

Epistle

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

September 2022

REFLECTIONS FROM PASTOR AMY JO

In May of this year, when I preached on the biblical passage in which Jesus heals the paralytic (John 5:2-9), I specifically addressed the healing that God can bring to our body/mind/spirit when we struggle with the difficulties of substance abuse and walk the road of recovery from addiction. Many of the people of our congregation told me that this was a particularly helpful sermon, and it is no surprise that we find this a relevant topic. Substance abuse disorders are on the rise in the US, with last year (2021) recording a record number of deaths due to drug overdose (more than 100,000.) While the rise in opioid addiction is truly and deeply concerning, it is good for us to also remember that alcoholism is the most common type of substance abuse disorder in the US. Although it is difficult to estimate how many people experience alcoholism, pre-pandemic estimates ranged from 6-12% of the adult population. Due to these large and rising numbers, many of us have friends, family, neighbors, or other loved ones who are experiencing substance abuse disorders, or are struggling with substance abuse ourselves.

Looking to our Higher Power for help, hope, and salvation is part of the road to healing for most people

in recovery from addiction. The United Methodist Church has had a long time historical tradition of ministry with people experiencing substance abuse, and this continues to the present day, with many congregations hosting 12-step recovery programs in their buildings and teaching on the topic, with a few congregations specializing in this ministry as their primary focus, as recovery churches. This fall, my sermon series at Saint Paul's UMC will focus on themes specifically addressing spiritual growth, strength and discipleship for those in recovery from addiction. It will provide opportunities for prayer and support for our friends, family, and neighbors experiencing substance abuse. We will begin with a Kidz 2Gether Sunday on September 11, praying together with the theme: God will raise us up. Whether it is raising us up from the perils of addiction, or simply the difficulties present in day-to-day life, it is true that God is our help and our strength.

The sermon series will continue into themes related to spiritual and mental health and the way the Christian tradition provides a strong basis for spiritual and mental well-being. These topics are connected

with recovery from addiction because it is somewhat common to experience a dual diagnosis of substance abuse and mental illness. (It is estimated that about 20% of people with a depression or anxiety diagnosis also have a substance abuse diagnosis.) I hope that this sermon series will help all of us to be lifted up by the power of God and grow in our spiritual lives.

During my renewal leave this summer, I have been reading a number of interesting and inspiring books. I have just started reading Addiction and Recovery: A Spiritual Pilgrimage by Martha Postlethwaite (Pastor of Recovery Church in Minneapolis). I am wondering if this inspiring book may make a good adult education study for us in the fall? Please watch upcoming announcements for adult education in the fall, and contact me in September if you may have a desire to co-teach during the fall months. I look forward to returning to Minnesota soon and send greetings from the people of Bay View Association (a United Methodist summer gathering) and greetings from Greensky Hill Indian United Methodist Church. May God's blessings be with you all.

UPDATES

CENTRAL LEADERSHIP

Hey SPUMCers! I thought it would be nice to take a moment to update you on 'quiet things going on around you.' Positive things are occurring. I'm going to start by sharing appreciation on certain efforts.

First, many thanks to all who pitched in with extra effort during Pastor Amy Jo's leave. Some have found substitute musicians and office staff. Others have worked diligently on outdoor planting and appropriate watering and weeding. Repairs have been facilitated on outdoor lights, indoor breakdowns of critical equipment including the sump pump and kitchen appliances. We're currently planning on replacing the range and getting the dishwasher fixed. A new phone system is being installed.

In the meantime, we're focusing on how we can share our bounty with others around us by sharing our parking lot for specific events and planning for a warm welcoming Fall Festival (to follow up our Night to Unite).

Please be sure to notice and appreciate all of this! Gratitude is such a gift! Let's all think of what we have and how we can share it by being invitational as we approach a new church year and harvest time!

Blessings, *Andrea Larson*
Chair Central Leadership Team

YOUTH MISSION

PROJECT 2022

In March our youth chose a mission project for the year. After many conversations about what ways our youth like to go out and serve, they realized that a lot of their favorite mission activities are related to food ministry. So they set a GIANT goal of serving **100,000 meals** to the hungry by the end of the year.

