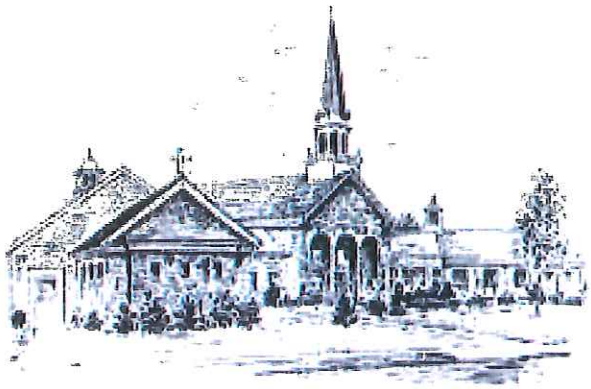
The Spire Newsletter

St. Peter and St. Paul United Church of Christ

www.spspucc.org



May 2021
Volume 32, Issue 5

I have recently been reading some of the works of Paul Tillich, the 20th century Protestant theologian. I saw this statement by Tillich and I thought I would share it with you for your reflection: "The separation of faith and love is always a consequence of a deterioration of religion." Tillich seems to be suggesting to us that a healthy, life-giving faith is rooted in, and energized, by love. When we see love absent from faith that is sign that religious faith and practice are taking place in the head and not in the heart. Or perhaps it points to the possibility that religion has become habitual and is no longer feeding our spirits as it is intended to do.

Some of our recent lectionary readings that we have heard in worship remind us of the essential nature of love for Christian life and discipleship: "Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. 8 Whoever does not love does not know God, for God is love. 9 God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him." (I John 4:7-9) And: "Little children, let us love, not in word or speech, but in truth and action."

Here are a couple of questions to think about: What are some of the ways you and I can make sure that love is energizing our faith? How can we keep our faith and religious practices from becoming routine rather than joyful? The answers may vary for all of us but perhaps we can all begin by making sure there is plenty of room for Jesus and each other in our hearts.
Let's think about these things together, Sisters and Brothers in Christ!

I look forward to seeing you in worship – in person or online!

God's peace and blessings to you,

Pastor Paul

Grow Groups:

Cover to Cover Book Club - Contact Ramona Hedspeth at: ramonahedspeth@yahoo.com

Every fourth Wednesday at 6pm in Fellowship Hall

Mission Sewing - Contact Carol Westermeyer at: cwest5441@gmail.com

1st Thursday every month at 10am in Fellowship Hall
** NOT ACTIVELY MEETING IN MAY **

Bits & Pieces - Contact Tammi Hart at: tammihart@yahoo.com

Every other Monday at 7pm in the Library or Fellowship Hall
** NOT ACTIVELY MEETING IN MAY **

M & M's - Contact Nancy Cusick at: thecusicks@fuse.net.

Every third Friday at 6:30pm in Fellowship Hall.
** NOT ACTIVELY MEETING IN MAY **

Outreach / Opportunities to Serve:

Church & Ministry – Contact Dorothy Coore at: coorefdds@zoomtown.com

Christian Ed – Contact Tammi Hart at: tammihart@yahoo.com

Choir – Contact Garrett Woods at: garrett.a.woods@gmail.com

Mission & Service – Contact Bill Hirsh at: wjhirsch@embarqmail.com

Community Meal - Contact Jackie Frank at: Frank_j60@hotmail.com

Monthly Highlights

Church council is back to meeting every month. We are working on trying to get all aspects of the church up and running again. A post covid task force, made up of members of Church and Ministry, Property, Pastor Paul, and Bob Cheeseman, have started working on ideas for in-person worship. Their initial suggestions were discussed by council with further work by both groups to continue. Beth, our office manager, is printing the Sunday bulletin in its standard form, and Garrett, our music director, is adding more music to the service. One suggestion we are looking into is to return to some very limited singing in the service. We are now using a liturgist again. Both Beth and David are back at work. A big thank you to Wendy Bauer, Mike Miller and family for helping out while they were recuperating and rehabbing from their surgeries. Property and Church and Ministry will begin meeting in the next couple of months. The community meal, the book club, and the girl scout troops are up and running.

Bob Cheeseman
Church Council President.

