

# **JANUARY 2021**



# **TLC MOVES FORWARD INTO 2021**

The Transition Leadership Committee (TLC) is continuing to work within Countryside's mission and vision as the Christian Partner of Tri-Faith Initiative. All our communication thus far can be found at <a href="https://www.countrysideucc.org/future">www.countrysideucc.org/future</a>

The Interim Model of Collaborative Leadership provided the framework in December to post both the position of Interim Minister of Worship and Congregational Care, and the position of Interim Minister of Engagement and Formation, with responsibilities of the Tri-Faith Initiative partnership at Countryside. The TLC has already started receiving resumes to fill those positions.

During this period of discernment of 12-18 months, the TLC will move forward with the collaborative leadership model and hire two interim ministers to start the discernment process as a congregation, and move toward hiring our two settled ministers.

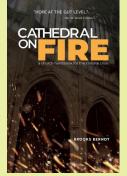
The TLC has hired a consultant, Mary Scifres, to have a professional change agent to help during our interim. Mary is also actively consulting with staff and leaders. You can learn more about Mary by visiting her website (<u>www.maryscifres.com</u>), her YouTube channel, her Facebook page, and her author page on Amazon.

This is an amazing opportunity as we move forward. We are working

literally every day to break down entrenched ideas of leadership by developing this Countryside collaborative leadership model, and move the church forward in the best interests of the staff and congregation. The leaders we are in conversation with, are old friends of Countryside, from across the country, who assure us that this transition is an opportunity to move forward into a bright new future. Some of these ministers and national leaders will be preaching in the coming weeks at Countryside. Worship planning is actively and energetically working within the collaborative model, and we're excited at the planning and work being done to bring Countryside meaningful and inspiring worship. The Moderators and Transition Leadership Committee sincerely appreciate the support we have received from you, as well as your questions and concerns. Together we all continue to move forward, listening to Spirit and where God has called us together in ministry.

- Tracey Halvorson and the members of the Transition Leadership Committee.

More about the Transition on pages 6-7



#### FAITH AND THE ENVIRONMENT TO START ALL CHURCH BOOK READ FOR LENT

This is your special invitation to join the Faith and the Environment Committee's all church book read of "Cathedral on Fire", a handbook for congregations on climate justice. In this book, author Brooks Berndt, UCC Minister for Environmental Justice, calls us to commit ourselves to climate justice and take action in the way only faith communities can. The book is part of the church's Lenten focus on climate justice. Chapters explore such topics as the scriptural basis for pursuing justice for the planet and all its inhabitants, the rich tradition of theology in times of crisis and a counter-cultural ethic of generational justice found in the Bible. Book groups will be forming at the end of January with more details to follow. Books will be ordered by the church and we are asking for a \$5 free will offering for the book. When they arrive, books can be picked up at the church or arrangements can be made if you can't make it to church. **To have a book ordered for you, please register at** <u>countrysideucc.tpsdb.com/OnlineReg/1207</u>, **use a link in the C10, contact the church office or register on the church website at** <u>countrysideucc.org/learning-together/fate</u>. Together we can douse the flames of this fire before it's too late. Now is the time to join the brigade!



# **SUNDAY WORSHIP**

#### **WORSHIP REMAINS ONLINE**

The Omaha metro has fortunately seen a decrease in COVID-19 cases over the past month but the church does not move to the next phase (PINK) until new cases are below 500 for two consecutive weeks. For a detailed explanation of our five-phase approach you can check the website at <u>countrysideucc/</u> <u>covid19</u>. The guidelines are reviewed on a monthly basis at Church Council meetings.



January 4, 2,934 cases

December 28, 2,138 cases

#### WORSHIP ONLINE AT KMTV CHANNEL 3 AT 10:30 AM

In January there are two ways to catch Countryside Community Church on Sunday mornings. The first is online through YouTube live which you can connect with at <u>countrysideucc.org/live</u> or on KMTV Channel 3. Both will begin at 10:30 AM.

