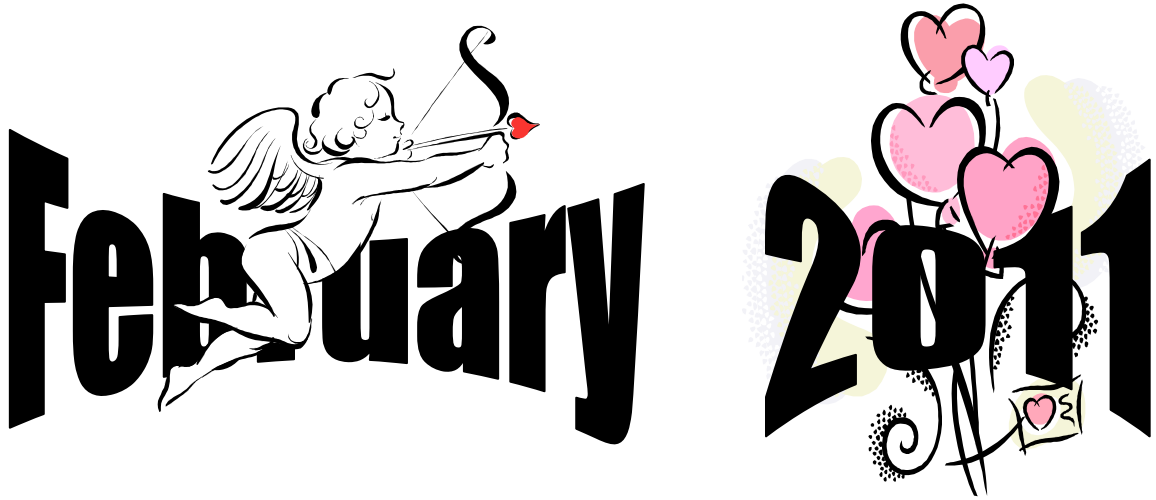


Bainbridge Beam

Bainbridge Community
United Church of Christ
17751 Chillicothe Road
Chagrin Falls, OH 44023

Forwarding Correction Requested

**Dated Material
Do Not Delay**



**Serving You At
Bainbridge Community Church**

Susi Kawolics, Acting Pastor
Josh Chenoweth, Music Director
Julie Hoffman, Organist
Barbara Hincke, Secretary
Judith Campbell & David Edmondson, Beam Editors

Central Planning Board

Patty Willson, Moderator
Ellen Klaiber, Vice Moderator
Ethelann Duncan, Secretary
Virginia Johnson, Treasurer

Church Website:

www.bainbridgecommunityucc.org

Church E-mail:

bainbridgecommunity@gmail.com

Church Office Hours

Monday through Thursday, 9am-2pm

Phone: 440-543-5117

Bainbridge Beam

The Newsletter of the Bainbridge Community United Church of Christ

February 2011

From your acting Pastor

Dear friends and church family at BCUCC,

I've often wondered why it is that the month of February, which *is* the shortest month of the year, actually *feels* like the longest. Maybe it's just part of living in the Cleveland area, where, by this time of the year, sunshine and warmth seem both a long time past and a long time coming. I, for one, am getting tired of the cold, bleak days and yearn for warmer weather, longer daylight and brighter skies.

For this reason, I am thankful that liturgically, for the months of January and February this year, we remain in the season of Epiphany, the season of light. Our readings and our worship experience remind us of the light that led the magi to see the revelation of God in the birth of Jesus. We too are called to seek and to follow this same light, and to recognize the presence of Christ revealed in our midst. The Epiphany reminds us that Christ is the light of the world, and so, while the natural world around us may not be radiant, our spiritual world is.

Just as we go through seasons in the natural world, we also do in our lives. We experience seasons of joy, laughter, and excitement as well as seasons of pain, grief, or sadness. We know both darkness and light in our journeys. It is therefore very appropriate that our liturgical calendar offers us the opportunity to focus on different seasons. For the Epiphany, we are focused on the joy of the incarnation, and then in March, we will move into the more solemn and penitential season of Lent. In the worship experience, we try to reflect this, and allow participants to immerse themselves in the spirit of the season. We do this through the readings, prayers, reflection and music that make up our Sunday Morning service.

One of the changes you will find during this time of Epiphany is a new doxology. The tune is different, and words we are used to singing are supplemented with many "Alleluias." This is a way of expressing the joy that we celebrate at Christmas with the coming of Christ into the world. It will also provide a contrast to the Lenten season, when our Alleluias will be silenced until our celebration on Easter morning.

