Richie both before and after his death. We believe that Rich would have returned to the teachings of Edwards and his family. Thank you again, Carol & Dick Ashbacher, Michael & Chris Kennedy, Kara Roth

Dear Terry Schlabach and Edwards Church~ Thank you so very much for your continued kindness. We all enjoyed Thanksgiving Day thanks to Edwards UCC's generosity. Happy Holidays, Amelia Orihuela & family, Blanca Filio & family and Rosana Cruz & family

Dear Members of Edwards UCC~ Thanksgiving is a special time to remember those who have generously invested in Pilgrim Heights Camp Retreat Center - in money, time & talent. Thanks for your continuing support!! I am grateful for the opportunity to serve on the board of Our Sacred Space, Inc. It is a joy and challenge! We look forward to seeing you at Pilgrim Heights - and thank you for your gifts and support. During challenging times, gifts of the heart are heartily appreciated. All blessings for a joyful holiday season - Jane Meyer, Board Member

Dear Edwards UCC ~ Thank you for the outstanding blood drive you held recently. Twenty-five units were collected at the drive, and because of your combined generosity, as many as 75 patients will benefit from lifesaving blood products. We are incredibly fortunate to have the support of dedicated sponsors like you, who believe in our mission and care enough to take an active role in the blood program. We never know who will need blood next, but we do know that our donors and sponsors are always there to meet the need. Collectively, you may be a quiet, caring minority, but your generous actions speak loudly. Simply put, what you do, saves lives. Thank you, for your partnership and all you do to make lifesaving possible. David R. Green, President/CEO, Mississippi Valley Regional Blood Center

Dear Pastor Mulhern and Christian Youth ~ Thank you so much for your wonderful presentation to our membership in August 2009. It was informative, enlightening, and spiritually uplifting. It was wonderful to see and hear the eagerness and enthusiasm of your young people and volunteers. We know that your time, energy and money in taking the trip to Green Grass, SD were well received. Our Creator will truly bless you for the love, care, and concern you have for our people. We also want to thank you for the beautiful song that you shared with us. It was inspiring and one that many of our membership will be learning and singing. Thank you again and keep up the good work! Regina Tsosie, President, Native American Coalition of the Quad Cities



**In the Mailbag!**

**Who... What... When... Where...**

	January 3	January 10	January 17	January 24	January 31
	Communion Sunday	Potluck		Food Pantry Sunday	
Preacher	Katherine Mulhern	Katherine Mulhern	Katherine Mulhern	Katherine Mulhern	Katherine Mulhern
Chancel Set-up	Brad & Deena Miller	Carol Hart	Terry Schlabach	Pat Cresap	Mary Hein
Scripture Reader	Bobbi Rudiger	Bob Riedesel	Sally Egy	Ryan Dye	Mary Hein
Communion Servers	Eric Crawford, Dick Dulaney, Brad & Deena Miller				
Sound System	Steve Chesley	Steve Chesley	Steve Chesley	Steve Chesley	Steve Chesley
Visitor Guides	Membership Board	Membership Board	Membership Board	Membership Board	Membership Board
Greeters	George Kovacs Amanda Loughead Cathy Loughead Chris Medina	Jeannine Miller Jean Neavor Elisabeth Norwood Joyce Paustian	Sandy Reinders Marilyn Riedesel Tina Rivera Erica Schroeder	Mila Smith Milo Smith Sandy Sohr Pat Sterk	Kay Stiles Deanna Thomas Kathy Vance Dennise Weyman
Ushers	Barb Bleedorn Judy Collins Eric Crawford Dick Dulaney	Becky David Pam Edmond Robert Anderson Joe Hall	Sally Egy Mary Hein Steve Knoche Milo Smith	Dee Hillyer Joyce Paustian Steve Wildemuth Dave Wymore	Pat Rosburg Bonnie Walling Ned Walling Eric Crawford
Nursery Helpers					
Coffee Hour Hosts - AM	Mila & Milo Smith	Set-up: Mission Clean-up: Social Justice	Erica Schroeder		
Lock-up	Steve Wildemuth	Dick Werner	Richard Jirus	George Kovacs	Joyce Paustian
CareGivers On Call	Kay Stiles Suzanne Benson	Lois Larew Carol Bachellor	Sandy Reinders Ruth Bowers	Ann Kovacs Kay Stiles	