#### **NEW WORSHIP SERIES: GOD IS HOLDING YOUR LIFE, STARTS JANUARY 10**



*"The works of God's hands are faithful and just."* - Psalm 111

Life is a series of exclamations from "O No!" to "Help!" to "Oh Yeah!" We can swing between disappointment, helplessness, and gratitude on a daily basis. There are also seasons of our lives when we feel inundated with more of one than the others. As we enter the new year, we had hoped we would be past the "O No!" of the last several months. Instead we find ourselves with ongoing prayers for "Help!"

The Book of Psalms knows all about this. Written over a span of time from exile and isolation to the

rebuilding of the community, the poetry of the Psalms will accompany us in this series, reminding us that through it all, we can trust and even give our thankful "Oh Yeah!" because God is, indeed, holding our lives.

#### **GUEST SPEAKERS TO GIVE SERMONS FOR JANUARY SERVICES**

# January 10 - Ian Lynch, Pastor, Old South United Church of Christ, Kirtland, Ohio.

Ian began his pastor at Old South in August 2014. He is committed to serving the wider church, having served on many denominational committees and briefly being employed by the Massachusetts Conference, UCC in the work of Mission Development and Social Responsibility. Ian attends the worship planning meetings of Countryside Community Church on a regular basis. He is excited to give back to Countryside for all of the ideas and planning he has been able to use in his own church.

#### January 17 - Rev. Brigit Stevens, Executive Conference Minister at Iowa, Nebraska, & South Dakota UCC Conferences

Rev. Stevens currently serves as the Conference Minister and head of staff for three conferences of the United Church of Christ. Stevens, whose faith formation is rooted at Wayzata Community Church UCC in Minnesota, graduated with an accounting degree from University of Wisconsin-River Falls before pursuing a M.Div. from Fuller Theological Seminary (Pasadena, California).





#### **Interim Director**

Dan Loven-Crum Interim Dir. of Vision & Stewardship, ext. 226 danl@countrysideucc.org

#### Staff

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Diane Scott Common Grounds Coffee House Manager dianes@countrysideucc.org

Debbie Vihstadt Communication Assistant, ext . 225 debbiev@countrysideucc.org

# **COUNTRYSIDE CONNECTED**

#### **ZOOM STUDIES STARTING - ARE YOU INTERESTED?**

Diane Scott is looking into starting Zoom study groups as we head into 2021. The groups would go in eight week blocks and what would make each of these unique is that you could come and go from a different study group if you found one particularly interesting or uninteresting. The first two topics for study groups we are looking at are 1. World Religions and 2. Prominent Women: Past and Present. We are also looking for people to moderate these groups. Please let Diane Scott know if you are interested in attending a group and if you would like to be a moderator. This is still in the building phase so this is the time to let her know what days and times work for you! Diane can be reached at Twang56@aol.com.

#### **RABBI ARYEH AZRIEL CLASSES RESUME MONDAY, JANUARY 11**

Rabbi Aryeh Azriel will resume his classes Monday Mornings between 10:00-11:30AM starting January 11. Classes will be only on Zoom. The link can be accessed through our church calendar and the password is 13130. He will be continuing with his Sermons For life: a view of Jewish life and tradition from the sermons of Rabbi Aryeh Azriel while serving the Congregation of Temple Israel in Omaha, Nebraska. For more information, please contact Debbie Vihstadt at <u>debbiev@countrysideucc.org</u>.

#### **MINDFUL MEDITATION SITS WITH CARLOS, WEDNESDAYS AT 6 PM**

Mindful Meditation Sits with Carlos Figueroa are continuing Wednesday Evenings from 6:00-7:00 PM via Zoom. You can access these sits through the zoom link on the church calendar. If you have any questions or would like more information about these opportunities, please contact the church office at office@countrysideucc.org.

#### **MARCH 19-21 SACRED ACTIVISM WORKSHOP WITH ANDREW HARVEY**

Center for Faith Studies and the Sacred Activism Community of Omaha will host a workshop with author, Andrew Harvey. Keep watching the newsletter for updated information.

