

Epistle

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

July 2022

REFLECTIONS FROM PASTOR AMY JO

This spring, I preached on the well-known passage from Ecclesiastes: *"For everything there is a season and a time for every matter under heaven."* (Ecclesiastes 3:1).

During that sermon, I spoke about each of the seasons, with special attention to winter, the season of rest and renewal. In our very busy lives, it is easy to forget about the necessary seasons of rest that are needed for all of us, but the Bible teaches us about the importance of this. "Keeping the sabbath" is even included in the ten commandments!

The Minnesota Annual Conference encourages their pastors to take an extended renewal leave every four years, and this summer I will be on leave for six weeks for a time of rest and renewal, from July 20-August 30. I thank all of the people of Saint Paul's UMC who are taking on additional leadership responsibilities in my absence. Our congregation is blessed by your leadership. Many of you have already recorded prayers to be part of video worship, and others will provide in-person leadership for our worship services along with the guest pastors who will be preaching and providing pastoral care for the congregation. Thank you for your leadership.

It is my hope to spend some time with the things that have often brought me renewal during my life: prayer, music, art, reading, exercise, time in nature, and time with family. The retreat center to which I was first planning to travel is full through September.



(Now that I know very early reservations are required, I will plan on visiting Holden Village in an upcoming year.) However, I am delighted to be traveling to a Methodist-founded summer gathering at Bay View, Michigan instead. Bay View is a gathering on the shore of Lake Michigan that includes worship, religion-and-life lecture series, classical music instruction and concerts, book clubs, and some fun yoga and art classes. The music and prayer time will be very renewing to my heart and soul, and

the lecture series will be renewing to my mind. There will also be ample time for enjoying kayaking, running, and hiking. There is a historic United Methodist Native American congregation that worships nearby, and I hope to be able to join in prayer there as well. The Seattle area will be another destination for a shorter part of my leave, where I will be meeting my family for family time enjoying nature and contemplative prayer with the Sisters of Saint Joseph. During my time at home, I have plans with Pastor Jenny (who has been our neighbor at Christ UMC in Maplewood), to play cello and piano together. Throughout my leave, I will continue to pray for the people and the mission of Saint Paul's UMC.

Sabbath truly is a gift from God, and I encourage you to make a regular practice of keeping the sabbath as a time of rest and renewal for your spiritual health. When I return to Saint Paul's UMC in the fall, I know that it will be with fresh energy for mission, because God's Spirit will have given me the gift of renewal! May God's life-giving Spirit grant renewal to us all.

GRADUATION SUNDAY, JUNE 12th

Tommy Edelman, son of Kevin and Jill Edelman, graduated from Massachusetts Institute of Technology with a Bachelor of Science in Aerospace Engineering with a concentration in History.

His future plans are to attend US Air Force Pilot Training.



Colin Reilly, great-nephew of Carol Egan and member of Alexandria United Methodist Church, graduated from Alexandria Area High School.

He will attend Ripon College in Wisconsin on a soccer scholarship.

Emma Reilly, great-niece of Carol Egan and member of Alexandria United Methodist Church, graduated from Randolph Macon College in Virginia with a double major in political science and communications and a minor in gender studies.

She will attend graduate school at American University in Washington DC.



Maura Wells, daughter of Dan and Jeanette Wells, graduated from the Convent of the Visitation in Mendota Heights.

She will be attending the University of Alabama, majoring in accounting.



CHILDREN AND YOUTH

Helping families
nurture lifelong
disciples of Christ



YOUTH GATHERING

St. Paul's UMC youth in 6th-12th grade typically gather one Wednesday a month for some guided faith, fellowship, and fun. During the summer months we sometimes add a few extra gatherings as opportunities arise. Each youth gathering will be focused on a combination of either a faith topic, mission project, worship participation, fellowship building, and a fun activity.

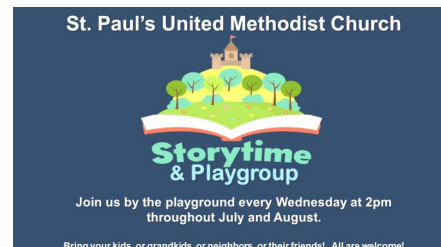
In May, our youth took an outing to Grand Slam Entertainment Center where they spent the evening playing putt-putt golf, crashing around in bumper cars, and playing team laser tag. What a great way to celebrate the end of the school year! See a picture on page 10.