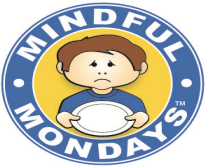
During Epiphany, and all other times as well, we as a community continue to trust in the light of God to guide us. As members let us gather in this trust as we attend the annual Congregational meeting. This will take place on Sunday, February 6th after the worship service.

Also, Confirmation classes have begun, and 4 confirmands are meeting with me. In February, classes will be on the 2nd and 4th Sundays. We are considering opening some of the classes to the congregation to further the adult education as well. For the time being, adult education is on Monday mornings at 10:00 AM for Bible Study and prayer. Anyone is welcome to join us. The Moms continue to get together. We will meet again on Monday, February 21st. Details will follow in the bulletin and via email or postcards. In all our meetings, whether church committees, educational opportunities, or fellowship and support, we ask that God's guiding light will make itself known.

So as we travel through the gray, cold days of this month, let us remember that Christ's light guides us, warms us, and constantly abides. May we embrace that light in confidence and hope, and share it with the world.

Yours in Christ-


Pastor Susi

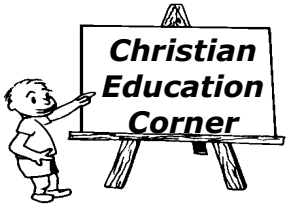


**MINDFUL MOM – DAYS – Next meeting Monday, February 21st.
Open to all Moms with kids (even college-aged kids!)**

Our Mindful MOMdays continues to be a source of fellowship and sharing for those moms who have children at home. It is an opportunity for moms to come together, build community, get to know each other and support each other in a confidential and non-threatening atmosphere. By patronizing area restaurants, we support the Mindful Mondays program, raising money for food pantries at no additional cost to us. We will meet again on Monday, February 21st at 7:00 PM in our church lounge, and order food from Café Michael, located across the street. If you would prefer to bring your own dinner, that is an option as well.

Moms are welcome to join us – whether you've come in the past or not. Also, feel free to bring a friend if you'd like.

I hope to see you on February 21st at 7:00 in the lounge at the church. Please call or email me (Pastor Susi) 440 543-5117 (Church) or 543-1301 (Home) or pastorsusibcucc@yahoo.com if you plan to attend.



We are back in the swing of things this new year in Church School, Adult Bible Study, Youth Group, and Confirmation. The new unit which we are beginning in our Church School class is called "The Paths of the Spirit". Along with that we are making "thank you" cards for those people who have helped us over the Christmas season. The children will also be making Valentine and love placemats which will be laminated and given

to Meals on Wheels. They will then deliver these along with the meals for their recipients in February. We have had lovely thank you notes from Meals on Wheels for our FBS and Christmas placemats. These placemats will be our Children's Mission project for the first part of the year. Confirmation Class has begun and we are in hopes that it will be a learning and faith-filled experience for our Confirmands.

We are always in need of people offering their teaching support to our classes. Please give a rewarding experience a try. Also, even though the snow is blanketing the ground, and our temperatures are dipping low at night, it is not too early to be thinking of UCC Summer Camp. The deadline for early deposit, in which there is a reduction in cost at that time, has in the past been in March. If any youth would be interested in attending camp and/or the parents feel they would be in need of help with a Campership, please talk with Sandy Allard. More information will be available on this very soon.

Stay warm and bask in Jesus' love,
Sandy Allard and Karen Dunasky
(co-chairmen of Christian Education)

Worship Committee

Just a note about Sunday mornings before services: the doors will be open before worship and everyone is welcome to enter the sanctuary when they choose. The choir may be finishing up rehearsal but you are welcome to sit and enjoy the final touches to the anthems on Sunday mornings!

The Worship Committee invites you to take part in our time together Sunday mornings. If you are interested in being an usher or worship leader, please speak with Sarah Popovic. Interested in signing up to share altar flower arrangements in our services? Please see the flower chart on the bulletin board in the foyer to reserve a Sunday.

CHURCH HOUSEKEEPING CONCERNS

It would be greatly appreciated if church attendees could either buy a bag of rock salt or make a monetary donation toward the purchase of rock salt. With this rock salt we will be able to increase our effectiveness in keeping ice off the driveway as much as possible.

