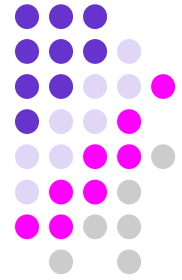


Kunéix Hídi Northern Light United Church News



From Pastor Laura



37 (see photograph). My research at the State of Alaska Archives has affirmed my grandfather, Herbert Greig's employment at Sheldon Jackson. We even found a visual recording of him and others in the newly constructed lumber mill. Evidence of my grandmother's travels all over Southeast Alaska are documented in an official article for a Presbyterian publication.

acculturating myself through literature and live events. Using the model of "action-reflect-action" I have attempted to examine my self-identity in this historically multilayered environment.

For example, over the past few months I have



Continued on next page

One of the main reasons I journeyed up north to Juneau, was to deepen my understanding of a piece of my heritage; my father's and grandparent's existence in Sitka from 1932-

Having been given this opportunity to serve as an Interim for a year in Alaska; I wish to utilize my time to explore my own spiritual landscape. Since my arrival in September, I have been

Sunday Worship Schedule

11:00 Worship via Zoom and in person
<https://zoom.us/j/398434443>

By phone +1 253 215-8782
Meeting ID: 398 434 443



*No matter who you are, no matter where you are on life's journey,
you are welcome here.*

400 West 11th Street
Juneau, AK 99801-1512
(907) 586-3131
office@khnuc.org
khnuc.org

Interim Pastor Laura Krauss
revkrauss@gmail.com
(310) 265-9810

May 2023



The mission of our church is to make disciples of Jesus Christ, through God-centered worship and people-centered ministry.

Inside this issue:

Summer Worship & Fun Schedule	2
Qigong Class	3
Phishing emails	4
Church Life	6 - 7
Sue Lium has published a book!	8
Repurposing our historic stained glass window	8
Summer Lunch Program	9
Youth Group Art Project	10
Finance and Investments News	11
More Church Life	12 - 13
CPM (Committee on Property Management) making progress on tidying up the church!	14
Family Promise	15

From Pastor Laura continued

ventured into Tlingit/Haida domain through involvement with Haa Tóoch Lichéesh. Recently, I spent evenings making 103 Button Blanket Pins for the @herringprotectors Yaaw Khu.eex on April 15th. There I was making gifts for an Alaska Native event in Sitka, the geographic location of my grandparent's missionary work. It is ironic, that with every stitch, I was hopefully helping to heal a deep

wound; a personal multigenerational response to an intuitional multigenerational traumatic harm.

Now it is time for me to travel to Sitka to see for myself and walk the ground of my forebearers. Lydia (my daughter) and I in early May are taking the 2 am ferry over to Sitka and flying back. Due to a clue given to me months ago, we will be able to stay in a Sitka Fine Arts

Camp (ex- Sheldon Jackson College) dorm room. I hope a few days will be enough to give us a meaningful exposure to the location and time to meet people. Among the people, I hope we meet, is Marie Olson, a friend of Kunéix Hídi Northern Light United Church who resides in the Sitka Pioneer Home.

Blessings,

Pastor Laura

Summer Worship & Fun Schedule

We enjoy an earlier worship time in the summer months and some special events for members and friends. Mark your calendars for these important dates and events.

10:00 AM Worship – Starts June 4: The summer worship time switches to 10:00 AM beginning on Sunday, June 4 and continues through September 3.
Neighborhood Block Party – June 11: Join with church members and neighbors after

worship for the annual block party in the street in front of the church. Hamburgers & hotdogs will be provided. Bring some food to share.
Annual Picnic – August 27: Enjoy the annual church picnic after worship at the Log Cabin shelter Sandy Beach. Hamburgers and hotdogs will be provided. Bring some food to share.

Summer Brunches – Sundays in Fellowship Hall: We're looking for

volunteers to provide Summer Brunch after the 10 a.m. service. It's up to you what to provide! Maybe coffee and muffins, or a full-fledged brunch! Get someone to help! You can get reimbursed by submitting your receipts. Sign up here or let Christina in the office know which Sunday you would like. <https://signup.com/go/LpOmznQ>

Baptism Service being planned

Plans are being made for a Baptism Service on June 11th. If you are interested for yourself or your children, please reach out to Pastor Laura (310) 265-9810 or revkrauss@gmail.com

Can you help us track down...
A contact person for the Juneau **Nursery** Co-op?
CPM is attempting to clean out storage cabinets, closets and more. Many items are from the Nursery Co-op but we do not have any contact information. Please share any information with Patsy Wright. Or call/email/text the person (s) for us, so we can proceed. Thanks!