In July our Youth Gathering will be on **July 20th from 5:00-8:00 pm** and will take place at Faith UMC, 1530 Oakdale Ave, West St. Paul. We will be volunteering with their newly started Loaves & Fishes program that helps serve a free dinner to the community. Our youth have expressed that food ministry is a high priority of theirs and we thought this would be a new and fun way for them to volunteer. Friends are always welcome to join us!

CHILDREN'S SUMMER STORY TIME AND PLAY HOUR:

Starting on July 6th, and happening every Wednesday throughout July and August at 2:00 pm, St. Paul's UMC will be hosting a Story Time and Play Hour on our front lawn. Bring the family and a blanket or a chair to enjoy the outdoors and listen to a couple of

stories followed by an hour of outdoor fun and fellowship on our playground. All ages are welcome! If you would like to get involved and either volunteer to read or help with hosting this weekly event at church please contact Lani Schrandt (Thompson) at: lani.thompson@stpaulsmn.org



VBS OVER MEA

This year during MEA (October 20th and 21st) St. Paul's UMC will offer a special Vacation Bible School Camp to both help accommodate working parents and offer our kids a fantastic camp experience where they can learn and grow together. This VBS will help kids learn how they can be God's EarthKeepers by learning all about his creation and how we can help take care of it. Every day is guaranteed to be filled with fun, laughter, fellowship and friendships, learning, music, crafts, singing and games.

We are still looking for adult chaperones to join us! Either for the whole time, or to just come and stay with us for part of the day! We would also love any 6th-12th grade youth to join us as camp counselors! If you are interested in joining us at camp, please let Lani Schrandt (Thompson) know at lani.thompson@stpaulsmn.org There is no cost for youth or adult chaperones.

REACHING OUT

Living our faith
and connecting
with our
neighbors



GARLOUGH SCHOOL SHOPPING LISTS

We will be collecting school supplies to give to children in need at Garlough Elementary. Please watch for sales this summer, and begin shopping for the usual items from now through August (backpacks, single subject notebooks, pencils, glue sticks, Kleenex, 24-count Crayola color crayons). Watch for a collection bin in the narthex



SCHOOL SUPPLY *Drive*

NEIGHBORS INC. FOOD SHELF

Neighbors' Food Shelf continues to need donations now that school is not in session. There is a collection bin located in the narthex. Thank you for continued support.

Quick facts about Neighbors

- ♦ Neighbors, Inc. was founded in 1972 by a group of area churches.
- ♦ They are a non-profit social service agency.
- ♦ They serve South St. Paul, West St. Paul, Inver Grove Heights, Mendota Heights, Mendota, Sunfish Lake and Lilydale.
- ♦ In 2019, they gave out over one million pounds of food.
- ♦ Of the people they serve, more than 45 percent are children.



SMALL GROUPS

United with
Purpose



UWF CIRCLES

Hannah Circle

Hannah Circle will not meet in July or August. Questions? Call Rhea Nyquist at 651-457-5623 or Jan Marshall at 651-688-6813.

Rachel Circle

Rachel Circle will not meet in July or August. Questions? Contact Nancy Pierson, 651-455-5611.

UWF Special Recognition Pin

This year, our special recognition pin was awarded to Barb Goin. Congratulations, Barb! Barb has been involved in multiple church activities including financial secretary, choir, bells, leading the 'declutter' effort, co-chairing 'support our heroes' effort for Bethesda Hospital, as well as many UWF activities. Barb is UWF Treasurer, spearheads the 'premium table' with special emphasis on jewelry sales for our rummage sales, volunteers many hours for turkey dinner, from baking a turkey to assembling take-out meals to 'delivery gal' as patrons pick up their meals. Barb demonstrates her commitment to putting faith into action and love for each other as United Women In Faith.

UWF Annual Picnic

At our annual picnic, members from Hannah and Rachel Circles enjoyed an evening of fellowship, food and a program from Sharon Folland. Sharon displayed and talked about religious icons she is in the process of completing or has completed. An icon is a sacred image used in religious devotion. The most common subjects include Christ, Mary, saints and angels. Iconography is symbolic art, especially that of the late medieval and Renaissance periods. Icons are painted on wooden panels, typically made of linden or pine wood. The production is a long and complex process. A layer of linen cloth soaked in special glue is put on the panel. The iconographer uses pencil and paper to create a preliminary sketch. Using graphite paper, she then transfers the drawing onto a prepared wooden board. The painting is very detailed and involves many art mediums. The traditional medium for iconography is egg tempera. Sharon's icons involved many, many hours of hard work. These icons are labors of love for her and were a joy to view.

