

Epistle

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

April 2023

REFLECTIONS FROM PASTOR AMY JO

New Life

Every year, I'm excited when the first signs of spring appear. The first bit of green in the grass, the return of migrating birds, puddles next to snowbanks—all of these things fill me with good cheer every year. And the more snow there has been, the happier I am. This year, with our unusual amounts of snow and ice, I'm feeling a whole lot of joy seeing the first signs of spring! Have you noticed how much more we appreciate signs of hope and new life after difficulties in our lives? I think about this kind of contrast as I consider Holy Week.

The stained glass window in our sanctuary depicts the pain of Christ praying in the garden of Gethsemane before he goes to the cross. On Good Friday, we remember the pain that Christ endured as he suffered death on a cross. For the disciples who witnessed his suffering and death, it must have seemed that evil had triumphed. But, it was during this time of deepest pain that the miracle of resurrection brought them the joy and wonder of Easter. It made clear to the disciples that death held no power over God. Our God is a God of new life!

God's promise is still the same today. God promises new life to all who believe. Through faith in Jesus Christ, we are given the gift of eternal life and resurrection. We are also given the gift of transformation, which brings new life to our daily living right now. Are there difficulties and struggles in your life today? I encourage you to lay them before God and allow God to bring you new life in the midst of those difficulties and struggles. There couldn't be a better time than Holy Week to accept the gift of new life that God so freely offers us all!

As we celebrate Holy Week by worshiping God together, I encourage you to join in with these opportunities for worship at Saint Paul's UMC:



Palm Sunday Worship, April 2, 10:30 am

Maundy Thursday Worship, Communion remembering the Last Supper, April 6, 7:00 pm

Good Friday, Meditations on the Seven Last Words of Christ, April 7, 7:00 pm

Easter Sunday Worship, April 9:

◆ 9:30 am Musical Rehearsals for all ages (no Sunday School)

◆ 10:30 am Worship with Communion, Special music by the Bell Choir, Chancel Choir, Children's Puppet Choir, and Youth Bell Choir

◆ 11:30 am Fellowship, Children's Egg Hunt, and Easter Activities

SPRING RUMMAGE SALE

April 29th

9:00 am—3:00 pm

All proceeds benefit
missions

HOLY WEEK

The promise of
Easter



PALM SUNDAY

Sunday, April 2nd

- ♦ 9:30 am Sunday School
- ♦ 10:30 am Worship with Communion

MAUNDY THURSDAY

Thursday, April 6th

- ♦ 7:00 pm Worship with Communion

GOOD FRIDAY

Friday, April 7th

- ♦ 7:00 pm Meditations on the Seven Last Words of Christ

EASTER SUNDAY

Sunday, April 9th

- ♦ 9:30 am Musical Rehearsals for all ages (no Sunday School)
- ♦ 10:30 am Worship with Communion, Special music by the Bell Choir, Chancel Choir, Children's Puppet Choir, and Youth Bell Choir
- ♦ 11:30 am Fellowship, Children's egg hunt, crafts, and cookie decorating

The Easter Flowers are given to the Glory of God

-In Loving Memory of-

Yeen
Margi Kromquist
Ernest and Kathryn Mathes
Donald Halver
Jim Fritsche and Jackie Fritsche Swanson
Judy Moffitt and Don Jorgenson
Don Kratsch
Tom Lewis
Harold and Hilda McCorkhill
Jim Nyquist
Dick Robinson
Wenzel Siebert
My father, David Webb, and
grandmother, Christa Crane
Sister, Claudia, and brother, Fred Homan

by Curt Almberg
by Deb Curran
by David and Mary Lou Dresbach
by Loye Eckman
by Pat Fritsche
by Barb Jorgenson
by Sue Kratsch
by Beda Lewis
by Jan Marshall
by Rhea Nyquist
by Bettie Robinson
by Diane Siebert
by Chrisana Tripodi
by Claire Zobel

-In Thanks for-

Family and friends
Family and friends
Church friends
A great family
Church family – the prayers, cards and support

by Barbara Helmken
by Kae Jewell
by Tim and Andrea Larson
by Irv and Carol Samuelson
by Diane Siebert

-In Honor of-

Family

by Doug Larson and Leslie Watkins

FINANCE

Support of our
church and its
mission



EASTER OFFERING

The 2023 Easter Offering will be directed to:

- ♦ 34% Mission Trip Road Trip
- ♦ 33% Emma Norton Services-
Restoring Waters Expansion
- ♦ 33% General Fund of Saint Paul's UMC



SMALL GROUPS

United with
Purpose



BREAD BAKING WORKSHOP

THURSDAY, APRIL 20th

10:00 am-1:00 pm

Join Pastor Amy Jo in the Saint Paul's UMC kitchen for a morning of bread-baking, and take home a warm, fresh loaf to enjoy. There will be instruction for first time bakers, sharing tips with the well-practiced bakers, and we'll make pizza on fresh dough for lunch. While the bread is rising, there will be time for fellowship and prayer. So, you're welcome to bring pictures of moments of joy to share while the bread is rising. Your friends are welcome to join us! The workshop size will be capped to match oven space, so please RSVP to the church office by Sunday, April 16.