In addition, it would be enormously helpful if church members would take home their recyclables in an attempt to keep the church clean and avoid the appearance of clutter in the kitchen. Remember, it is every person's responsibility to help keep the church and kitchen area clean. Please, always try to remember to pick up your dishes and recyclables before leaving the church.

Congregational Meeting

The congregational meeting will be held on February 6th immediately following the Worship service. Your voice needs to be heard. We will be discussing and approving the 2011 budget. We also will be discussing the fundraisers and other pertinent topics at this time. Plan on attending. Mark your calendar now. Your presence is important.

Happy B-Day February

1	Shelby Berger
	Jason Johnson
	Joshua Johnson
3	Donna Patterson
6	Thelma Payne
7	Jackie Chenoweth
12	Katelyn Giebner
21	Leander Held
24	Carly Moss
27	Ken Moss

Happy Anniversary February

12	Rick and Thelma Payne
18	Jorg and Brenda Barenwald



- Ushers:** Johnny Fudella, Virginia Johnson, Andy Gall, Sue Johnson, Phil & Ellen Klaiber
- Greeters:** Chet & Kathy Ramey, Lois Little, David & Annette Schell, Brenda Barenwald
- Communion Helpers:** Greg Marous, Johnny Fudella, Eileen Dickerson, Ann Sekarak
- Worship Leader:** Jeff Clawson
- Coffee Fellowship:** Mary Wideman-Blake and Emma Blake, the Ladies Auxiliary, Muriel Lampfert, Vivian DeRolf & Kayla Rumford, Kathy & Vince Meier
- Flowers:** Judith Campbell and David Edmondson
- Nursery:** Virginia Johnson, Eileen Dickerson, Kayla Rumford, Ethelan Duncan
- Teachers:** Kayla Rumford, Sandy Allard, Tim Allard

Special Thanks To:

- Isabel Held** for accompanying on her violin at the January 2nd service
- Lori Boyer** and **Wendy Duncan** for the special Music at the January 2nd service

All the participants in the January 9th service:

- Reflection: **Greg Schaefer**
- Liturgist: **Jeff Clawson**
- Young at Heart: **Sarah Popovic**
- Prayers: **Judith Campbell**

Ladies Auxiliary for the lunch preparation and serving, and to all those on the sidelines who helped at the celebration of Rick Payne's birthday party

Kathy Ramey for all the piano accompaniment during the Sunday services. It makes for a special addition to all the wonderful music made at our church

A special thank you to **Shirley Page** for creating the new green paraments and to **Michael Popovic** for embroidering them

Congratulations

A big Congratulations to **Johnny Fudella** who has earned the rank of Eagle Scout. Eagle Scout is the highest rank attainable in the Boy Scouting program of the Boy Scouts of America (BSA). A Scout who attains this rank is called an *Eagle Scout* or *Eagle*. Since its introduction in 1911, the Eagle Scout rank has been earned by more than 2 million young men. The title of Eagle Scout is held for life, thus giving rise to the phrase "Once an Eagle, always an Eagle". Requirements include earning at least 21 merit badges and demonstrating Scout Spirit through the Boy Scout Oath and Law, service, and leadership. This includes an extensive service project that the Scout plans, organizes, leads, and manages. Eagle Scouts are presented with a medal and a badge that visibly recognizes the accomplishments of the Scout. Additional recognition can be earned through Eagle Palms, awarded for completing additional tenure, leadership, and merit badge requirements. (source, Wikipedia)

All American Named

Kiran Kawolics, daughter of Pastor Susi, has been named an academic all-American by the National Forensic League. She is a senior at Laurel School in Shaker Heights.

Kiran, who is the 2010 Cleveland district champion in original oratory and was a qualifier to the 2010 national finals, was recognized for her four-year record of excellence in speech, as well as her outstanding academic performance and leadership throughout her high school career.

To be named an academic all-American, a student must have earned a minimum of 750 National Forensic League credit points participating in interscholastic speech and debate competition. The student must have also maintained a grade-point average of at least 3.7 on a 4.0 scaled, and received an ACT score of 27 or higher or an SAT score of 2,000 or higher. Students also must demonstrate outstanding personal character and leadership, and be recommended by their school, and speech and debate coach. Fewer than 1 percent of students competing in speech and debate nationwide are named academic all-American.

Willoughby Chamber award winner says recognition impossible without their staff

Brandon C Baker

BBaker@ News-Herald.com

Business leaders who win awards from their local chambers of commerce rarely exhibit the excitement that their staff members and community partners carry upon hearing the good news.

