

Epistle

*A welcoming community
sharing Christ's love
in service
through relationships.
Welcome. Share. Serve.*

March 2020

REFLECTIONS FROM PASTOR AMY JO

2020 is the Year of Relationship at Saint Paul's UMC, and we have begun by concentrating on our relationship with God. The time that we spend in prayer, meditation, worship, and reading the Bible all are ways that we develop our relationship with God and grow closer to God. During Lent, we will continue our focus with a 4-week workshop series on growing closer to God through prayer and devotional time. On Thursdays (February 27-March 19), there will be two different time offerings of the same workshop, one in the morning at 10:30 am and one in the evening at 6:30 pm (come whenever your schedule allows). Each workshop will take approximately forty-five minutes and will give us the opportunity to pray together, learn about different forms of prayer and meditation

and different ways of structuring our devotional time with God. We will be enriched by the time spent together with God and our church family. If you feel like your devotional time needs a bit of fresh, new spirit, then this time is for you! If you have always wished you could get a focused habit of devotional prayer or meditation, but have never followed through on getting started, then this time is also for you! If you're looking for a time to pray or meditate together with friends and/or family, then this time is for you as well!

Here's a little more about each of the four weeks:

Week 1: We'll begin with **Praying the Scriptures**. On Week 1 we'll focus on how to incorporate the Bible into our devotional time, including the use of devotional guides, the practice of lectio divina, and also what we can learn from reading the Bible from the perspective of different persons within the stories. **February 27**

Week 2: We'll move into **Contemplative Prayer** and meditation. We'll listen for God's Word for us during silent meditation, experience breath prayer, and learn about seeking God's guidance while praying a labyrinth. We'll talk about different ways to bring meditation and contemplative prayer into our day-to-day life. **March 5**

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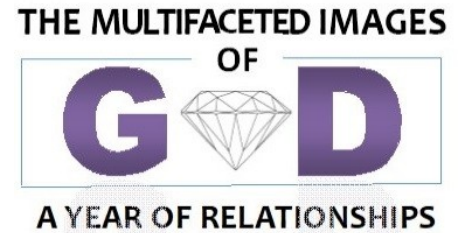


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Week 3: We'll look inward with **Prayers of Self-Examination**. We'll pray together St. Ignatius' traditional Prayer of Examen, walk through the process of moral inventory from the 12-step recovery process, and then move on to how to respond to what we see in ourselves through processes of gratitude, confession, and reconciliation. **March 12**

Week 4: During the last week, we'll focus on **Intercessory Prayer**. Intercessors are people who go to God in prayer on behalf of others. When we say "I'll pray for you!" we are promising to practice intercessory prayer. We'll discuss ways of organizing intercessory prayer such as prayer beads and the 5-Finger prayer and rituals relating to intercessory prayer such as anointing oil. We will pray together for the needs on our congregation's prayer list, for the needs of our community, and for Christ's Church. **March 19**

Come join together as we grow closer in relationship to God! ☸



ORDER SPRING PLANTS TO DECORATE THE SANCTUARY FOR EASTER

Hydrangea (blue)	_____	x \$15.00 each =	_____
Hydrangea (pink)	_____	x \$15.00 each =	_____
Azalea (pink)	_____	x \$15.00 each =	_____
Lily (white)	_____	x \$17.00 each =	_____
Order Total			\$ _____

Your Name _____

What would you like to put in the bulletin? Circle one - In memory of honor of thanks for

Last Date to Order: March 8, 2020

Please fill out this slip and drop it in the collection plate with your check made payable to St. Paul's UMC or drop it off at your convenience in the church office.

Plants may be taken home after worship on Easter Sunday.

CHILDREN AND YOUTH

Helping families
nurture lifelong
disciples of Christ



MISSION TRIP SUMMER 2020

This July 7th-15th, St. Paul's UMC will be going on a Road Trip - Mission Trip. With the mindset of going out and making disciples of the Lord and doing all we can in all the places we can, the team will be traveling through South Dakota, Wyoming, Colorado, Nebraska, and Iowa volunteering and discovering everywhere from small farm towns to large cities. This will be an inter-generational mission trip for youth who have finished 6th grade through adults.

If you are interested in joining us or would like to find out more info please speak to Lani Thompson or email her at lani.thompson@stpaulsmn.org

YOUTH SUMMER SERVANTS LOCAL MISSION PROJECT

On July 20th-23rd our youth group is partnering with other local churches to participate in mission projects here in the St. Paul area and show the many ways we can help in our own communities, ending the week with a trip to Valley Fair on July 23rd. This will be a youth only mission day camp for youth who have finished 6th-12th grade, but we welcome any adults to join us as chaperones.