**Where there are blanks, we need your help!! Please call the church office to sign up.**

# Church Calendar...

## JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> <b>FOOD PANTRY SUNDAY</b> <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>10:30 AM</b> <b>Children's Chapel</b> <b>11:45 AM</b> Liturgical Dance Rehearsal	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 2009 Books Close <b>Office Closed</b> <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>1</b> <b>New Year's Day</b> <b>Office Closed</b>	<b>2</b> <b>2:00 PM</b> Lohmann 100th Birthday Party
<b>3</b> <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>11:45 AM</b> Liturgical Dance Rehearsal	<b>4</b> <b>6:30 PM</b> Alleluia Ringers Rehearsal	<b>5</b>	<b>6</b> <b>Epiphany</b> <b>5:30 PM</b> Simple Supper <b>6:00 PM</b> Confirmation Class <b>6:00 PM</b> TECT Team <b>6:00 PM</b> TouchStones <b>6:00 PM</b> TouchStones for Adults <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Music & Movement	<b>7</b> <b>6:00 PM</b> Long Range Planning Meeting <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>8</b> <b>5:00 PM</b> Pat Schroeder Benefit <b>6:30 PM</b> Family Game Night	<b>9</b> <b>10:00 AM</b> Discerning Priorities
<b>10</b> <b>9:00 AM</b> Adult Education <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>10:30 AM</b> <b>Children's Chapel</b> <b>11:45 AM</b> Liturgical Dance Rehearsal	<b>11</b> <b>6:30 PM</b> Alleluia Ringers Rehearsal	<b>12</b> <b>6:30 PM</b> All Board Meetings <b>7:30 PM</b> Council Meeting	<b>13</b> <b>5:30 PM</b> Simple Supper <b>6:00 PM</b> Confirmation Class <b>6:00 PM</b> TECT Team <b>6:00 PM</b> TouchStones <b>6:00 PM</b> TouchStones for Adults <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Music & Movement	<b>14</b> <b>6:00 PM</b> Long Range Planning Meeting <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>15</b>	<b>16</b>
<b>17</b> <b>9:00 AM</b> Adult Education <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>10:30 AM</b> <b>Children's Chapel</b> <b>11:45 AM</b> Liturgical Dance Rehearsal <b>5:30 PM</b> Evening Worship & Potluck	<b>18</b> <b>Martin L. King, Jr. Day</b> <b>Office Closed</b> <b>6:30 PM</b> Alleluia Ringers Rehearsal	<b>19</b> <b>7:00 PM</b> CareGivers Meeting	<b>20</b> <b>5:30 PM</b> Simple Supper <b>6:00 PM</b> Confirmation Class <b>6:00 PM</b> TECT Team <b>6:00 PM</b> TouchStones <b>6:00 PM</b> TouchStones for Adults <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Music & Movement	<b>21</b> <b>6:00 PM</b> Women's Night Out <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>22</b>	<b>23</b>
<b>24</b> <b>FOOD PANTRY SUNDAY</b> <b>9:00 AM</b> Adult Education <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>10:30 AM</b> <b>Children's Chapel</b> <b>11:45 AM</b> Liturgical Dance Rehearsal	<b>25</b> <b>6:30 PM</b> Alleluia Ringers Rehearsal	<b>26</b> <b>6:00 PM</b> Chili Supper and <b>7:00 PM</b> Annual Meeting	<b>27</b> <b>5:30 PM</b> Simple Supper <b>6:00 PM</b> Confirmation Class <b>6:00 PM</b> TECT Team <b>6:00 PM</b> TouchStones <b>6:00 PM</b> TouchStones for Adults <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Music & Movement	<b>28</b> <b>4:15 PM</b> Kids in Mission <b>6:00 PM</b> Annual Meeting Snowdate <b>6:00 PM</b> Chili Supper & Annual Meeting Snowdate <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>29</b>	<b>30</b>
<b>31</b> <b>9:00 AM</b> Adult Education <b>9:15 AM</b> Choir Rehearsal <b>10:15 AM</b> <b>Worship</b> <b>10:30 AM</b> <b>Children's Chapel</b> <b>11:45 AM</b> Liturgical Dance Rehearsal	<b>1</b> <b>6:30 PM</b> Alleluia Ringers Rehearsal	<b>2</b>	<b>3</b> <b>5:30 PM</b> Simple Supper <b>6:00 PM</b> Confirmation Class <b>6:00 PM</b> TECT Team <b>6:00 PM</b> TouchStones <b>6:00 PM</b> TouchStones for Adults <b>7:00 PM</b> Choir Rehearsal <b>7:00 PM</b> Music & Movement	<b>4</b> <b>6:30 PM</b> Steps to Serenity Al-Anon Meeting	<b>5</b>	<b>6</b>

