

# Epistle

*Inspired by God's love, we:  
offer a spiritual oasis,  
teach one another to serve,  
and reach out to encourage  
others to know Christ.*

February 2019

## REFLECTIONS FROM PASTOR AMY JO

### Healthy Church Initiative Five Strategic Recommendations

During the past year, St. Paul's UMC has been involved in a process called Healthy Church Initiative (HCI) that is designed to help already healthy churches become more vibrant and reach out with Christ's love with more strength. The HCI consulting team has presented our congregation with five strategic recommendations, and on February 10, 2019, we will vote on moving forward with the five recommendations. As the pastor of Saint Paul's UMC, I am very excited for the new possibilities that await us related to these recommendations. If you did not have the opportunity to take part in one of the town hall meetings that gave us a detailed explanation of the five recommendations, I list them in summary below, and you are welcome to contact me at the church office for more information. The **bold type** below are the five recommendations. The regular type that follows are part of the accompanying explanations from the consultants' report.

**1. Live into a vision of "A welcoming community sharing Christ's love in service through relationships."** With the tagline: **Welcome. Share. Serve.** The church needs to have a cohesive focus for its ministry and life together. . . . We want to invite you to live into a "working" vision of: "A welcoming community sharing Christ's love in service through relationships" with a tagline of "Welcome. Share. Serve.". Over the next year "try it on" and utilize it to give direction and purpose to what you do and how you do it. This vision can also be used as an evaluative tool for what you currently do . . . We wanted to share a vision with you that built upon your strengths of "welcome" and "mission" while also stretching you to connect those strengths to Christ and utilize them to build relationships with the community where you are located.

**2. Develop Intentional Ministry Systems, including the areas of: discipleship, invitation, communication (internal and external), and leadership development.** As you enter into change and begin to grow it will be important that you develop systems which include a clear process with defined responsibility to help navigate that change and growth.



(continued on page 2)

*(continued from page 1)*

**3. Improve and Extend Guest Readiness, including physical presence and on-line presence.** We want to invite you to build upon your strength of “welcome” that your mystery guests experienced. It was obvious that you are prepared for guests to come and ensure that someone is there to greet them. We want you to take that same approach and apply it to your physical and online presence.

**4. Right-size the organizational structure.** Currently you are a smaller church, but your organizational structure is creating a demand of time and responsibility that is more suited for a larger institutional church. With the help of your coach we want you to “right-size” your organizational structure to provide the necessary leadership to accomplish your vision which also frees up individuals time and responsibilities to help in other capacities. . . . In our teaching session we heard one individual say “We need to be more like bamboo than like oak.” We invite you to keep that picture in mind as you develop your organizational structure.

**5. Declare a year of relationships: Relationship with Jesus. Relationship with neighbor. Relationship with each other.** We heard multiple stories of how the year of music which you currently are in has helped people with invitation but has also given the church an opportunity to experience different styles of music and even growth within the music ministry of the church. We would like to see you utilize the same tactic/method around building relationships by declaring a “Year of Relationships.” Before you make wholesale changes to your worship styles/times and other ministries we believe it is important for you understand who your neighbor is and to discern who God is calling you to reach. (We still believe you can experiment with worship and try new things like live-streaming. We are not saying “don’t change anything about worship” and how you do things, but we are saying we want to encourage you to make informed decisions in response to the realities of your neighbors based on relational understanding.)

From a pastor’s perspective, I believe that each of these five recommendations encourages our congregation to step forward in faith in a positive new direction. I hope that you will join me in supporting these recommendations and growing forward together as a congregation. ☚

## 2019 ADMINISTRATIVE COUNCIL MINISTRY TEAMS

Chairperson:	Leslie Watkins
Secretary:	Chrisana Tripodi
Adult Ministries:	Charles Duddingston
Children’s Ministries:	
Fellowship:	Jo Baker
Finance:	Kae Jewell
Membership:	Deb Curran
Mission Outreach:	Bev Momsen
SPRC:	Shirley Holmay
Trustees:	
UMW:	Barb Jorgenson
Worship:	Sam Young
Lay Member to Annual Conference:	Carol Egan
Clergy and Ministry Staff:	Rev. Amy Jo Bur, Lani Thompson, Lane Skoglund-Anderson, Diane Pelinka



# LENT

## ASH WEDNESDAY SERVICE MARCH 6<sup>th</sup>

12:30—1:00 pm

Ash Wednesday is the day which begins the season of Lent, a fortyday time of fasting and repentance that prepares us for the celebration of Easter.