If you are interested in joining us or would like to find out more info please speak to Lani Thompson or email her at lani.thompson@stpaulsmn.org



CHILDREN AND YOUTH

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CONFIRMATION

2019-20

In our February confirmation class we talked about:

- ♦ John Wesley - his life and the Methodist movement.
- ♦ The history of the United Methodist Church - how it came to be after years of splits and mergers and social stances they fought for along the way.
- ♦ The history of St. Paul's United Methodist Church - how Methodists first met for worship in the Mendota area and the buildings and

congregational mergers that have happened while forming our current church, as well as how our current church helps our community and lives up to John Wesley's saying:

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."

Our next class will be March 11th and it will be a special mentor night.

SCOUT SUNDAY

On February 9th we celebrated Scout Sunday during our Kidz 2gether worship service. Kids were all smiles while participating and leading worship in many different ways. Scouts designed the bulletin

art and theme board, greeted, handed out bulletins, read prayers and scripture, served communion and under the leadership of Jo and Jack Baker, helped make and serve a delicious pancake brunch afterwards.



VALENTINE'S

BABYSITTING NIGHT

On Friday, February 14th, St. Paul's UMC had a special babysitting night for children so parents could enjoy a relaxing Valentine's date night out together. The children had a fantastic evening of fun, games, dancing and fellowship! With help from our youth they made Valentines for friends and family, danced their hearts away to some of their favorite music videos, played all kinds of exciting Valentine themed games, ate dinner together and ended the night with a children's Valentine's movie.

HOLY WEEK

The promise of
Easter



PALM SUNDAY

Sunday, April 5th

- ♦ 9:30 am Sunday School
- ♦ 10:30 am Worship
- ♦ 11:30 am Brunch

GOOD FRIDAY

Friday, April 10th

- ♦ 7:00 pm Quiet, Solemn
Worship with Music by
Handbell Choir

MAUNDY THURSDAY

Thursday, April 9th

- ♦ 7:00 pm Worship with
Communion and Music by
Chancel Choir

EASTER SUNDAY

Sunday, April 12th

- ♦ 8:30 am Worship
- ♦ 9:30 am Coffee Hour and Egg
Hunt/Children's Activities
- ♦ 10:30 am Worship

EVENTS

What's
happening and
when



GROWING THROUGH LOSS

Growing Through Loss provides support for adults who have experienced a loss, information about the grieving process, caring and support from others who are also grieving, and sharing of memories and feelings in a confidential setting.

Location:

Shepherd of the Lake Lutheran Church
3611 North Berens Road NW
Prior Lake MN 55379
952-230-2988

Dates: Thursdays

March 5th, March 12th,
March 19th, March 26th,
April 2nd

All Sessions: Registration, 6:30 pm; Speaker, 7:00 pm; Support Groups 8:00 - 9:00 pm. Suggested donation: \$3.00 per session. You may attend one or all of the sessions. For additional information, contact 651-452-8261 or growingthroughloss@gmail.com

REACHING OUT

Living our faith
and connecting
with our
neighbors



FIVE REASONS TO DONATE TO NEIGHBORS THIS MARCH

For 38 years, the Minnesota FoodShare March Campaign has helped raise food, funds and awareness to help fight hunger across the state. So why is it so important?

- ♦ This annual effort helps raise more than half the food distributed by the 300 participating food shelves in the state. Last year, Neighbors received a combined total of 327,441 pounds/dollars—this year, they hope to hit 350,000 to help feed their neighbors in need. This goal is critical in helping keep the shelves stocked in the Neighbors food shelf. In 2019,

individuals visiting the food shelf increased by 13%.

- ♦ The Neighbors food shelf serves an average of 600 families each month.
- ♦ Over 1 million pounds of food was distributed through Neighbors last year.
- ♦ Nearly one in eleven Minnesotans experiences food insecurity.
- ♦ 100 percent of contributions to the Minnesota FoodShare March Campaign support hunger relief.

Can you help? Collection bins are located in the narthex. Invite your neighbors to participate! We challenge you to be a driver for the food drive!

UMCOR SUNDAY MARCH 22nd

Gifts to UMCOR Sunday (previously known as One Great Hour of Sharing) lay the foundation of all United Methodist Committee on Relief work by covering the costs of doing business.

This means all contributions designated to specific programs can go 100% to those programs because UMCOR'S basic expenses are covered.

Look for special giving envelopes in the pews.



FEBRUARY 2020 UPDATE

Our church and the Christian community have begun the season of Lent. Of course in today's world, we always have to Google everything, so that's just what I did. The word Lent is traced to an Old English word *lencten*, which refers to the lengthening of days of Spring. Spring is good! But for Christians Lent has a deeper, non-secular meaning. For Christians, Lent is a time for serious and disciplined self-reflection. As we embark on the Year of Relationships, Lent provides us an opportunity for self-examination as we explore our relationship with God, church and community. The gifts that we each provide; services, talents, and monetary are a key part of building and strengthening those three relationships.