Meanwhile, you can watch the video from the Radical Regeneration Book Launch with authors, Andrew Harvey and Carolyn Baker on the CFS website, centerforfaithstudies.org. It is located at the top of the web page.



Author of **Radical Regeneration**, Andrew Harvey

# STEADY STREAM OF CARS CAME TO SAY GOODBYE TO CHRIS ON DECEMBER 20.

So many in our congregation took time on a beautiful, sunny day in December to drive through to say good-bye to Rev. Dr. Chris Alexander. She appreciated everyone who came by to talk and her husband, Scott Fredrickson, joined her. There is still time, if you would like to send her a card, we will forward them to her home. Address them to Chris Alexander, 13130 Faith Plaza, Omaha, NE 68144.



#### **MARK YOUR CALENDARS - FEBRUARY 14, ANNUAL MEETING**

February 14 is Annual Meeting and it's BYOB, Bring Your Own Bowl... of Soup, that is! Countryside is planning a Zoom annual meeting to take place at 11 AM, directly after the 10:30 AM service. If will also be Youth Sunday that day as well. So fire up the crock pot and plan to join us for the 2020 Annual Meeting. Link will be available on the Countryside calendar, countrysideucc.org/calendar. We will be communicating proposed bylaw changes over the coming month.



#### COUNTRYSIDE COMMUNITY CHURCH WINS \$500 FROM THRIVENT FINANCIAL

Jim Gilbert, who led the collection of canned goods throughout the month of November, wanted to pass along this great news about the canned food drive:

Congratulations to the congregation of Countryside Community Church on the successful food drive with the Give Thanks and Give Back November Food Shelf Challenge. Thrivent Financial was excited to announce a direct donation in the amount of \$500 to the Community Cupboard Food Pantry as a generosity multiplier for all of their work. Thank you for encouraging the congregation to #LiveGenerously during the holiday season!



The final count was 1,611 cans of food!

# TRI-FAITH INITIATIVE



#### AMI ANNOUNCES NEW PRESIDENT



than a decade of leadership as President

After more

Karim Khayati of the

American Muslim Institute (AMI), Dr. Syed Mohiuddin announced his plan to transition from his current role as the President. Dr. Mohiuddin will remain and continue to serve on the AMI board of directors, as well as continue his role on the Tri-Faith Initiative board. The American Muslim Institute board elected Vice President Karim Khayati to serve as the next President of the AMI.

"It has been an honor and privilege to serve the AMI them and our partners in multi-faith, social justice communities, and I am excited to open that opportunity to next group leaders." says Dr. Mohiuddin.

During his tenure, Dr. Mohiuddin co-founded AMI, formerly the American Institute of Islamic Studies and Culture, to be a premier Islamic center in the Omaha area. With a vision grounded in the Islamic faith, belief, and traditions, he led the creation of this institution that continues to affirm the core values of Islam principles of Acceptance, Compassion, Equality, Justice, and Peace.

#### Open Hearts, Open Minds, Open Conversations: Resilience and Renewal Thursday, January 7 at 12 PM

2020 is behind us, yet we know there will still be uncertainty and loss in the new year. How do we build resilience, not only to weather the long winter ahead, but as a life skill -- so that we may continue to support one another and work together to respond to the needs of our community?

Join us to connect with your neighbors for this Open Conversation about Resilience and Renewal, featuring Executive Director Wendy Goldberg and a community panel of guests

(Registration required - go to Tri-Faith web page at <u>trifaith.org/events</u> or find the link on Tri-Faith Facebook page, facebook.com/TriFaithInitiative.)

#### Abraham's Whiteboard: Faith Becomes Art, Art Becomes Faith Thursday, January 7, 6:30 PM- 8:00 PM, via Zoom

Where does art come from? How have different religions and faiths created their own forms of art and why? Join us for this special Abraham's Whiteboard, as we learn about the basic religious roots of art, and explore together the importance and beauty of religion and art.