Prayer Partner Schedule for May
May 2: St. Leo
May 9: Gloria Dei Lutheran
May 16: St. Luke's Community Church
May 23: Santa Maria
May30: Westwood First Presbyterian Church

To the world you are a Mother
but to your family you are the world!

Healthy Thoughts: Seasonal Affective Disorder

Provided by ERH Parish Health Ministry

"But now trouble comes to you, and you are discouraged; it strikes you, and you are dismayed." (Job 4:5)

Many Americans suffer from some form of depression with different levels of severity (mild, moderate, major). However, many Americans have never heard of Seasonal Affective Disorder (SAD). This too is another form of depression, which happens to occur at the same time each year. The symptoms usually appear in late fall and may continue into the winter months (winter depression), or the symptoms may appear in the spring and continue into the summer months (summer depression). If you or a loved one suffers from SAD, you usually suffer from a lack of energy and you may feel moody. If you believe that you suffer from this disorder, do not brush it off and think that you have to tough it out on your own. There is effective treatment that can help you deal with this disorder. Treatment usually includes, light therapy (photo therapy), psychotherapy, and antidepressant therapy.

Winter Depression Symptoms: Depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates, weight gain, difficulty concentrating and processing information.

Summer Depression Symptoms: Anxiety, trouble sleeping (insomnia), irritability, agitation, weight loss, poor appetite. It is normal to have some days when you may feel down, but if you are feeling down for days at a time, where you cannot get motivated to do activities, then it is time to contact your health care provider. Contact your health care provider immediately if you notice sleep pattern changes, feelings of hopelessness, have thoughts of suicide, or find yourself turning to alcohol or other drugs for comfort/relaxation.

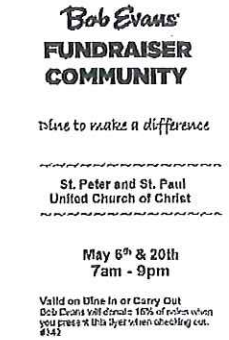
Factors that may increase your risk of SAD include:

- Being female: Some studies show that SAD is diagnosed more often in women, how ever men may have more severe symptoms.
- Living far from the equator: SAD is more common among people who live far north or far south of the equator because sunlight is decreased during the winter, and the longer days of summer.
- Family History: Some studies have shown that people with SAD are more likely to have blood relatives with the condition. If you or your loved one thinks they may have these symptoms, please contact your health care provider to discuss SAD with them or other types of depression.

For more information about Seasonal Affective Disorder talk to your health care provider or visit http://www.mayoclinic.org.

SPSP Fundraisers

Thank you to all the members and friends of St. Peter and St. Paul who faithfully return every other Thursday to dine. This fundraising program is set up so that Bob Evans generously donates 15% of each meal (breakfast, lunch, or dinner from 7 am – 9 pm) purchased by SPSP friend s and members upon presentation of an SPSP printed flyer at the time of the meal payment on the specific dates of the fundraiser at its restaurant located at 6318 Glenway Ave, Cincinnati, OH 45211. These flyers are available by the church office, in the Narthex and online at our SPSP website www.spspucc.org. Please continue your support of this program so we can increase the amount we receive. Thank you for your participation! Please call the restaurants for operating hours.



Support your church any day of the month at Diane's Restaurant
1951 Anderson Ferry Rd. (near Sidney Rd.) Dine-in only for Breakfast, Lunch, and Dinner from 8:30 am – 8:00 pm and Diane's will donate 10% of all purchases to the church when presenting the flyer at the time of your purchase. Come and enjoy good food and the company of other church members and bring a friend! Coupons will not be honored during this event. These flyers are available by the church office and in the Narthex.

Recycling is great for the Environment! Recycling saves the landfill from hundreds of thousands of cartridges. Don't forget to save your used printer cartridges for us. We can send them in for recycling, saving landfill space as well as to make money for the church. Ask your friends and families to save them. All kinds are accepted!!! Drop off box is in the Fellowship Hall!

Current Kroger Community Rewards Program members: Please check your receipts, near the bottom to verify "St. Peter & St. Paul UCC" is listed as the recipient of the Kroger Awards. New Kroger Community Rewards Program members please use #WD567 when registering your information.

Apologies to anyone we might have missed.

Please notify the church office of any omissions.