You'll see that January was a good month financially for our church. We had strong income and expenses were slightly less than expected. A note of explanation on the income side is necessary. Many of you take advantage of the Qualified Charitable Distribution (QCD) tax regulation that allows you to make tax-free charitable donations when you take your required minimum distribution from your IRA. A number of families took advantage of the QCD regs in January. Of the \$44,640 of January income, \$33,000 included annual gifts and will not be recurring throughout the year. If you are interested in using the QCD tool, please contact your tax or investment experts.

*Grace and Peace,
Kae Jewell*

Finance Update as of 1/31/2020

General Fund Income	\$44,640
Less General Fund Expenses	<u>\$18,747</u>
Balance	\$25,893
Less Unpaid Apportionments	<u>\$ (2,752)</u>
Net Income After Unpaid Apportionments	\$ 23,141

SMALL GROUPS

United with purpose



UMW CIRCLES

Hannah Circle

Hannah Circle will meet at 1:00 pm on Wednesday, March 18th at the church. All are welcome, call Jan Marshall (651-688-6813) or Rhea Nyquist (651-457-5623). We meet for dessert, devotions, a Bible study and an occasional piece of business.

Rachel Circle

Rachel Circle will meet on March 16th at 7:00 pm, location undetermined at time of printing. Questions? Contact Barb Jorgenson, 651-414-0054.

MEN'S GROUP

The Men's Group will not meet in March. Questions? Contact Charles Duddingston, 651-454-1733.

WEDNESDAY ADULT BOOK GROUP

Bertelsen Library, Noon Starting March 4th

Beginning on Wednesday, March 4th, we are offering a free bowl of soup to those who come to the Book Group. At no charge and no expected contribution, we will serve a bowl of hot soup to everyone. We see this as an opportunity to expand our sharing and fellowship. Men are especially invited. Our current book is "*Birds of the Bible*" by local pastor Debbie Blue. The book is not required but may be picked up in the narthex by contributing \$10 to Garlough School. The soup is free, so come and be with us?

SUNDAY ADULT ED

Bertelsen Library
Sundays, 9:30 am

The world is complicated. Let's work through it together. Using *FaithLink*, a weekly curriculum, each Sunday this fall we will address a current event and discuss it, along with a Christian point of view, with as many viewpoints as possible. Topics will be fresh every Sunday! Join us as we connect faith and life. .

Beginning Sunday, March 1st, we will take a break from our popular *FaithLink* programming to feature, for the six Sundays in Lent, a DVD discussion series entitled, "*The Passion Play*." Inspired by the passion play in Oberammergau, Germany, which has been produced once each decade since 1654. Located in the Bavarian Alps, the entire village participates, taking parts in the drama of Jesus' passion. In the midst of the Thirty Years War, and the deadly bubonic

plague, the villagers believed their efforts would bring sanity and peace to their land. Come and share a touching story and lovely visual.

- Mar. 1: The Power of a View
- Mar. 8: The Importance of Community
- Mar. 15: The Role of Ritual
- Mar. 22: Living the Story
- Mar. 29: Telling a Better Story
- Apr. 5: The Power of the Cross
- Apr. 12: No meeting. Happy Easter!





Please pray for the following:

Joys:

Loye Eckman's sister-in-law, Rachel, at home after 3 surgeries
 Colleen McNett, recovering after successful surgery for breast cancer
 Bob Momsen back home at Southview Sr. Living, regaining strength

Deaths:

Barb Goin's friend, Laurie, February 1st, and John Goin's Aunt Bev, January 31st
 Shirley Holmay's friend, Jimm Crowder, January 29th

Health Concerns:

Marge Knowlton, with broken hip
 John, Katie Hamilton's dad, with health concerns
 Carol Egan's friend, Lee M., with aggressive leukemia
 Cheryl Anderson's two friends with leg problems
 Bob Mahoney, Corrine's brother, healing
 Angie, Jo Reck's friend, beginning her 2nd round of chemo for breast cancer
 Barb Helmken's brother-in-law, Reid, continuing chemo; son-in-law, Loren, beginning chemo and radiation;
 Dan and his medical team, recovering from lung surgery
 Bryan, struggling with many issues
 Dan, Cheryl Anderson's nephew, going through another round of chemo and niece, Judy, going through long
 recovery from neck surgery
 Ben, Chuck Everling's brother, with cancer and in pain
 Duane Devereaux, for healing
 Chrisana Tripodi's husband, Greg, for ongoing health concerns
 Mike LaGuire's daughter, Cheryl, healing from breast cancer
 Daniel Berntsen, Shirley Holmay's friend, recovering from bicycle accident and continuing rehab at home
 Kathy Detert's neighbor, Mary, with bone cancer
 All homebound with health problems

Additional:

For those who feel they have to end their life
 For family and career
 Luke Stombaugh, serving in Iraq
 For troops overseas and for Chaplain Matthew Deitner serving in Iraq
 Peace and safety in our communities

Please call the office with joys and concerns

**OFFICE HOURS:**

Monday - Friday: 8:00 am - noon

LANI'S OFFICE HOURS:

Please contact Lani at
lani.thompson@stpaulsmn.org or
612-412-6663 to make an
appointment.