Abraham's Whiteboard is a monthly educational class led by Education Director, Jeremy Fricke, on a wide variety of religious topics, from world religions like Hinduism and Buddhism to special topics like how definitions of religion impact our own religious identities. All Abraham's Whiteboard sessions are open to all people regardless of background, but will connect the content to Judaism, Christianity, and/or Islam.

(Registration required - go to Tri-Faith web page at <u>trifaith.org/events</u> or find the link on Tri-Faith Facebook page, facebook.com/TriFaithInitiative.)

#### Crucial Conversations: Creativity and Religious Expression Thursday, January 14, at 6:30 PM via ZOOM

How do you express your creativity?

How does that expression connect to your religious or other social identity?

Join Program Director Amanda Crichlow Silva for this Crucial Conversation as we explore in community the intersections of creativity, art, and religious identity.

This Crucial Conversation expands on ideas discussed in Abraham's Whiteboard: Faith Becomes Art, Art Becomes Faith. Crucial Conversation attendees are encouraged -- but not required -- to attend or watch the recording of this month's Abraham's Whiteboard as well.

Crucial Conversations invite community members to come together to discuss the more difficult aspects of religion. Often at the intersections of race, ethnicity, gender expression, and sexuality, religion has played a role in limiting or erasing those identities. Yet, religion continues to play a large role within our society.

(Registration required - go to Tri-Faith web page at <u>trifaith.org/events</u> or find the link on Tri-Faith Facebook page, facebook.com/TriFaithInitiative.)

# Open Hearts, Open Minds, Open Conversations: Celebrating Former AMI President Dr. Syed Mohiuddin Thursday, January 21 at 12 PM via ZOOM

Join the Tri-Faith staff, board, and clergy for this Open Conversation as we celebrate Dr. Mohiuddin and to share stories about his influence on the Tri-Faith story.

(Registration required - go to Tri-Faith web page at <u>trifaith.org/events</u> or find the link on Tri-Faith Facebook page, facebook.com/TriFaithInitiative.)

#### Making the Familiar Strange: David and Goliath Tuesday, January 26, at 12 PM via ZOOM

Join Education Director Jeremy Fricke for this special Making the Familiar Strange as we explore the famous story of David and Goliath.

Read the story: Quran 2:248-252 and 1 Samuel 17

Send your questions and thoughts in advance to Jeremy at jfricke@trifaith.org.

(Registration required - go to Tri-Faith web page at <u>trifaith.org/events</u> or find the link on Tri-Faith Facebook page, facebook.com/TriFaithInitiative.)

# **CARING TOGETHER**

#### MARRIAGES

Kate Bean and Tyler Huhmann were married on December 5. Rev. Dr. Chris Alexander was the officiant.

#### BIRTHS

Andrew and April Govier's daughter Sloan Elizabeth was born November 24. Pam Govier is the happy grandmother.

#### **BAPTISMS**

Elaine Wiles, daughter of Roxanne Wiles, was baptized on December 2, by Rev. Dr. Chris Alexander.

#### **IN MEMORIAM**

Renee Siems's father David passed away on November 6.

**Shirley Clemens's** daughter Linda Lutz died on November 13, and her funeral was at Good Shepherd Lutheran Church in Springfield.

David (Christine) Nikunen's father Major Don Nikunen, USAF Retired, died on November 19.

**Dorothy Bourks, 94,** a long-time Countrysider, passed away on November 24, and her memorial service was held at John A. Gentleman's Chapel in Omaha.

**Mike (Maureen) Hornaceck's** grandfather Clarence Raymond Borgman, 94, or Ravenna, Nebraska, died December 13.

Paul (Donna) Knutson's sister-in-law Tammy Knutson passed away of Covid on December 17, in Fargo, North Dakota.