We will observe Ash Wednesday with the imposition of ashes (tracing the cross on the forehead or back of hand) as a symbol of repentance and mortality.

The word repentance means “turning,” and Lent is a season for turning *away from* mistakes, sins, and bad habits and *turning toward* a focus on love of God and neighbor and healthy practice of spiritual disciplines. In preparation for Lent, please reflect on your life and consider ways that God may be directing you to turn. Are there things that you need to set down during Lent? Are there holy habits on which you need to begin? Please join us at 12:30 pm for this time of making a new start.

### What is Lent and why does it last forty days?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means “spring.” The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a “mini-Easter” and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

This prayer was composed by the Rev. Michaela Youngson, the Methodist Church of Britain.

*When everything was dark  
and it seemed that the sun would  
never shine again,  
your love broke through.*

*Your love was too strong,  
too wide, too deep  
for death to hold.*

*The sparks cast by your love  
dance and spread  
and burst forth  
with resurrection light.*

*Gracious God,  
We praise you for the light  
of new life  
made possible through Jesus.  
We praise you for the light  
of new life  
that shone on the first witnesses of  
resurrection.  
We praise you for the light  
of new life  
that continues to shine in our hearts  
today.*

*We pray that the Easter light of life,  
hope and joy,  
will live in us each day;  
and that we will be bearers of that  
light into the lives of others.  
Amen.*



# CHILDREN AND YOUTH

Helping families  
nurture lifelong  
disciples of Christ



## CONFIRMATION 2018-2019

In Confirmation this month our lesson was on *Living a Holy Life* and finding a balance in all that we do. God wants us to have a well balanced life of Family and Friends, Church and Christ. We discussed how important it is to not focus one hundred percent of your time on any one thing, even if it is something you love. Following Christ requires more than one hour on Sunday mornings; it is a way of life. It also means living a holy life, full of faith and good works made possible through God's grace.

- ♦ Through prevenient grace, God leads us to faith.
- ♦ Through justifying grace, God assures us that we are forgiven and restored to God's favor.

- ♦ Through sanctifying grace, God draws us toward Christian perfection.

Fortunately, Christian perfection is not about being flawless. It is about being completely in tune with God's will. John Wesley described perfection as being "habitually filled with the love of God and neighbor." Through sanctifying grace, God changes our heart so that we desire to be like God. As a result, that change motivates us to "go on toward perfection."

At the end of the class the youth had a photo scavenger hunt of important things to find time for in their lives. Here are a couple of our favorite photos.



## CHILDREN AND YOUTH

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### SCOUT SUNDAY FEBRUARY 10<sup>th</sup>

February 10<sup>th</sup> will be both our regular monthly Kidz 2gether worship as well as Scout Sunday. We will be finding ways to get all of our scouts involved in worship.

If you have a child who is a scout, please contact Lani Thompson at [lani.thompson@stpaulsmn.org](mailto:lani.thompson@stpaulsmn.org) to see how they can be involved and/or acknowledged during this special Sunday service.



### GAME NIGHT! FEBRUARY 23<sup>rd</sup>

On Saturday, February 23<sup>rd</sup>, we will have a special game night for our older children and youth. All children and youth, 3<sup>rd</sup>-12<sup>th</sup> grade, are welcome to join us at the church from 3:00 pm-7:00 pm for a fantastic evening of fun games and fellowship! We will play all kinds of exciting games in the church while getting some of the winter energy out and end the evening with a pizza dinner. Your children and youth will not want to miss it! Friends are welcome to join.

Please RSVP to Lani Thompson at [lani.thompson@stpaulsmn.org](mailto:lani.thompson@stpaulsmn.org) so we can have enough food and drinks available.