They have been working hard and plan to accomplish this with many small mission projects, like helping at *Feed My Starving Children*, participating in food drives, helping at the Union Gospel Mission, making sandwiches for the homeless, putting together Every Meal bags and volunteering at PIE nights for Garlough Elementary, etc. As of today, drum roll please....our youth group has served **67,379 meals!** This great group of kids is helping feed the world one healthy meal at a time.

NIGHT TO UNITE

On August 2nd, St. Paul's UMC hosted the neighborhood block party also known as "*Night to Unite*" for a fantastic evening of fun, food and fellowship. A mix of church members and neighbors joined us for delicious food, water activities (including an inflatable splash pad and a giant slip-n-slide for the kids and the kids at heart), games, prizes, and visits from the local police and fire department. The fire department taught everyone all about fire safety and the equipment in their vehicles and even let folks climb inside to check them out! Fun was had by all ages who attended. Thank you to all the volunteers who helped us set up, serve, play and clean-up. We couldn't have done it without all of you!



CHILDREN AND YOUTH

Helping families
nurture lifelong
disciples of Christ



YOUTH GATHERING

St. Paul's UMC youth in 6th-12th grade gather on the 4th Wednesday of every 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 is focused on a combination of a faith topic, mission project, worship participation, fellowship building, and a fun activity.

In July our youth went to Faith United Methodist Church to volunteer with their newly started *Loaves & Fishes* program that helps serve a free dinner to the community. Our youth have expressed how food ministry is a high priority of theirs and we thought this would be a new and fun way for them to volunteer.

Also in July our youth went to

Target Field to pack meals with *Feed My Starving Children* at their special "Pack-at-the-Park" event. Thousands of meals were packed and thousands of smiles were shared. What a great day!

On August 24th our Youth group went to Rockin' Jump Trampoline Park to celebrate our JUMP into the fall schedule with open trampolines, rock climbing walls, slack lines, ninja warrior course, stunt bag areas and so much more.

Future Dates/Activities:

- ♦ September 28th – *Feed My Starving Children*, Eagan
- ♦ October 26th – helping with St. Paul's Annual Turkey Dinner

Friends are always welcome to join us!

Loaves and Fishes



CHILDREN AND YOUTH

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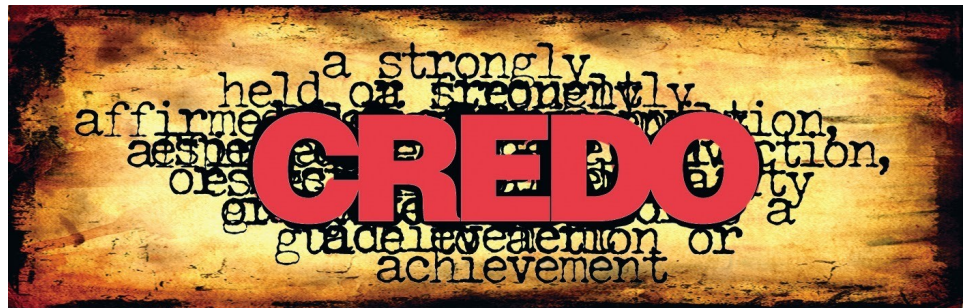
CONFIRMATION KICK-OFF 22-23

Starting September 14th, our new class of Confirmation students will meet on the 2nd Wednesday of every month from 6:00-8:00 pm. We will continue with our program called *Credo*, a United Methodist Confirmation curriculum.

Confirmation is a wonderful opportunity! For some, confirmation is the beginning of a journey of faith, and for others it is the continuation of that journey. It is a fun time when we can explore who God is, as well as get to grow,

honor, discover, and connect in new ways with each other and with God.

We have seven students signed up so far! If you have a youth in 6th or 7th grade and are interested in getting them involved with this program, contact the Director of Children, Youth and Mission Ministries, Lani Schrandt, at lani.thompson@stpaulsmn.org to find out more about the confirmation program and process.



JOIN THE ST. PAUL'S UMC CHILDREN AND YOUTH TEAM

We are always looking for new volunteers to help with our expanding children's and youth program!