#### **STEPHEN MINISTRY**

January 5, Tuesday: 5:30 PM – Stephen Ministry Leadership Team via Zoom January 5, Tuesday: 6:00 PM-7:15 PM – Peer Support for all active Stephen Ministers via Zoom

#### **BOARD OF PASTORAL CARE'S 2021, THE YEAR OF "COURAGEOUS HOPE"**

The Board of Pastoral Care has enjoyed presenting our multi-generational "Wisdom of the Ages" with you each month in 2020. Our newsletter feature for 2021 will be "Courageous Hope." The word "courage" derives from "cour," a French word meaning "heart." We'll be sharing heartfelt, courageous stories and examples throughout the new year. If you have a story or example to share, let Jan Brown know, please. Countryside is poised for a year of new beginnings, and we hope that our new theme will resonate with you. Below is our final feature for "Wisdom of the Ages," thank you for reading it, and thank you to all who've shared their wisdom and memories with us this past year!

#### From Valentine Wadhams:

What has 2020 been like? 2020 has been hard. I miss going out, seeing my friends and going to school. What do I hope for 2021? I hope for coronavirus to be over, and then we can throw a party to celebrate. I also hope to see my cousins!

#### From Rev. Dr. Norman Pavey

My wife Sybil died this past April 13th. We were married nearly 53 years; reflecting on our life together, I realize more than ever how wise she was. We made all of our decisions together, and I miss being able to talk things over with her. She was compassionate, always ready to help others, and she had a gift for friendship. Sybil was an outstanding teacher, and our daughter, Sarah O'Leary, is also an excellent teacher. Sybil's experience, knowledge, and good judgment all contributed to her wisdom.

In the year to come, I plan on remembering these qualities and living them out in my own life with the people in the independent living facility where I live, at Countryside Church, and in the community. I am teaching a class on Centering Prayer, I have also agreed to become a Deacon at our church, and I plan on leading a weekly worship service at an assisted living place as soon as Covid 19 permits. May the Peace of God dwell richly in you, my friends.



Valentine Wadhams



Rev. Dr. Norman Pavey



#### THE BOX FOR JANUARY

Locally Grown Company of Lincoln will be giving out supply for them. They will take a twin size but would for your generosity. You have helped so many this countrysideucc.org/give



#### **Transition Leadership Committee**

#### Countryside Community Church UCC Transition Leadership Committee December 28, 2020 List of Key Competencies for Interim Ministry Positions

#### MINISTER OF WORSHIP & CONGREGATIONAL CARE

#### Core Competency Priorities

- Strong preaching skills with engaging style
- Collaborative ability and willingness
- Worship planning experience, skill, creativity, and collaborative willingness
- Proven experience in discernment processes
- Experience and skill with congregational care, including collaborative ability

#### **Experience** Priorities

- Large church experience capable of comprehending large program, managing and collaborating with large staff, and
- Capable of and experienced preaching to large congregation
- Capable of and experienced with discernment and visioning process(es)
- Capable and experienced in core competency priorities

#### MINISTER OF ENGAGEMENT & FAITH FORMATION

- Core Competency Priorities
  Interfaith openness and experience
- Faith formation experience and knowledge across age levels
- Strong organizational and administrative leadership skills
- Collaborative ability and willingness
- Experienced and knowledgeable in visioning, equipping, and motivating individuals and the church as a community to be fully engaged and growing in ministry
- vnorior

# Experience PrioritiesOrganizational experience - capabl

- Organizational experience capable of comprehending large program, managing and collaborating with large staff, delegating and equipping unpaid (volunteer) staff
- Capable and experienced in core competency priorities
- Theological and Ethical Priorities for both positions
- Progressive, inclusive, open-minded, justice-oriented
- Interfaith in outlook, respectful, & collaborative: committed to Tri-Faith initiative
- Ability to engage and connect with people of different ages and generations
- Alignment with Countryside theological openness
- Alignment with Countryside values and priorities
- Congregational and collaborative
- Spiritually mature in their faith walk, engaged in their own theological development and spiritual deepening, and committed to their role as Christian leaders in our church and the larger interfaith community