## DENOMINATIONAL NEWS

Special Session of the  
General Conference



2019 SPECIAL SESSION  
OF THE GENERAL CONFERENCE

On February 23-26, 2019 there will be a specially called session of the General Conference of the United Methodist Church. The General Conference is the international

leadership and policy-making body of the United Methodist Church. Approximately 1,000 delegates (half clergy and half lay people) are elected by their local areas to be part of the General Conference. Customarily, the group meets once every four years (and the next regularly scheduled meeting will be in Minneapolis in 2020.) The specially called meeting in February 2019 has been called for the single purpose of receiving and acting on the report of The Commission on a Way Forward. The Commission on a Way Forward was formed at General Conference 2016 in order to provide leadership to our denomination on questions regarding human sexuality,

homosexuality, and the church. The report from the Commission on a Way Forward suggests that our denomination adopt the "One Church Plan," which allows more flexibility regarding human sexuality. In Minnesota, there has been much support voiced for the One Church Plan. However, until we meet together as an international body, it will not be clear whether or not there is majority support for the plan. I will be attending General Conference as an alternate delegate. While we meet, please pray diligently for our meeting, for the Minnesota delegation, for the UMC denomination, and for the Church universal, that we might brightly shine Christ's light in the world in all that we do. ~ Pastor Amy Jo

# REACHING OUT

Living our faith  
and connecting  
with our  
neighbors



## GARLOUGH SCHOOL OPPORTUNITIES

### Sheridan Project

Volunteers are needed to help pack back packs especially on the 2<sup>nd</sup> Thursday of each month. Placing food for the weekend in the back packs only takes an hour and is crucial to those who depend on this service to feed their families on the weekend. The sign up sheet is on the narthex bulletin board.

### PIE Nights: Parents Involved in Education

There are four of these throughout the year from 5:00-6:30 pm. The next one is Thursday, February 28<sup>th</sup>. Can you help serve a meal? Sign up at the church bulletin board.

## CURRENT FOOD SHELF NEEDS—BIN IN NARTHEX

- ♦ Canned Meats
- ♦ Hygiene Products
- ♦ Seasonings
- ♦ Pancake Mix and Syrup
- ♦ Soup and Crackers

## UPDATE FROM NEIGHBORS INC.

“Neighbors distributed 910,347 pounds of food last year. That is more than twice the weight of the Statue of Liberty! All this food went out to 53,620 people (this includes duplicates because some families visited more than once in the year). WOW! None of this would happen without your care and support—THANK YOU!” (St. Paul’s brought in a total of \$3,181.50 and 1,308 pounds of food.)

## MISSION TRIP

**JULY 20<sup>th</sup>—28<sup>th</sup>, 2019**

This July 20<sup>th</sup>-28<sup>th</sup>, St. Paul's UMC will be going to Charleston, West Virginia for a week long Mission Trip through YouthWorks, to help serve in a community struggling through poverty. This will be a inter-generational mission trip for youth who have finished 6<sup>th</sup> grade through adults. During our week in Charleston, our group will have the opportunity to learn firsthand about the people, history, and the culture of the city.

We will serve and build relationships with a variety of people in Charleston through local



organizations like the Boys and Girls Club, Union Mission, Covenant House, and local senior centers. We will help at a food shelf, volunteer at a clothing distribution center, serve a meal at a soup kitchen, work at an elder care facility, and help at the local community children's camp. During the evenings we will worship with a local congregation and feast with friends old

at new at a community potluck.

If you are interested in joining us or would like to find out more info please join us for a short Mission Trip meeting on **February 17<sup>th</sup>** in the Wiggles and Giggles room at 11:45 am during the Fellowship Hour.



## EVENTS

What's  
happening and  
when?



## CHARLESTON WEST VIRGINIA MISSION TRIP FUNDRAISERS

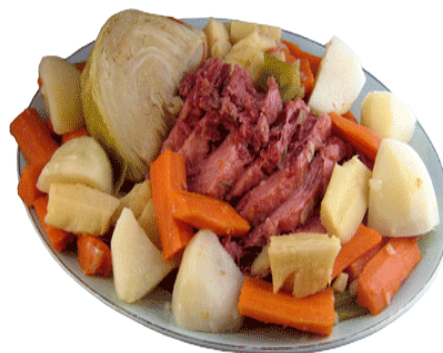
### Baked Potato Bar Fundraiser

The famous Baked Potato Bar meal will take place on February 10<sup>th</sup> after our Kidz 2gether worship service and the HCI vote. This is going to be a free will donation fundraiser for the Summer Mission Trip to Charleston West Virginia. We encourage everyone to join us after the vote in the fellowship hall for a delicious baked potato with all your favorite toppings.