Together we will help our children and youth grow and learn about Jesus while teaching them how to welcome, share, and serve by example. If you are interested in participating in any capacity contact Lani Schrandt at lani.thompson@stpaulsmn.org and we will get you involved right away!

SMALL GROUPS

United with Purpose



UWF CIRCLES

Hannah Circle

Hannah Circle will meet on Wednesday, September 21st, at 1:00 pm in the church fellowship hall. We will be assessing the recent Rummage Sale and making plans for the upcoming Turkey Dinner. Our study continues to be on a few of Jesus' parables. All are welcome to join us. Questions? Call Rhea Nyquist at 651-457-5623 or Jan Marshall at 651-688-6813.

Rachel Circle

Rachel Circle will meet on Monday, September 19th, at 7:00 pm. Location yet to be determined. Questions? Contact Nancy Pierson, 651-455-5611.

REACHING OUT

Living our faith and connecting with our neighbors



EMERGENCY FOOD DRIVE

St. Paul's is currently hosting an emergency food drive. We're hearing from our mission partners at Neighbors Inc., as well as Keystone Food Bank, that the food shelves are very low right now. If you would like to help out and contribute, you can bring nonperishable food items or financial donations on Sunday mornings or during open church hours (Monday-Friday, 8:00 am to noon). We will get those to the food banks. They are especially looking for rice, cereal, and pancake syrup.



READING BUDDIES

St. Paul's UMC is partnering with Garlough Elementary for another year of Reading Buddies! This is a fun and beneficial activity for all involved and reading to students is a fun and rewarding way to volunteer. If you are interested in volunteering and helping with early readers once a week, contact Carol Egan, merryhands@gmail.com.



Reading Buddies

FINANCE

Support of our
church and its
mission



FINANCE UPDATE AS OF 7/31/2022

	<u>July Financials</u>	
	<u>July 2022</u>	<u>2022 Year-to-Date</u>
General Fund Gifts	\$ 20,514	\$ 127,263
Less General Fund Expenses	<u>\$ 20,133</u>	<u>\$ 144,671</u>
Balance	(381)	\$ (17,408)
Less Unpaid Apportionments	<u>\$ 2,277</u>	<u>\$ (15,939)</u>
Balance After Unpaid Apportionments	\$ (1,896)	\$ (33,347)

You may have noticed that this month I am starting with the numbers because the summer has been a tough time. We are all busy and it is easy to forget that the expenses of our church continue throughout the summer. There are many ways to support the mission of our church.

- ♦ If you are in the sanctuary on Sunday, you will find offering plates at the back of the sanctuary.
- ♦ You can always mail a gift to the church office.
- ♦ We also have some very easy electronic options. You can sign up for a regular deduction from your checking account. If you want to make this choice, call the office for a form to complete to begin automatic electronic deductions.
- ♦ You can also give via your smart phone. Look in your app store for VANCO mobile faith engagement app. The icon will be a large “V” with the left side in black ink and the right side in purple. You can set up a one-time gift or a recurring gift using your checking account or credit card. This is an easy way to give regularly and the church absorbs all the expenses associated with the use of VANCO.

On average, we receive approximately 45% of our monthly gifts through VANCO giving. The ease of using VANCO could be one of the reasons for the strong use of electronic giving. Please consider VANCO or other options to support our church.

Thanks to everyone who so generously supports the mission of St. Paul's United Methodist Church with your gifts.

Grace and Blessings,
Kae Lovaas Jewell

WELCOME OUR NEW MEMBERS!**Ralf Eckardt**

1745 Graham Ave. #432
 St. Paul MN 55116
 402-312-9167
 eckardt35@yahoo.com



St. Paul's UMC reminded Ralf of his Methodist church in South Dakota. He enjoys sports, traveling and shopping.

Mika Melton

260 Prescott St.
 St.. Paul MN 55107
 651-424-2547
 Drizin68@gmail.com

Picture and
 "Getting to Know You"
 information not
 available at the time of
 printing.