Nancy Pierson, UWF Secretary

CALLING ALL MUSICIANS

The Chancel Choir and Handbell Choir will be playing the following Sundays in July and August.

Chancel Choir

The Chancel Choir will sing Sunday, July 17 and August 21. Rehearsals will be on the same Sundays at 9:15 am.

Handbell Choir

The Handbell Choir will play Sunday, July 24 and August 28. Rehearsals will be Wednesday, July 20 and August 24 at 6:00 pm. Please also plan to practice at 9:15 am on the Sundays we play.

FINANCE

Support of our church and its mission



FINANCE UPDATE AS OF 5/31/2022

I'm sitting at my computer, awaiting inspiration for this newsletter article. An email comes in and I'm easily distracted so away I go. The email brings the sad news of the death of Dr. Lowell A. Gess who has died at the beautiful age of 100. I now have more opportunity to delay writing my article as I ponder the Christian life of such an amazing individual.

Christian, "Christ-like." We look to many sources of inspiration as we strive to live our lives in a Christ-like manner. And the opportunity to interact with an individual such as Dr. Gess is one of the great inspirations I've encountered.

Dr. Gess knew, at the age of eleven, that he was called to do medical missionary work. He served as a missionary in both Nigeria and Sierra Leone. In Sierra Leone he realized that the country did not have a single ophthalmologist. He went back to medical school and completed his second residency, this time in ophthalmology. Dr. Gess and his family went back to Sierra Leone multiple times to serve the ophthalmology

needs of the residents. Even after retiring from missionary work, Dr. Gess and his wife Ruth returned to Sierra Leone regularly and ultimately founded the Lowell and Ruth Gess United Methodist Hospital in Freetown. Our congregation has frequently provided financial support for the work of the clinic.

Together we celebrate 100 years of an amazing, Christ-like life, which serves as an inspiration to all of us. God bless Dr. Gess and all the work he has done in his years of service.

Grace and Blessings,
Kae Lovaas Jewell



Rev. Dr. Lowell Gess

	<u>May Financials</u>	
	<u>May 2022</u>	<u>2022 Year-to-Date</u>
General Fund Gifts	\$ 5,116	\$ 90,519
Less General Fund Expenses	<u>\$ 19,270</u>	<u>\$ 100,193</u>
Balance	\$ (14,154)	\$ (9,674)
Less Unpaid Apportionments	<u>\$ 2,277</u>	<u>\$ (11,385)</u>
Balance After Unpaid Apportionments	<u>\$ (16,431)</u>	<u>\$ (21,059)</u>

MN UMC ANNUAL CONFERENCE REPORT from Lay Member, John Grinager



After hearing about proceedings at South Dakota Annual Conference for much of my life from my father, who was a United Methodist pastor and from two of my brothers, who followed in his footsteps, I was pleased to represent our congregation at the Minnesota Annual Conference in May. The Annual conference is an annual gathering of United Methodist lay delegates and pastors and activities center around a number of inspirational messages, amazing performances by musical groups, as well as handling any sort of church business that includes legislation. The gathering also includes various associated groups, including mission groups, that provide information to the pastors and lay delegates on their programs. For a good summary of the proceedings one can check out the following web site sponsored by the Annual Conference: <https://www.minnesotaumc.org/wrapupresources>.

I would just like to let everyone in our congregation know that the sermons delivered, the music performed, and the level of discussion in the legislative proceedings were of the highest quality. Bishop Bard did a wonderful job of overseeing the legislative proceedings where all speakers on both sides of issues were heard, were respected, but also held to a three minute time limit. Likewise, the delegates speaking to different issues were often passionate but also respectful of the process. In particular, when two of our Minnesota United Methodist churches elected to leave our Conference, the pastors from those congregations still attended and thanked the rest of the Conference for the respectful manner and conditions upon which they were able to leave.

Although it was sad to learn of those leaving, it was also good to learn that the Embrace Church, a United Methodist Church in Woodbury that is an offshoot of the Sioux Falls church with the same name and which has services tailored for younger generations, has now achieved financial independence. There were also a number of other new church starts.