Qigong Class
Kunéix Hídi Northern Light
United Church and
Rainforest Yoga invite you
to a FREE class

**Saturday
April 15
May 20
June 17**



Qigong exercises optimize energy within the body, mind, and spirit. The goal of qigong practice is to improve and maintain health and well-being.

NOON
400 W. 11th Street
More information :
www.khnluc.org
907.586.3131

Glen Ray, Instructor

Qigong Class led by Glen Ray

More free classes!

Saturday May 20 and Saturday June 17

Glen Ray from Rainforest Yoga is teaching a free qigong class on **April 15** and **May 20** and **June 17, 2023** at noon.

Qigong is a standing exercise practice that engages the mind and body to improve health and wellness, similar to tai chi. No equipment is required. Wear comfortable clothing and shoes.

Phishing emails making the rounds again

Please be aware of some phishing emails that have been circulating. All purport to be from Pastor Laura. NEVER respond to a request to purchase Gift Cards for someone from church! And never give someone the codes over email or the phone. **Scammers love gift cards – they're untraceable. Being asked to pay by gift card is always a scam.**

Below are two emails that have been reported in recent weeks. Should you receive such an email, please disregard and delete.

"Are you available? I got a request for you to manage secretly. I will be going into a meeting in a few minutes, no calls so kindly respond back via email"

"Hello, Are you less busy at the moment? I have a request and want you to handle it confidentially and discreetly . Let me know if you're available.

*Thanks in advance,
Rev. Laura Krauss
Interim Pastor*

Kunéix Hídi Northern Light United Church"

Three signs that you're being scammed

1. You're told to act immediately. Imposters want you to act before you have time to think and may pretend to be a relative or friend in need or a utility company
2. They ask for your personal info or codes. Never share codes or personal information when contacted unexpectedly by phone, text, email, computer alert or social media.
3. You're asked to pay in an unusual way. Be wary if asked to pay by wire transfer, gift card codes or payment apps.

In 'Do Me a Favor' Scams, a Criminal Pretends to Be Your Pal

This article from AARP warns about Gift Card Scams

A common twist on the “do me a favor” scam involves criminals posing as religious leaders such as ministers, rabbis or priests, says Sheryl Harris, who leads the “Scam Squad” at the Cuyahoga County Department of Consumer Affairs in Cleveland, teaching people how to spot and avoid scams.

“The scammers create an email that closely mimics the church email address

— it doesn’t exactly match but can be mistaken in a quick read — ” she explains.

If someone responds, the self-described church leader might claim to be busy and unable to get gift cards that had been promised to a charity. “In one case,” Harris says, “the scammer ‘minister’ said she’d promised a cancer care facility iTunes

gift cards so women could listen to music as they got chemo.”

At least one church member bought \$1,000 in gift cards for the “pastor” and sent her photos of the numbers, as requested. When the victim arrived at church the following Sunday, she learned that the email was a scam.



CAMP GET READY! Saturday, May 20

Volunteer with CAMP GET READY! Volunteers are welcome to spend Friday and/or Saturday nights at camp in exchange for helping! Bring your whole family. Contact Camp Manager Libby Sterling to let her know you’ll be spending the night. Or just come help for the day on Saturday, May 20! Bring your sleeping bag and food. Lunch is provided on Saturday.

Libby Sterling, manager@methodistcamp.org, (907) 789-3734
27500 Glacier Hwy
www.methodistcamp.org

This is the summer kickoff event where the camp managers, the camp board, and all the friends of the camp gather to “wake up” the camp. Chores and fellowship are on the “To Do” list. Lunch on Saturday is provided.

Make it a family event! We will gather in the lodge at 9 am, work for a few hours and lunch will be served around noon. You can keep working in the afternoon and even spend the night on Friday or Saturday if you like!