Lynne Palmer

1631 Marthaler Lane #225
 West St. Paul MN 55118
 Lynne.Palmer2019 @gmail.com



Lynne is a part-time tax associate with H & R Block. She has a daughter, Nina, and son, Jared, along with two cats, Mew and Marshall. She enjoys bead work, crocheting, knitting, sewing and computer research. She accompanied a friend to St. Paul's and felt warm, inside and out.

BAPTISMS**James Brian Schrandt**

August 14, 2022

Son of: Steven and Leilani Schrandt
 22287 Cameo Court
 Forest Lake MN 55025



EVENTS

What's
happening and
when



FALL KICK-OFF

Our Fall Kick-off celebration is on Sunday, September 11th. This will be our first day back into our regular Sunday schedule.

- ♦ Sunday school begins at 9:30 am
- ♦ Kidz 2gether worship begins at 10:30 am
- ♦ Celebration begins at 11:30 am.

There will be food, live music, inflatable bounce house and fun activities for all ages. Bring the whole family!

VBS OVER MEA

This MEA (October 20th & 21st) St. Paul's UMC is offering a special Vacation Bible School Camp to 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 stay with us for just 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 know at lanithompson@stpaulsmn.org. There is no cost for youth or adult chaperones.

FALL UWF

RUMMAGE SALE SATURDAY, SEPTEMBER 17th

9:00 am—3:00 pm

Please consider donating items for the rummage sale and pass the word to friends, neighbors and family members, too. Items may be brought to church starting Tuesday, September 13th. In the fall, cooler weather/winter clothing and shoes/boots of any kind are in demand. And fall is the time to rid your closets of Halloween costumes! Linens and small household items/electrics sell well, too. There will be a bag sale at 2:00 pm for clothing and items that fit in a grocery bag. **Note:** the organization that picks up items after the sale, will not accept large items of any kind.





SUMMER SUNDAYS

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

Kidz 2gether Worship: 10:00 am
2nd Sundays of the month
Communion: 1st and 2nd Sundays of the month.

SUNDAY SCHEDULE

STARTING SEPTEMBER 11

Education Hour for All: 9:30 am
Worship: 10:30 am
Kidz 2gether Worship: 10:30 am
2nd Sundays of the month
Communion: 1st and 2nd Sundays of the 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

651-452-5683 info@stpaulsmn.org | www.stpaulsmn.org

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.

♦ 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.



Janet Schrankler
shranklerjan1@gmail.com



Thank you for your donation of 31 pounds of food in June 2022 and 63 pounds in July! We are so grateful to have your support providing food to our neighbors in need.

Thanks, *Matt Andrews*



HELP WANTED - NURSERY WORKER

Saint Paul's UMC is looking for a loving and caring person 18 years or older to hire as a nursery worker for every other Sunday. If you are interested or know anybody who would be interested in applying please contact the church office at info@stpaulsmn.org.



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 10:00 am Worship w/ Communion 10:15 am ORSS	5 Office Closed	6	7 6:00 pm Handbells 7:00 pm Chancel Choir	8	9	10
11 Fall Kick-off Sunday 9:30 am Sunday School 10:30 am Kidz 2gether Worship w/Communion 11:30 am Fall Celebration	12 <i>9:30 am Music lessons</i>	13	14 6:00 pm Confirmation 6:00 pm Handbells 7:00 pm Chancel Choir	15	16 9:00 am UWF Rummage Sale Set up	17 9:00 am UWF Rummage Sale
18 9:30 am Sunday School 10:30 am Worship	19 <i>9:30 am Music lessons</i> 7:00 pm Rachel Circle, place TBD	20	21 1:00 pm Hannah Circle, fellowship hall 6:00 pm Handbells 7:00 pm Chancel Choir	22	23	24 11:00 am Jim Nyquist Memorial Service
25 9:30 am Sunday School 10:30 am Worship	26 <i>9:30 am Music lessons</i> 6:00 pm Finance Team Mtg	27	28 5:00 pm Youth Group Feed My Starving Children, Eagan 6:00 pm Handbells 7:00 pm Chancel Choir	29	30	

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

The office will be closed on September 5th in observance of Labor Day.

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®



FALL KICK-OFF
SEPTEMBER 11, 2022



UWF FALL RUMMAGE SALE
SEPTEMBER 17, 2022