



JULY 2025 NEWSLETTER

ST. JOHN UNITED CHURCH OF CHRIST
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Pastor Rosemary Captain

Sisters and Brothers in faith,

There is a four-letter word that has been slipping through my fingertips lately. The word is HOPE. It seems like I just can't grasp hope when the world is so chaotic. I'd like to share with you some words from a book written by Anne Lamott. I call her a modern philosopher. The name of this book is "Almost Everything – Notes on Hope." Chapter five is titled "Don't Let Them Get You to Hate Them". This book was published in 2018, but is still relevant today.

"How did we become so filled with hate? This is not who we are. Hate is the worst emotion of all, second only to acute jealousy. Certain special people of late have caused a majority of us to experience derangement. Some of us have developed hunchbacks, or tics in our eyelids. Even my Buddhist friends have been feeling despair, and when they go bad, you know the end is nigh. Booker T. Washington said "I shall allow no man to belittle my soul by making me hate him," and this is the most awful thing about it. Yet part of me sort of likes it, too, for the flush of righteousness, the bond to half of the electorate. Who would we be without hate? In politics, breakups, custody disputes, hate turns us into them, with a hangover to boot, the brown-bottle flu of the spirit.

"Hate is such an ugly word. How about loathe for the verb, abhorrence for the noun?

"A friend once said that at the end of his drinking, he was deteriorating faster than he could lower his standards, and this began happening to me recently with hate. Some of my wise, more evolved friends say that loathing certain people, henceforth referred to as THEM, is not worth the effort, that they are too thin as human forms

to actually hate. I say, “Not for me, baby.” Others remind us they are all children of God, loved just as deeply as my grandson. I say, That’s very nice.

“Hate, on the one hand, is comforting, but regrettably, on the other, it’s malignant. I loathe certain public individuals with great wriggling discomfort, and it steadies me. .

I have been one of the walking wounded for a year or so – actually more like the zombies in Night of the Living Dead, because we are fused with people when we hate them. We’re not us anymore. We become like them. They – Them – are really not doing anything to us. To some extent, I am doing it to myself – the zombification is complete. I’m all parts: the host, the carrier, the new victim.

“I can’t change them. So I pray, Bless them with nice retirement opportunities, and change me, but while You’re at it, help them not to blow up the entire world. Thanks.

When I finally got to the point that I couldn’t take it anymore, I decided to put down my weapons briefly. Maybe I would end up on the winning side, calmer, or at least less

deranged. So, as is my habit, I asked God for help with the mess of me. God immediately sent in two people. The first was Martin Luther King, quoted on Twitter, that hate cannot drive out hate, only love can. That sucks. Yet it was enough for me to realize that I needed palliative care. The second was an eight-year-old boy.”

This chapter in Anne Lamott’s book goes on for another 10 pages. If you want to hear more and find out how the boy helped her, you can buy the book anywhere or ask to borrow mine.

Peace, Pastor Rosemary

Mission Moment from June 2025

Exploring the national UCC website, either with a computer or your cell phone helps us better understand our church's structure and organization.

- Our National UCC has a Board of Directors. It is a diverse group of 48 members from throughout the country, each serving 3-year rotating terms. Their election occurs during General Synods. This 48-member board directs the Office of General Minister and President, as well as all the ministries of the church. Rev. Dr. Karen Georgia A. Thompson is our General Minister and President. We look to her as the spiritual leader of our denomination, and executive leader of the church. Rev. Thompson is guided by the UCC Board, and the Board is guided by the Resolutions passed at the General Synods. The national UCC and its Board, understands its ministry to be an extension of Jesus Christ's ministry in the world.
- On the ucc.org website, there is a section called "How We Serve". It is organized by LOVE. Love of service, love of church and love of neighbor. Within each of these categories we can find out all the work and services of the national UCC. We can become inspired and uplifted in seeing how our UCC helps others throughout the world and how we can join in.
- Lastly about UCC Just World Covenants. We can learn about them also from the website ucc.org, but these Covenants are different. These covenants have not been adopted by the General Synod but they can be adopted by local congregations to strengthen their ministry, mission, and witness. Commitments to a covenant may be made after prayer, discernment and education. The Covenant we are most familiar with, is the one we have made a commitment to: the Open and Affirming Coalition. Other covenants we could learn about relate to, for example; disabilities, peace, economic justice, mental health, and immigration. In all, there are 8 Just World Covenants and 3 other initiatives we could consider learning about.