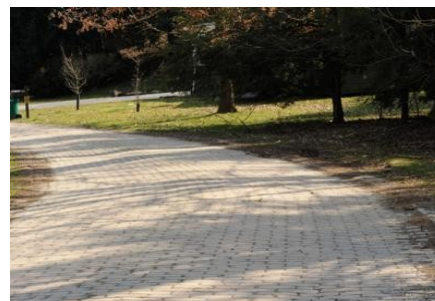
### St. Patrick's Day Dinner Fundraiser

Join us on the evening of St. Patrick's Day, March 17<sup>th</sup>, for an authentic corned beef and cabbage dinner at church from 4:00-6:00 pm to help raise funds to support St. Paul's Summer Mission Trip. Bring the friends and family and wear something green!



### DID YOU KNOW?

On Oct. 23, 1870, the first brick street in the world was laid in Charleston.



## SMALL GROUPS

United with Purpose



### MEN'S GROUP

The Men's Group will meet on February 17<sup>th</sup> at the church 6:30 pm. The group will be discussing mission and fund raising plans. Any questions please call Dick Robinson at 651-207-8643 or email him at dickrobinson2@msn.com.

### UMW CIRCLES

#### Rachel Circle

At press time, Rachel Circle was not able to provide information about their February meeting. Contact Barb Jorgenson, 651-414-0054.

#### Rebekah Circle

Rebekah Circle will meet on February 20<sup>th</sup> at 11:00 am at church. Please consider joining us for Bible reading, discussion of current church activities, and fellowship. Dessert will be served. Questions? Call Beda Lewis at 651-554-3600.

#### Ruth Circle

Ruth Circle will meet on Monday, February 18<sup>th</sup>, at 12:30 pm at church. Questions? Contact Annie McGuire, 651-254-7265

### SUNDAY ADULT EDUCATION

**SUNDAYS, 9:30 am**

#### BERTLESEN LIBRARY

Throughout February we will be exploring the writings of the New Testament, using the story of Jesus as the starting point. We will look at how the early church took ownership of, and was shaped by, the story of Jesus. Participants will be asked to do some reading. Charles Duddingston will convene the class.

### WEDNESDAY ADULT EDUCATION BOOK

**GROUP, NOON**

#### FELLOWSHIP HALL

If you have a copy of "Grounded: Finding God in the World" by Diana Butler Bass and wish to join us at noon on Wednesdays, please do so. If you wish to donate \$10 for the children of Garlough School, we can get a book for you. See Charles Duddingston. Note: the above book contains excellent 40 day devotional readings for Lent, beginning March 6<sup>th</sup>.

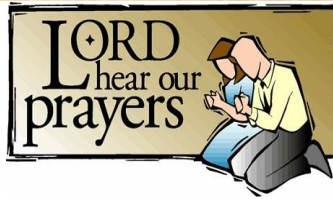


As I am writing this article, we are closing the books on 2018. The Finance Committee will meet next week and review the financials. By the time the next Epistle is ready to be published, we will have information on 2018 to share. In the meantime, we are still behind on pledges for 2019. The pledge is your estimate of giving for the year and an important way for the financial team to manage the annual budget.

If you have already completed a pledge form, thank you! If you haven't already completed a pledge form, please do so. They are in the office. Also, if you don't give electronically, give it consideration. It is an easy way to give to our church. Let me know if you would like more information on electronic giving.

*Kae Jewell  
Chair, Finance Committee*





**Please pray for the following:**

**Joys:**

Brent Cuttell's 18 year old cousin, Lincoln, gaining physical strength and cognitive awareness after traumatic brain injury

Emmalina Victoria, daughter of Heather and Mike Hannigan, born January 9<sup>th</sup>

Molly Glover's brain tumor has shrunk – no further treatment needed

Ben Pressnall's finished radiation treatments.