Save the Dates: Saturday, May 20, 2023

- Tasks for All Skill Types
- Lunch is Provided

Activities Planned:

- Clean and Organize cabins
- Garden Spring Cleaning and Planting
- Brush Cutting and Burning
- Tree Felling. Looking for anyone with a chainsaw and the skills to fell large trees
- Other Building Maintenance and Construction Projects



Tlingit Gospel Singers singing on Easter Sunday

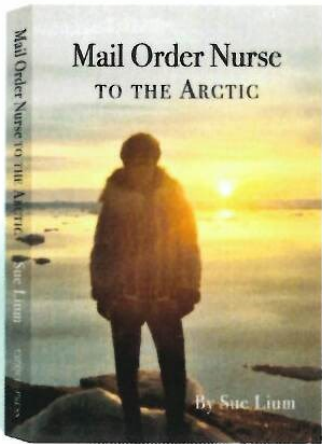


Chancel Choir on Easter directed by Jacque Farnsworth and accompanied by Anne Standerwick



Carol Barril and the Deacons setting up communion on Palm Sunday.

Sue Lium has published a book!



KHNLUC's very own Sue Lium has published "Mail Order Nurse - To the Arctic" and it is available on Amazon.

Sue Lium (nee Robinson) was born and raised in Calgary, Alberta, Canada. She moved to Alaska after graduating nursing school from the Misericordia Hospital in Edmonton, Alberta and worked for the U.S. Public Health Ser-

vice in hospitals in Kotzebue and Barrow. After leaving the Arctic, she worked at Cottage Hospital in Santa Barbara, California before marrying and returning to Alaska. She retired after working thirty years at Bartlett Regional Hospital in Juneau, Alaska. Now widowed, she is the mother of two boys and grandmother to five grandchildren. She can be

reached at suelium@hotmail.com.

Amazon's review: Mail Order Nurse to the Arctic is the lively memoir of a young, city-bred nurse who flew to Kotzebue for her first job in 1969. It is an engaging read about ingenuity in medical care, the author's fascination with the land and her cross-cultural pleasures and mishaps.

Repurposing our Historic Stained Glass Window

Many of you remember the Stained Glass Window that was a beautiful part of our church. We rebuilt the wall and window and saved the glass. A group of volunteers used much of that glass to create stained glass crosses and other items.

We still have quite a bit of the glass! Would someone like to use the glass for making crosses or other items? Let the office know! Some ideas: bring in an expert to teach us how to create objects using the glass; planning an all-day or overnight work

party at the Eagle River United Methodist Camp, helping the youth group with a project. You tell us your ideas!



Help out with our Summer Lunch Program

Volunteer opportunity for our summer lunch program - If you've helped out before cooking, prepping on the day of service, or helping serve meals at the Geneva Woods Housing Complex, or think you might enjoy spending time with friends engaged in these tasks, it is time to sign up again. Some training is required, but it can be done online. Your help feeds the body and soul of the youngest in our community.

The program will start on May 30 and run through August 11. The food preparers help from 10-12 and the servers from 11:45-1:15. If you are interested, please contact Christina Maddox at office@khnLuc.org or call 907-586-3131 to get details on necessary training. For additional details, contact Myra at myra.munson@outlook.com or Deb at debreifenstein@gmail.com. You may sign up under "Serve" on our church website (<https://signup.com/go/UYwwSYN>) or call Deb (after May 7) 907-723-1879 if you want to sign up in person. We would love to talk with you.

Summer Job Opportunity

Kunéix Hídi Northern Light United Church is looking for a Summer Lunch Associate to assist with our summer lunch program at Geneva Woods Housing Complex in Douglas. The position is Monday-Friday, approximately 15 hours per week, from May 30 through August 11. There will be additional hours prior to May 30 for mandatory training. Pay is \$16-

\$18 per hour, depending on experience, plus mileage.

This position, under the supervision of the Summer Lunch Site Coordinator, will deliver food and supplies from KHNLC to Geneva Woods and back, assist in prepping and serving food, helping with children's activities, and clean-up of the site each day.

A valid Driver's License and personal vehicle are required. A background check will be performed. KHNLC is an EEO employer. Email a letter of interest to Christina Maddox, office@khnLuc.org or call 907-586-3131. A detailed job description is available upon request.

Youth Group Art Project

Above the altar, in our church, we can see Mount Juneau and sometimes goats. Turn around, look above the kitchen and you will see a mosaic of the rising sun in the window.

The youth group had clear sticky-contact sheets and crepe paper in many colors. Encouraging one another, Acey, Ellie and Madeline; sharing ideas, they cut and laid out a dynamic rising sun.

I don't know the origin of Lucy's forest. Lucy created a forest to the left of the rising sun with the encouragement of the team.

There are more panels to fill. With the leadership of Kristy Germain, I am certain the future will be brilliant.