05/02 Helen Betz

05/04 Andrew Zucker

05/07 Linda Zucker

05/09 Alyssa Rose Miller

05/09 Donald Barthelmeh

05/16 Steven Schnell

05/16 Eric Gregory

05/19 Lauren Staley

05/20 Katie Schnell

05/21 Donna Felthaus

05/22 John Cozine

05/23 Nancy Cusick

05/25 Joel Westermeyer

05/26 Jan Williams

05/27 Michael Murphy

05/29 Maria Hoy

05/31 Craig R Middendorf

05/03 Kent & Joanne Claudy

05/11 Jim & Jean Foutch

05/13 Paul & Nancy Dornette

05/17 Robert & Carol Heuerman

05/25 Jim & Teresa Miller

05/30 Richard & Mary Lou Klene

Property
Mike Miller – Chairperson
Glenn Schnell
Andy Hitz
Ralph Vanderman
De'Juan Anderson
Terry Hart
David Clark
Bob Cheeseman
Greg Bradley

Church & Ministry
Dorothy Coore – Chairperson
Julie Ress
Jennifer Miller
Sandi Schmit
Butch Schmit
Deb Boland
Wendy Bauer
Andy Hitz

Stewardship
Kent Claudy – Chairperson
Joan Moritz
Andy Hitz
Joel Westermeyer

Christian Education
Tammi Hart – Chairperson
Mike Miller
Jennifer Miller
Carol Westermeyer
Bob Cheeseman
De'Juan Anderson

Mission & Service
Bill Hirsch – Chairperson
Jack Kohlmeyer
Paul Staley
Mike Murphy
Andy Hitz

2020 Members	*Term#*	*Current Term Ends*	*Position*
Bob Cheeseman	2	12/20	President, Property & Christian Education
Joel Westermeyer	3	12/21	Vice-President & Stewardship
Julie Ress	3	12/21	Secretary – Church & Ministry
Joan Moritz	3	12/20	Stewardship
Glenn Schnell	2	12/20	Property
De'Juan Anderson	2	12/21	Property & Christian Education
Michael Murphy	1	12/20	Mission & Service
Aaron Westermeyer	1	12/21	

The staff of St. Peter & St. Paul United Church of Christ

Pastor Paul Burden: pastorpaulspsp@gmail.com.....Senior Pastor
Pastor James Hill: jasrhill@webtv.net.....Minister of Visitation
Rev. Robert Keely: lpkeely@gmail.com.....Minister of Sacraments
Garrett Woods: garrett.a.woods@gmail.com.....Music Director
Beth Clevenger: spspuccoffice@gmail.com .....Office Manager
David Clark..... Custodian
Tammi Hart: tammihart@yahoo.com.....Church School Coordinator
Kent Claudy: kclaudy@yahoo.com.....Treasurer

May 2021 Events:

Sunday, May 2: Worship 10am
Wednesday, May 5: Scouts 3pm
Thursday, May 6: Bob Evans Fundraiser 7am – 9pm
Sunday, May 9: Worship 10am / Mother's Day
Saturday, May 15: Community Meal 10:30am
Sunday, May 16: Worship 10am
Wednesday, May 19: Scouts 3pm
Thursday, May 20: Bob Evans Fundraiser 7am – 9pm
Sunday, May 23: Worship 10am
Tuesday, May 25: Council 7pm
Sunday, May 30: Worship 10am
Monday, May 31: Memorial Day

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Worship 10am	3	4	5 Scouts 3pm	6 Bob Evans Fundraiser 7am – 9pm	7	8
9 Worship 10am	10	11	12	13	14	15 Community Meal 10:30am – 12pm
16 Worship 10am	17	18	19 Scouts 3pm	20 Bob Evans Fundraiser 7am – 9pm	21	22
23/30 Worship 10am	24/31 Memorial Day 31st	25 Council 7pm	26	27	28	29

St. Peter and St. Paul UCC
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Cincinnati, OH 45238-2432
Phone 513-661-3745
www.spspucc.org

label here

Did you know that you can give electronically to St. Peter & St. Paul UCC? If you are interested in contributing to the church in this manner, pick up a form in the narthex, fill it out and return to Ken Claudy, Church Treasurer, or email him at kclaudy@yahoo.com.

If you no longer read me, or I am being delivered by mistake, please call the office at 513-661-3745 or email Beth at spspuccoffice@gmail.com Visit www.spspucc.org for the latest issue of the Spire Newsletter