Heather Hannigan graduated with a Bachelor of Science in Business

Administration from Metropolitan State University

**Deaths:**

Shirley Egan, mother and mother-in-law of Peter and Carol Egan, January 22<sup>nd</sup>

Shirley Wilson, January 3<sup>rd</sup>

Eleanore McGlothlin, December 27<sup>th</sup>

**Health Concerns:**

Wendy Hall, needs physical therapy for her left foot

Nancy Grinager's sister-in-law, Dedra, fighting lung cancer

Deb Curran's brother-in-law, Stan, recovering from a stroke

Dawn Everling's friend, Judy, with breast cancer

Sherry Ziemkowski-LaGuire, recovering from surgery for uterine cancer

Bob Brocklehurst's father in hospice care

Sheila Kitzman, recovering from knee replacement surgery

Don Halver's brother, Gene, in hospital for tests

Bettie Robinson as she recovers from a broken shoulder

Sharon Medjanyk, healing from surgery

Jerry Moffitt, recovering from back surgeries

Barb Helmken's friend, Irma, for the death of her husband; for John; Phil, with leukemia

Kae Jewell's uncle, Bob Grich, with a re-occurrence of lung cancer

Friends of Dan and Barb Hamilton: Barb's co-worker with breast cancer, and Mike with lung disease

Jo Reck's friend, Sherry, had cancerous kidney removed, and now remaining kidney not functioning well, and for Jo's mother, struggling with near blindness

Jill Lewis, music director at Mt. Bethel UMC, with pancreatic cancer

Barb Jorgenson's friend, Gail, struggling with MS and her living situation

All homebound with health problems

**Additional:**

Peace, joy, love for the new year

For young adults that they will feel God's direction for their lives

For the leadership of our state and country

*Please call the office with joys and concerns*



**Eleanore McGlothlin**

Died: December 27, 2018

Eleanore became a member of St. Paul's UMC in 1937 and held the distinction of being a St. Paul's UMC member the longest. Send cards of sympathy to her daughter: Linda Kristyniak 1471 Berdan St. Trailer 22 New Cumberland WI 54829

**Shirley Mae Wilson**

Died: January 3, 2019

Shirley became a member of St. Paul's UMC in 1946 and was very involved in the life of the church—in her later years she knit prayer shawls and baby blankets. Sympathy cards may be sent to her husband, Bob Wilson, at: 1984 Oakdale Ave. #414, West St. Paul MN 55118 and her brother, Bill Gydesen, at: 6307 Burnham Circle #300 Inver Grove Heights MN 55076

**OFFICE HOURS:**

Monday - Friday: 8:00 am - noon

**LANI'S OFFICE HOURS:**

Monday, Wednesday, Thursday  
10:00 am - 6:00 pm  
Tuesday, 12:00—8:00 pm

**SUNDAY SCHEDULE**

Education Hour for All: 9:30 am  
Worship: 10:30 am

**2<sup>nd</sup> SUNDAYS SCHEDULE**

Education Hour for All: 9:30 am  
Kidz 2gether Worship: 10:30 am  
Brunch: 11:30 am  
Communion will be offered the 1<sup>st</sup>  
and 2<sup>nd</sup> Sundays of every month.

**CHURCH COUNCIL CHAIR:**

Leslie Watkins

**ST. PAUL'S STAFF:**

**Pastor:** Rev. Amy Jo Bur,  
[pastor@stpaulsmn.org](mailto:pastor@stpaulsmn.org)

**Director of Children, Youth and Mission:**

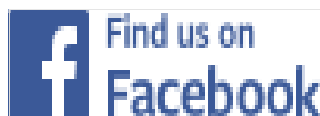
Lani Thompson,  
[lanithompson@stpaulsmn.org](mailto:lanithompson@stpaulsmn.org)

**Director of Music Ministry:**

Lane Skoglund-Anderson,  
[laneskoglundanderson@gmail.com](mailto:laneskoglundanderson@gmail.com)

**Administrative Assistant:**

Diane Pelinka,  
[info@stpaulsmn.org](mailto:info@stpaulsmn.org)

**Thank you to the  
Counters in January:**

Brent Cuttell  
Kae Jewell  
Rhea Nyquist  
Jude Rikala  
David Roper  
Bob Walker  
Melissa Wilson

Dear (UMW of St. Paul's UMC),  
Thank you for your support of the  
United Methodist Committee on  
Relief (UMCOR).....Your gift re-  
ceived on 12/12/18 of \$500 is sup-  
porting programs that fight hunger  
and poverty, assist the displaced,  
and respond to disasters....  
(full letter on bulletin board)

*Roland Fernandes  
General Treasurer,*

*General Board of Global Ministries*

We are honored by your gift of  
\$300 on 12/4/2018, and we sin-  
cerely thank you for your support.  
You are helping us advance our  
mission: to house, support, and  
advocate for people experiencing  
homelessness....