Activities of the Sunday evening Youth Group includes; bible study, a meal, sharing their lives and games. Sometimes there is even karaoke. Jesus is present Sunday evening in our Church.

Bob Coghill



Finance and Investments News

Matching Opportunity for the Permanent Endowment Funds – Our two permanent endowment funds were started in 2021. Since that time, thanks to individual donations and matching funds from the Akiyama family, as of April 24 the endowment fund for programs has a balance of \$52,097 and the fund for capital projects has a balance of \$38,923. The Akiyama's have generously offered to match donations in 2023 of up to \$13,000 for each fund. Please consider donating to one or both of these funds this year. To meet the match, donations must be received by November 30, 2023. The Endowment/Investment Committee is working to grow

these funds now with the intent to make future distributions to support KHNLC programs or capital projects from earnings from the funds once the funds have grown. Margaret MacKinnon, Alan Akiyama, and Mike Barnhill are members of the committee. Please contact one of us if you have any questions or want more information about the endowment funds.

General Fund Donations – As of April 24, the offerings to the general operating fund of KHNLC are about 19% lower than they were in 2022 on the same date. We know that the pattern of giving to the church has changed over the years as some folks are giving one or

more times per year rather than a regular weekly or monthly amount. We do have sufficient funds in checking and savings to meet our budgeted expenses, so there is no immediate concern. If you are giving from an IRA or donor advised account, please consider giving no later than November to ensure that the church receives your donation before the end of the calendar year. The finance committee meets monthly before the Council to review income and expenses. Feel free to contact me if you have any questions.

Margaret MacKinnon,
Treasurer

Methodists of the Greater Northwest Area are gathering in Juneau

The installation service of the Bishop Cedrick D. Bridgeforth will be celebrated the weekend of May 19-21. On Friday, the Bishop and the Cabinet will be meeting at Kunéix Hídi Northern Light United Church. Our Tlingit Gospel Singers are singing during the Saturday In-

stallation service which will be held at Aldersgate United Methodist Church. On Sunday, at Kunéix Hídi Northern Light United Church we will host several District Superintendents. Rev. Kathleen Weber (Superintendent Crest to Coast District) will preach, Rev. Kristi-

na Gonzalez (Director of Innovation and Vitality for the area) will lead a Q&A session of the present state of the Methodist Church, and Rev. Allen Buck is especially interested in meeting with us about our Apology and Reparations progress.

Viewing Mountain Goats from Church (after the service)!



Laura pointing out the Mountain Goats on Mount Juneau to Pastor Laura



Mountain Goat photo courtesy of ADFG - P. Mooney

Chancel Choir directed by Jacque Farnsworth and accompanied by Anne Standerwick



Welcome back to our winter travelers Kristi Peel, George Partlow, and Linda McCargar!



CPM (Committee on Property Management) making progress on tidying up the church!

Thanks to all those who helped with the Spring Cleanup jobs at church!

Have you noticed anything at church that needs attention? Let us know!

We have a continuing list of tasks to do for church and for the manse.

You can choose a task to do on your own time. You can also look over the lists on [Signup.Com](https://signup.com) or come up with your idea of what needs to be done. Signup or call Jane Ginter, Patsy Wright, or Duff Mitchell.