To view the full job descriptions and the church profile, visit <u>countrysideucc.org/about-us/openpositions/</u>

To view all communications regarding the Transition, visit <u>countrysideucc.org/future</u>

#### **INFORMATIONAL CONGREGATIONAL MEETING - DECEMBER 27**

Thanks to everyone who participated in our Church meeting on Sunday, December 27. The turnout was spectacular as there were over 170+ ZOOM participants, and many of those had multiple members of their household present on the screens! We hope to have more of these sessions in the future to allow more opportunities to come together as a congregation and have meaningful discussions.



# from All Church meeting

We've captured the questions regarding our interim period that were input into the Chat room during the meeting. There were also questions related to the reopening of the Church due to the Covid-19 suspension of services and those will be addressed in future C10s or monthly newsletters by the Re-start Task Force.

#### **Question:** How was the Transition Leadership Committee (TLC) formed?

**Answer:** The TLC was formed after the resignation of Rev. Dr. Eric Elnes. Personnel Committee met and nominated members both from Countryside Leadership and past Boards to be on that team. The team members were then voted on by the Church Council in September.

# **Question:** What does the Transitional Leadership look like as the process to call ministers goes on?

**Answer:** As shown on the timeline diagram (see below), after the interim ministers are in place, the discernment process to hire the settled ministers begins. A search committee will be formed consisting of members from each church board and 3 at-large members, as outlined in our Countryside bylaws.

# **Question:** Can members who are not on the Transition team make requests about what they would prefer to see in a new minister? Can we seek larger input from the congregation?

**Answer:** The TLC team welcomes suggestions and encourages congregation input. Please direct your comments to: TLC@countrysideucc.org. At the beginning of the process, TLC solicited input from the Church Staff, Church Council and leaders, as well as several members of the congregation and board members.

#### Question: How soon do you think we will hire the interim ministers?

**Answer:** The TLC has begun receiving applications and reviewing those. As the process moves forward, we will continue to review them as received. Our desire is to hire the best persons to fit the interim needs of our Countryside congregation and staff, but we are also conscious of moving expediently.

#### Question: Are we hiring one or two interim ministers?

**Answer:** We are seeking to hire two interim ministers.

#### **Question:** Are interim ministers usually retired ministers?

**Answer:** Some interim ministers are retired ministers, but many are young ministers looking to expand their experience and backgrounds. Other interim ministers are active ministers that enjoy helping congregations discern and find their settled ministers, and they move from church to church as a career choice.

## **Question:** Is the Church looking to hire both a lead minister and an associate minister?

**Answer:** The TLC is looking to hire two equally yoked interim ministers to work with each other in the collaborative model that was presented to

Church Council and the All-board meeting in October. The structure of the Leadership Model for settled ministers will be discerned by the congregation and reviewed by the Search Committee, which will be established after the discernment process starts.

# **Question:** Will the two interim ministers be considered for the permanent positions?

**Answer:** The interim ministers will lead and direct the discernment process, with full participation by all congregation members, to determine more fully the needs of the congregation in the settled minister positions. However, if after the discernment is complete, if either, or both, of the ministers wish to be considered for the permanent positions, that is an option.

## **Question:** Under the collaborative model, will we have a rotation of ministers who give sermons, or will we have one person?

**Answer:** Both ministers will have the responsibility of giving sermons, but the Minister of Worship and Congregational Care will have this as their primary duty. Please refer to our posted job descriptions (link on page 6)

# **Question:** Can you share with us 3-5 of the main characteristics or skills required for the two positions?

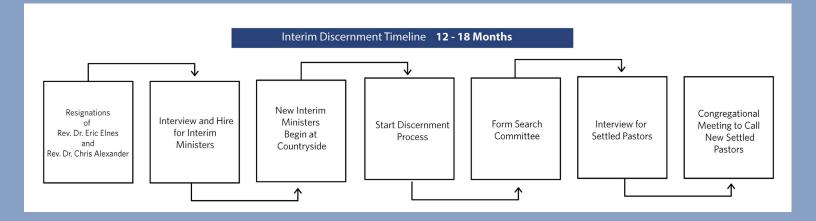
**Answer:** With the help of our consultant, Mary Scifres, we have created a draft of the core competencies required for each position. See core competencies on page six.