Regarding legislation, I would like to mention one issue on which I voted in the affirmative. The Conference voted to change the conference's part-time racial justice organizer position into a full-time, director-level position. For anyone who manages a business or non-profit and has to manage employees, that person knows how sensitive discussions around race can be. As our own church goes forward in a changing Mendota Heights community, this new position may provide us with a resource that we can use to help us grow.

I left the conference inspired and also happy that even in these tough times, our United Methodist Church is able to conduct itself in a manner that is both inspired by God and respectful of all of its members as well as the traditions that have guided our church since the days of John Wesley.

EVENTS

What's
happening and
when



NIGHT TO UNITE TUESDAY, AUGUST 2nd

5:00—7:00 pm

Night to Unite is coming.

*Bring the whole family and
invite your friends!*

Where: St Paul's United
Methodist Church

When: August 2nd, 5:00—7:00
pm

What: Meet your neighbors and friends, enjoy food, yard games and lots of fun water activities for kids—so be sure to bring swim-suits and towels. The Fire and Police Departments will also be making a visit to the church, letting the kids climb in and check out their vehicles. A great time will be had by all!



VOLUNTEERS NEEDED

Volunteer opportunities are available on Sign Up Genius. Go to www.signupgenius.com, click on the magnifying glass in the upper right hand corner and type in the church email, info@stpaulsmn.org to find the following sign ups.

♦ ALTAR FLOWERS

Altar flowers are a beautiful addition to our service.. An acknowledgement of your donation will appear on the PowerPoint presentation projected on our wall during worship. Sign up sheets are also available on the narthex table.

♦ WEEDING

Volunteers are needed to weed the Memorial Garden and the beds around the church. Thank you to those who have already volunteered! We appreciate all of your efforts to keep Saint Paul's UMC looking beautiful! Sign up sheets are also available on the narthex table.

♦ COFFEE HOUR

Volunteers are needed to host Sunday Coffee Hour, fellowship time enjoyed by all! Sign up sheets are also available on the Fellowship Hall counter.

♦ ONE ROOM SUNDAY SCHOOL

During summer, we combine both of our children's Sunday School classes into one. We like to give our regular Sunday school teachers a summer break. If you have an interest in helping teach one Sunday this summer, a sign up sheet is also available on the narthex table or you can contact Lani at lani.thompson@stpaulsmn.org.



Ernest Peitso

May 27, 2022

**SUMMER SUNDAY
SCHEDULE**

Worship: 10:00 am
One Room Sunday 10:15 am
School

2nd SUNDAYS SCHEDULE

Kidz 2gether Worship: 10:00 am

Communion will be offered the 1st
and 2nd Sundays of every month.

VIDEO WORSHIP

Available on Facebook, YouTube
(St. Paul's UMC Mendota Heights)
and the church's website:
www.stpaulsmn.org

CENTRAL LEADERSHIP

CHAIR: Andrea Larson

ST. PAUL'S STAFF:

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

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

Lani Thompson Schrandt,
lani.thompson@stpaulsmn.org

Director of Music Ministry:

Lane Skoglund-Anderson,
laneskoglundanderson@gmail.com

Administrative Assistant:

Diane Pelinka,
info@stpaulsmn.org

Cards of sympathy may be sent to
his daughter:
Barbara Ruhl
2220 Ridge Dr. #13
St. Louis Park MN 55416



Youth group at Grand Slam Entertainment Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Italicized events are conducted by outside groups renting space at the church.</i>					1	2
3 10:00 am Worship w/ Communion 10:15 am ORSS	4 Office Closed	5	6 2:00 pm Storytime	7	8	9
10 10:00 am Kidz 2gether Worship w/Communion	11 6:00 pm Central Leadership Meeting	12	13 2:00 pm Storytime	14	15	16
17 9:15 am Choir Rehearsal 10:00 am Worship Choir Sings 10:15 am ORSS	18	19	20 2:00 pm Storytime 6:00 pm Bells Rehearsal Youth at Loaves and Fishes, Faith UMC Pastor Amy Jo's Renewal Leave Begins—August 30.	21	22	23
24 9:15 am Bells Rehearsal 10:00 am Worship Bells Play 10:15 am ORSS	25	26	27 2:00 pm Storytime	28	29	30
31 10:00 am Worship 10:15 am ORSS						

St. Paul's United Methodist Church

700 Wesley Lane
Mendota Heights MN 55118

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Email: info@stpaulsmn.org

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

**Starting July 6th,
and every Wednesday
throughout July and August
at 2:00 pm
on St. Paul's UMC lawn**