(full letter on bulletin board)

*Elisabeth Loeffler  
Director of Dev. And Comm.  
Simpson Housing Services*

Dear UMW of St. Paul's UMC,  
Thank you for your generosity!  
Your gift of \$200 on December  
11, 2018 to Feed My Starving  
Children will send 909 nutritious  
MannaPack meals to the neediest  
of God's children across the  
globe.....(full letter on bulletin  
board)

*Mark Crea  
Executive Director  
Feed My Starving Children*

**Roxy Crane**

1384 A Avalon Ave.  
Eagan MN 55121

**Bob Wilson**

Bob no longer has a landline.  
Delete 651-457-4546

**Emmalina Victoria  
Hannigan**

Born: January 9, 2019  
21 inches  
7lbs 13oz

Emmalina joins siblings Johanna  
and Mark (Dutch). She is also  
Jack and Jo Baker's 15<sup>th</sup> great  
grandchild. If you would like to  
send a note of congratulations to  
Mike and Heather Hannigan,  
their address is:  
1171 Oakdale Ave.  
West St. Paul MN 55118



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> <i>8:30 am Fit Moms 4 Life</i>
<b>3</b> 9:30 am Education Hour for all w/ Adult Ed 10:30 am Worship <i>5:00 pm Music Together</i>	<b>4</b> <i>10:00 am Music Together</i>	<b>5</b> <i>6:00 pm Yoga</i>	<b>6</b> 12:00 pm Book Club 6:00 pm Handbell Choir 7:00 pm Chancel Choir	<b>7</b>	<b>8</b>	<b>9</b> <i>8:30 am Fit Moms 4 Life</i>
<b>10 Scout Sunday</b> 9:30 am Education Hour w/ Adult Ed 10:30 am Kidz 2gether Worship w/Communion 11:30 am Charge Conference & Potato Bar Mission Trip Fundraiser <i>5:00 pm Music Together</i>	<b>11</b> <i>10:00 am Music Together</i>	<b>12</b> <i>6:00 pm Yoga</i>	<b>13</b> 12:00 pm Book Club 6:00 pm Confirmation 6:00 pm Handbell Choir 7:00 pm Chancel Choir	<b>14</b> <i>10:00 am Quilters</i>	<b>15</b> Newsletter Deadline	<b>16</b> <i>8:30 am Fit Moms 4 Life</i>
<b>17</b> 9:30 am Education Hour w/ Adult Ed 10:30 am Worship 6:30 pm Men's Group, church	<b>18</b> 12:30 pm Ruth Circle, church <i>6:45 pm 4H</i>	<b>19</b> <i>6:00 pm Yoga</i>	<b>20</b> 11:00 am Rebekah Circle, church 12:00 pm Book Club 6:00 pm Handbell Choir 7:00 pm Chancel Choir	<b>21</b>	<b>22</b>	<b>23</b> <i>8:30 am Fit Moms 4 Life</i> 3:00—7:00 pm Game Night
<b>24</b> 9:30 am Education Hour w/ Adult Ed 10:30 am Worship <i>5:00 pm Music Together</i>	<b>25</b> <i>10:00 am Music Together</i>	<b>26</b> <i>6:00 pm Yoga</i>	<b>27</b> 12:00 pm Book Club 6:00 pm Handbell Choir 7:00 pm Chancel Choir	<b>28</b> 5:00 pm PIE Night, Garlough School		

*Italicized events are conducted by outside groups renting space at the church.*



**St. Paul's United Methodist Church**

700 Wesley Lane  
Mendota Heights MN 55118

Phone: 651-452-5683  
Email: [info@stpaulsmn.org](mailto:info@stpaulsmn.org)

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*Open Hearts, Open Minds, Open Doors*  
The People of the United Methodist Church®

**ASH WEDNESDAY  
SERVICE  
March 6<sup>th</sup>  
12:30—1:00 pm**