## **Question:** What about diversity considerations, or age requirements for new ministers?

**Answer:** We are open to consider any minister with the characteristics that have been identified. We will fully consider ministers who are BIPOC and/or LGBTQIA+ for our open positions.

# **Question:** TLC is a small group of people steering our interim future. Why is that?

**Answer:** TLC was intentionally formed to serve as a leadership steering committee during our interim period, as a sub-committee reporting to, and with authority granted through Church Council, following the recommendation of the Personnel Committee, at Eric's resignation. TLC seeks input regularly, communicates and works closely with Staff, Church leadership, boards, committees, and the congregation itself. We welcome input from all members of our congregation and do our best to respond to those questions. Please provide your comments, suggestions or questions to: **TLC@countrysideucc.org**.





#### UNITED CHURCH OF CHRIST | 13130 FAITH PLAZA I OMAHA, NE 402-391-0350 | COUNTRYSIDEUCC.ORG

STEPHE

#### **YOUTH UPDATE**

#### **Children's Ministries**

During the month of January, we'll be preparing and distributing Sunday School boxes for the spring semester. Please watch the Children's Ministry email for more info.

Music with Ms. Aly resumes on Sunday, January 10. The link will be available in the Children's Ministry email.

#### Core 56

Our group will resume meeting over Zoom on Wednesday, January 13. **Confirmation** 

Groups will resume meeting over Zoom the week of January 10.

#### Youth

Faith Singers and COYO will resume meeting over Zoom on January 10.

# COME WALK THE LABYRINTH IN COUNTRYSIDE'S CHAPEL DURING JANUARY

A labyrinth is not a maze. In a labyrinth there is a clear path in and out. Prayer with a labyrinth has three movements.

As one moves toward the center of the labyrinth the person focuses on letting go of worldly attachments or coming to God with a question.

At the center, the person comes to the center of his or her relationship with God. One may linger in the center of the labyrinth, spending time reflecting on one's relationship with God and praying.

Eventually, however, the need returns to move out into the world again. As the pilgrim leaves, she or he walks with Jesus back into places of ministry as a renewed person.

The Chapel and Sanctuary at Countryside are open daily from 8 AM - 4 PM, Monday - Friday and we invite you to come walk the labyrinth we have set up. One person (or family on the labryinth at a time). You may also use the Sanctuary fpr sitting in silence, reading the bible or other devotional readings. It is really up to you, how you would like to use your time. You will be buzzed in by the office then you will need to fill out a Covid 19 Health Screen form that is located on a table right inside the door. Masks and social distancing are required. The hours are Monday - Friday, 8 AM - 4 PM through the month of January. Please email the office if you have any questions <u>office@countrysideucc.org</u>.

Are you feeling exhausted from all the disruptions to life brought on by the pandemic? Are you or someone you know struggling with challenges like . . .

- ISOLATION AND LONELINESS
- ANXIETY OVER HEALTH
- GRIEF DUE TO MANY DIFFERENT KINDS OF LOSSES
- TENSION FROM JUGGLING WORK, CHILDCARE, AND SCHOOLING
- FINANCIAL STRAIN OR JOB LOSS
- UNCERTAINTY ABOUT THE FUTURE
- OTHER UNEXPECTED LIFE CHALLENGES?

If so, you don't have to face it alone. Our Stephen Ministers are ready to listen, care, encourage, and provide emotional and spiritual support.

A Stephen Minister will meet with you privately—by phone, by video chat, or, if safely possible, in person—to offer care and support. It's free and completely confidential. For more information, call church office at 402.391.0350 or email Jan Brown at **janb@countrysideucc.org**.