For the most current up-to-date calendar information go to [www.edwards-ucc.org](http://www.edwards-ucc.org) and click on the calendar link

## CareGiver Coordinator Thoughts...

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We continue with the series from Dr. Rhonda Montgomery and Dr. Kosloski who have studied care giving and the stress that is associated with being a care giver.

### Placement Posey: Caregivers Ready to Let Go of Responsibility

Story: This single mother of two teenagers works full time and has cared for her father since her mother died a year ago. He has Alzheimer's disease and lives alone in his own home. Posey has become more aware of her father's limitations since her mother died and realizes he should not live or spend time alone during the day. Posey is an only child and feels responsible for her father. She promised her mother she would take care of him after her mother was gone.

Posey and her father have always had a rocky relationship. Her mother was the peacemaker. She believes her father does not approve of the way she is raising her children, nor of her career. Her sons are very involved in school activities. Posey was just promoted to a manager position that requires travel. She has a short fuse sometimes when it comes to her children and colleagues. She feels exhausted and does not know where to turn. Posey finds herself thinking that life would be easier if her father had died too. A neighbor has called to report that her father goes outdoors late at night and early in the morning. He sometimes forgets where he is. Neighbors say he yells or swears at people who try to help him go back inside. Posey is thinking about moving her father into a nursing home. She realizes that things cannot continue as they are. She does not see any other option.

Description: Caregivers in this situation often feel greatly overwhelmed by their caregiving role and activities. They may also be experiencing stress in other areas of their lives, such as raising their own children or job obligations. Long-standing strain in the relationship they have with the person needing care adds to their stress. Caregivers often think they ought to be up to the job of providing the care their relatives need. Or they may feel trapped by long-held beliefs or promises such as, "I said I'd always look after Dad and I will." Caregivers who look at their long-held beliefs or promises and make changes may find support for themselves and for their loved one.

### Suggestions to lower stress:

Check how your beliefs are affecting your ability to care for a loved one. Can one way of "looking after Dad" be having outside help in his home, and /or Dad attending adult day care during the day, or moving him/her to a care facility?

Ask for help! Have your loved one see the doctor for a complete physical and discuss the behaviors being exhibited by your loved one with the doctor.

Ask for help! Contact your local area aging office (CASI or Alternative For the Older Adult) who are aware of local resources and can help you identify options for your loved one.

If you found yourself in this story, I hope you will use this information to reduce your stress. Remember God is on this journey with you and your loved one. Go be a blessing to someone this week.  
Blessings; **Bobbi Rudiger**

# EDWARDS CONGREGATIONAL UNITED CHURCH OF CHRIST



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FAX: (563) 359-8221

January 2010



### The Office will be Closed:

Thurs., Dec. 31  
Fri., Jan. 1  
Mon., Jan. 18

### Food Pantry Sunday January 24<sup>th</sup>!

Non-perishables are greatly needed by the food pantries. Fill a grocery bag to share with hungry families.

### EDWARDS CHURCH STAFF

Rev. Katherine A. Mulhern, Pastor  
Rev. Jean Norton, Minister of Music  
Susan Chesley, Minister of Christian Education  
Crystal McCormick, Youth Director  
Geri Dulaney, Membership Coordinator  
Bobbi Rudiger, CareGiver Coordinator  
Kathy Bowerman, Church Secretary  
Cathy Loughead, Bookkeeper  
Tom Kenneke, Moderator  
Joe Opsal, Custodian

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