SUNDAY SCHEDULE

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

2nd SUNDAYS SCHEDULE

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

CENTRAL LEADERSHIP

CHAIR: Leslie Watkins

ST. PAUL'S STAFF:

Pastor: Rev. Amy Jo Bur,
pastor@stpaulsmn.org

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

Lani Thompson,
lani.thompson@stpaulsmn.org

Director of Music Ministry:

Lane Skoglund-Anderson,
laneskoglundanderson@gmail.com

Administrative Assistant:

Diane Pelinka,
info@stpaulsmn.org

**grat·i·tude**

[grat i tood]

noun

the quality of being
thankful; readiness
to show appreciation
for and to return
kindness

**THANK YOU TO THE
JANUARY COUNTERS**

Brent Cuttell
Barb Jorgenson
Barb Goin
Rhea Nyquist
Nancy Pierson
Bob Walker
Leslie Watkins

Thank you for your generous support of The Sheridan Story in 2019! (\$704.88) Your gift, combined with the support of other amazing partners such as yourself, helps The Sheridan Story fulfill our mission to fight child hunger in our community.....(full letter on bulletin board).

*Sincerely, Rob Williams
Exec. Dir.*

Thank you for your January donation of 78 pounds of groceries! As we start a new year, we want to let you know how grateful we are for your partnership over the years. We look forward to the months and years ahead!

The team at Neighbors, Inc.

**Mary Gaddy**

Lilydale Senior Living
949 Sibley Memorial Hwy
#412
Lilydale MN 55118

Bill and Lois Gydesen

Maurice Commons
1380 Maurice Dr. #310
Eagan MN 55121
cell:651-328-0252



Time to
Spring Ahead

**DAYLIGHT SAVING TIME
BEGINS
MARCH 8th**



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 am Education Hour 10:30 am Worship w/ Communion <i>4:30 pm and 5:30 pm Music Together</i>	2 <i>10:30 am Music Together</i> 5:30 pm Outreach Team Mtg 6:00 pm UMW Executive Board Mtg	3 Presidential Primary Election	4 12:00 pm Book Group 6:00 pm Handbell Choir 7:00 pm Chancel Choir	5 10:30 am and 6:30 pm Prayer & Devotional Time	6	7
8 Daylight Saving Time Begins 9:30 am Education Hour 10:30 am Kidz 2gether Worship w/Communion 11:30 am 2 nd Sunday Brunch <i>4:30 pm and 5:30 pm Music Together</i>	9 <i>10:30 am Music Together</i>	10 <i>6:30 pm Yoga</i>	11 12:00 pm Book Group 6:00 pm Confirmation 6:00 pm Handbell Choir 7:00 pm Chancel Choir	12 <i>10:00 am Quilters</i> 10:30 am and 6:30 pm Prayer & Devotional Time	13	14
15 9:30 am Education Hour 10:30 am Worship <i>4:30 pm and 5:30 pm Music Together</i>	16 <i>10:30 am Music Together</i> 7:00 pm Rachel Circle, place TBA <i>6:45 pm 4H</i>	17 <i>6:30 pm Yoga</i>	18 12:00 pm Book Group 1:00 pm Hannah Circle, church 6:00 pm Handbell Choir 7:00 pm Chancel Choir	19 10:30 am and 6:30 pm Prayer & Devotional Time	20 Newsletter Deadline	21
22 9:30 am Education Hour 10:30 am Worship <i>4:30 pm and 5:30 pm Music Together</i>	23 <i>10:30 am Music Together</i>	24 <i>6:30 pm Yoga</i>	25 12:00 pm Book Group 6:00 pm Handbell Choir 7:00 pm Chancel Choir	26	27	28
29 9:30 am Education Hour 10:30 am Worship	30	31 <i>6:30 pm Yoga</i>				

St. Paul's United Methodist Church

700 Wesley Lane
Mendota Heights MN 55118

Phone: 651-452-5683
Email: info@stpaulsmn.org

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

PRAYER & DEVOTIONAL TIME

**Thursdays, February 27th, March 5th, 12th, and 19th
10:30 am or 6:30 pm**

A 4-week workshop series on growing closer to God
through prayer and meditation.
(see page 1 for more information)