David Schell, executive director at Willoughby-based Breckenridge Village, is a prime example. Schell smiled and gave the Breckenridge staff almost all of the credit for his upcoming Distinguished Business Leader of the Year award from the Willoughby Area Chamber of Commerce. In 2010, that included work on the \$22 million condominium

housing development, Grace Woods and the Veale Wellness & Aquatic Center, which will be dedicated on January 20th.

Schell has been an active volunteer at his church, and groups like Rotary International, Boy Scouts of America, the American Association of Homes and Services for the Aging. He also is a past president of the Willoughby Rotary Club.



I am planning to attend the **February 19th** Workshop at Faith UCC in Richmond Hts. The Church has approved paying for others to come as well. If you are interested in attending, please let me know by **February 4th**, by calling or emailing the church. I will be driving, planning to leave from Bainbridge Community UCC at 8:00 AM on the 19th.

Thank you for your interest.
Pastor Susi— pastorsusibcucc@yahoo.com

Faith Practices Workshop

Saturday, February 19, 2011

9:00-12:00

(registration starts at 8:30)

Faith UCC575 Richmond Rd,

Richmond Hts.

(216-382-7227)

Faith Practices are the new online Resources being offered by the UCC that invite us to explore, experience and engage in activities as we "practice our faith".

Activities are offered for a broad selection of age groupings and settings of the church.

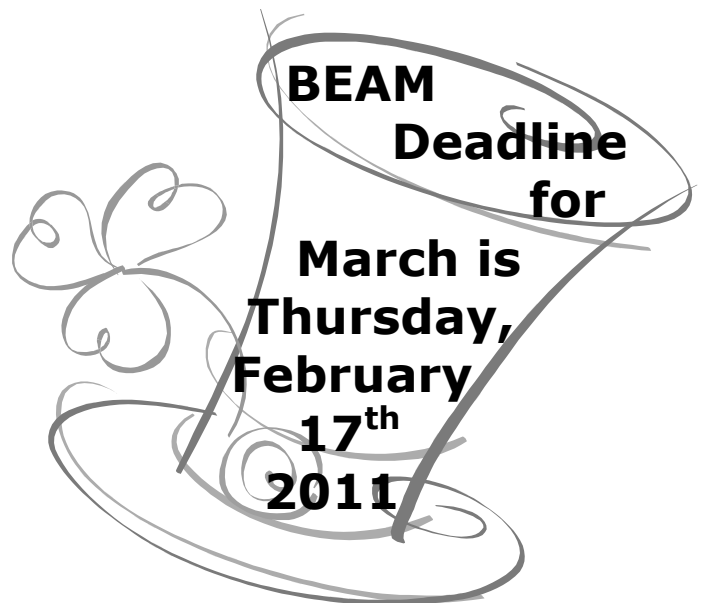
The first year's subscription includes the practices of:

*Giving and Receiving Hospitality, Living Stewardship, Sabbath Keeping and
Playing and Living Joyfully*

For more information go to www.faithpractices.org

Attention High School Seniors

\$1000 Scholarships are available to graduating High School Seniors who attend a Geauga Co-op Church (such as Bainbridge Community UCC) or who reside in Geauga County. Go to <http://www.geaugaweb.com> for details and an application.





Women & Heart Disease:

"Guard your heart above all else, for it determines the course of your life." Proverbs 4:23 NLT

There is a misconception that cancer is the greatest health risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer put together. Minority women have the highest death rate from heart disease while the entire gender has a higher death rate from stroke than men. Part of the problem is that heart disease is displayed differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical. These include shortness of breath, indigestion, pain in the jaw, shoulder, or back, sudden nausea or vomiting, unexplained fatigue, fainting, or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911. Even a slight hesitation could lead to severe consequences if she is having a cardiac episode.

Plaque buildup can be different in women also. In men it tends to be clumpy and irregular which responds well to angioplasty and stents that flatten out the plaque. In some women, plaque forms an even layer on the vessel lining which means drug therapy works better than angioplasty. Women also respond to aspirin differently. In women, it seems more effective in preventing stroke while in men it is more effective for heart attack prevention.

For a woman, the most important thing to do is talk to her physician. She should discuss her health history and determine potential risks for heart disease. The next step would be to create a plan to change or impact those risks and follow the doctor's instructions. Women are the same but different. It is important to find out individual needs and then address them.

(Source: www.mayoclinic.com)