2023 Manse Tasks To Do

<https://signup.com/go/ZGJJxue>

2023 Kunéix Hídi Church Cleanup


<https://signup.com/go/aiHfuRV>



Cleaning out a cabinet and donating Speech & Language materials to REACH



Cleaning the upholstery on some chairs at church

	
<p>Spring has arrived. The crocuses and skunk cabbage are in bloom. Summer can't be far off. And that means the time is fast approaching when <u>Kunéix</u> Hídi Northern Light United Church will be hosting one or more Family Promise Juneau families. Late last year the KHNLUC Council approved the use of our building for most of the summer in 2023 when the Juneau Coop Preschool is not using the basement classrooms. This allows the families a more stable environment.</p> <p><u>Kunéix</u> Hídi Northern Light United Church will host 1-3 families for 2 two-week periods in this summer, June 4-17 and July 30- August 13. The other six weeks in between will be hosted by FPJ Board members and other congregations that do not have the physical space to host families.</p> <p>We are looking for volunteers to cook dinners, be overnight hosts, cook breakfast on Saturday and Sunday mornings, and wash bedding once a week while KHNLUC hosts. Look for the Sign-up links soon on the SERVE page of the <u>Kunéix</u> Hídi Northern Light United Church website - https://khnluc.org/serve</p> <p>Family Promise 1st 2-week session: (June 4-17,2023) https://signup.com/go/pdCoZLM</p> <p>Family Promise 2nd 2-week session: (July 30-August 13, 2023) https://signup.com/go/TNWJdET</p>	<p>Financial contributions to the <u>Kunéix</u> Hídi Northern Light Food Security Fund help us buy breakfast and lunch items for the families when they are housed in our church building. You may donate on-line at the church website or by mail. Please specify that the donation is for the Food Security Fund.</p> <p>Financial support for FPJ is always welcome. Try the easy on-line option through Family Promise Juneau website. https://www.familypromisejuneau.org/donate</p> <p>FPJ has enrolled with the <u>PayPal Giving Fund</u>. We will now receive 100% of your donations with no fees taken out.</p> <p>Call Family Promise Juneau: (907) 586-0160 Or mail check to: PO Box 32775, Juneau, AK 99803</p> <p>Or you can contact: Linda McCargar, <u>Kunéix</u> Hídi Family Promise Coordinator @ 971-241-0534 or ducky6670@gmail.com</p> <p>Or Kristi Peel, Assistant Coordinator @ 907-321-3163 or kristipeel1@gmail.com</p>

Birthdays

3	Carol Barril	16	Kathleen Church
5	Marc Wheeler	17	Anne Standerwick
6	Jeremiah Blankenship	21	Sidra Lash
7	Jeffrey Hartman	23	Reggie Marvin
10	Judy Wygant	25	George Partlow
	Nancy DeCherney		Kristi Peel
	Canon Cryderman		Talia Eames
12	Faith McClellan	28	Elouise Scott
15	Alan Akiyama		

Sunday Servers needed

Liturgists are needed May 7, 21 and 28. Use the link below to sign up.

[Sign up to be the liturgist.](#)

Ushers are needed for the month of May. Use the link below to sign up.

[Sign up to be an usher.](#)

Flower providers are needed May 7. Use the link below to sign up.

[Sign up to provide flowers for worship.](#)

Thank yous

Many people and groups are involved in making sure things happen at KHNLUC. Each month we would like to recognize some of those individuals and groups for their special services. Special thanks to:

*those who served as Liturgists: Patsy Wright, Betsy Brenneman, Anne Standerwick, Jane Ginter and Jeffrey Hartman

*those who served as Greeters/ushers: Karen Lipson, Jane Ginter, Karen Dillon and Susan Bus

*Those who provided flowers: Denise Carroll, Kate Burkhart, Jane Ginter, Carol Barril and Elizabeth Wheeler

*Everyone who purchased an Easter lily to help decorate the sanctuary

*Mary Borthwick, Karen Dillon, Marianne Mills, John Pugh, Carol Barril, Pat Gorman, Jan and Don Kussart, April Rezendes and Jim Alter for their help in counting and recording financial gifts received by Northern Light.

If you have a suggestion for a thank you, call Christina at the church office, 586-3131 or e-mail her at office@khnluc.org.



MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 5 Mendenhall Melodies Rehearsal	2 2:30 Violin Lessons	3 5:30 Chancel Choir	4 10 Weekend Food Bags 5 Mendenhall Melodies Recital	5	6
7 10 Bible Study 11 Worship 2 Thrushill Music Recital 5:15 Youth Group	8 10 Finance Committee	9 2:30 Violin Lessons 4 Glory Hall Chili 7 Mudrooms	10 5:30 Chancel Choir	11 10 Weekend Food Bags 5:30 Council	12	13
14 10 Bible Study 11 Worship 5:15 Youth Group	15	16 2:30 Violin Lessons 5:30 Staff Parish Relations Committee	17 5:30 Chancel Choir	18 10 Weekend Food Bags 12 Social Justice & Service Committee 5 Committee on Property Management	19 9 Meeting with Greater Northwest Area of the United Methodist Church	20 12 Qigong Class
21 10 Bible Study 11 Worship 5:15 Youth Group	22	23 2:30 Violin Lessons 4 Glory Hall Spaghetti	24 5:30 Chancel Choir	25 10 Weekend Food Bags 5:30 Healing Task Force	26 5:30 Wedding Rehearsal	27 3 Wedding
28 10 Bible Study 11 Worship 5:15 Youth Group	29 Office Closed for Memorial Day	30 2:30 Violin Lessons Newsletter Deadline	31 5:30 Chancel Choir			