There is lots on the UCC website and lots of opportunities to learn if we choose to and if we designate the time. If you have a working computer or just your cell phone, check out the website: ucc.org

USHERS:

July 6 Tom and Jan Miller
July 13 Sue Ganschinietz, Ginny Ganschinietz
July 20 Tom and Jan Miller
July 27 Lew Thomasino and Judy Schmitt

JULY BIRTHDAYS:

7/8 Darlene Schaperkoetter
7/10 Tiffani Eisenhauer
7/12 Luke Doctolero
7/19 Abby Captain Doctolero
7/23 Yvonne Weber
7/26 Clay Harris
7/28 Sherry Hackbarth



JULY ANNIVERSARIES:

7/15 Sharon & Steve Banjavcic # 47
7/17 Trisann & Bill Underwood # 26
7/30 Stacie & Tim Pickens # 9

Support Hoyleton Youth and Family Services Back to School Supply Drive

Donating back-to-school supplies to youth in care is a beautiful way to help kids begin the school year with confidence, dignity, and hope. It's more than just giving notebooks and backpacks; it's sending a message that their future matters and they are not alone. Your generosity can spark a fresh start filled with encouragement and possibility.

Drop off supplies or mail checks to: **8 Executive Dr Fairview Heights IL 62208** or call Meghan at 618-688-4727 or mseipp@hoyleton.org

OUR FRIENDS WHO ARE UNABLE TO ATTEND WORSHIP

Becky Ballard
1211 Moreland Apt 12
Belleville IL 62223



Jeanette Brown
5904 Perrin Rd
Fairview Heights IL 62208

Jackie Canterbury
105 W Julie St Apt C
Shiloh IL 62269

Ivy Schneider
213 Merriweather Ln
Fairview Heights IL 62208

Yvonne Weber
200 St Clair Dr
Fairview Heights IL 62208

Rosemary Williams
201 S Belt W Apt 110
Belleville IL 62220



PRAYER LIST: *Becky Ballard, Mary Lou & Urban Baum, Ronald Bopp, Jackie Canterbury, Kyle Eads, Gary Hearne, Dorothy Ovelgoenner, Don Mueller, Marilyn Paul, Pam Safriet, Syd Safriet, Nancy Weber, Yvonne Weber*

IT MAY BE VACATION SEASON FOR SOME, but bills do not take a vacation. Please remember your offerings this summer.



Thought to Remember:

Kindness is the OIL that takes the friction out of life.

Carol Bulva

Council Notes

July is traditionally the month that the church council doesn't meet. We will meet again in August. Enjoy the month and stay cool!

Thank you!

Thank you so much for thinking of the needy in our area by providing donations and food to our pantry. The Food Pantry board is overwhelmed with the generosity of your congregation. It was very clear that your congregation is devoted to helping the less fortunate. We can never adequately thank you for all you do for us. You are making the lives of many of our clients a little less desperate. Please accept our thanks and gratitude to each and every person in your congregation.

Jo Ann Nadler, Fairview Heights Area Food Pantry Board



On behalf of the Church, we sincerely thank the family of Terry Kissel, who passed away January 18, 2025; for the generous donation to the Church. With their help, we can continue to work towards and secure the future of the Church.


With Deepest Sympathy to the Family of Elaine Whitney

Elaine passed away at age 102 on Friday, May 30, 2025

A funeral service was held Monday, June 9, 2025 at Lake View Funeral Home,
Fairview Heights IL

JULY

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 AA Mtg 7 pm	4 HAPPY 4TH 	5
6 Service of Word & Sacrament 10 am Fellowship time after worship	7	8	9 Quilters Workshop 9-4	10 Quilters 10-2 Bible Study via Zoom at 6:00 pm AA Meeting 7pm	11	12
13 Service of Word 10 am	14	15	16	17 Bible Study via Zoom at 6:30 pm AA Meeting 7pm	18	19
20 Service of Word 10 am Service	21	22 Show Committee meeting 7 pm	23	24 Bible Study via Zoom at 6:30 pm AA Meeting 7pm	25	26
27 Service of Word 10 am Service	28	29	30	31		