SAINT PAUL'S UNITED METHODIST CHURCH'S 2023 LEADERSHIP LIST**Central Leadership Team Chairperson:** Andrea Larson**Lay Member of Annual Conference:** Bev Momsen**Finance:** Kae Jewell (Chairperson)

Barb Goin (Financial Secretary)

Curt Almberg (Treasurer)

Deanna Sellers (Memorials)

Mike Laguire

Foundations: Barb Jorgenson (Chairperson)

Barb Helmken

Erin Jedlicka

Jan Marshall (Chair Elect)

Leslie Watkins

Member Enrichment: Rhea Nyquist (Chairperson)

Cecelia Burbach

Janice Frame

Walter Judd

Carol Rix

Operations: Deb Curran (Chairperson & President for Conference Forms)

John Grinager (Vice President)

Shirley Holmay (Secretary)

Dave Morgan

Steve Nyhus

Outreach: Diane Siebert & Bettie Robinson (Co-Chairpersons)

Nancy Grinager

Ralf Eckman

Representative(s) from Adult Fellowship

Communion Volunteers: Barb Helmken, Cynthia Peterfeso, Diane Siebert**Counter Coordinator:** TBD **Greeter Coordinator:** Pat Fritsche **Membership Secretary:** Pat Fritsche**Sound System Volunteers:** Curt Almberg, Chuck Everling**Visual Volunteers (PowerPoint):** Dawn Everling, Kae Jewell**BREAD OF LIFE MINISTRY**

St. Paul's UMC "*Bread of Life*" free bread table ministry has returned thanks to a new partnership with Panera Bread. Volunteers from the church pick up their leftover breads on Friday night so they don't go to waste and bring them to church. Please look for the bread table in the fellowship hall every Sunday morning to take bread home for yourself or for anyone who might need it.



FINANCE

Support of our church and its mission



FINANCIALS AS OF 2/28/2023

Faith, what an interesting concept. The closest the Bible comes to offering an exact definition is Hebrews 11:1 – “Now faith is **the assurance of things hoped for, the conviction of things not seen.**” Faith is one of those many intangibles we encounter in life. As Christians, it is the foundation of our beliefs and our life.

I recently finished a book titled “*They Were Christians.*” The tag line of the book reads “The inspiring faith of men and women who changed the world.” The author writes about twelve individuals from a variety of time periods, experiences and faith journeys. But what they all had in common was a deep and unshakeable faith, often challenged by the circumstances of their lives. They all used their faith as their guidepost as they shaped a life that dramatically influenced the history of the world.

One of the individuals highlighted in the book is Frederick Douglass. Going back to our history lessons, we know Douglass as a former slave who was a key player in the abolitionist movement. But I learned so much more about why Douglass was the man he was. Around the age of 13, as a slave, Douglass had a conversion experience. He wrote, “I seemed to live in a new world . . . I loved all mankind – slaveholders not excepted, . . and especially I want a thorough acquaintance with the contents of the Bible.” From that day forward, his faith was his guide in all that he did and the decisions he made.

The author shared these thoughts from a visit Douglass had with his former slave owner. “He also continued to hold firmly to his Christian faith. In 1877, when he was nearly sixty years old . . . he paid a visit to his old master. Here they were, former enemies now reconciled as brothers in Christ.” Amazing, their Christian faith was the foundation that brought together the former slave and his former master and allowed them to see each other as Christian brothers.

We are about to begin Holy Week, that time of year when we deeply examine our faith, what it means in our daily lives, and how we can use our faith to live our best lives. The inspiration of individuals like Frederick Douglass, and his ability to call on and rely on his faith during challenges that we will never know or understand, is truly a motivator to live Christ like.

Wishing you all the blessings that abound because Jesus died, rose again and brings eternal life to those who believe in Him. The true meaning of faith.

Happy Easter.

Grace and Blessings, *Kae Lovaas Jewell, Finance Chair*

	<u>February 2023</u>	<u>2023 Year-to-Date</u>
General Fund Gifts	\$ 10,608	\$ 25,096
Less General Fund Expenses	<u>\$ 22,116</u>	<u>\$ 44,476</u>
Balance	\$(11,508)	\$ (19,380)
Less Unpaid Apportionments	<u>\$ 2,289</u>	<u>\$ 4,578</u>
Balance After Unpaid Apportionments	\$ (13,797)	\$ (23,958)

CHILDREN AND YOUTH

Helping families
nurture lifelong
disciples of Christ



YOUTH GATHERING

In February our youth gathered a day early to celebrate Fat Tuesday/ Shrove Tuesday together. We discussed what Fat Tuesday is, and why it is celebrated, as well as covered Topics like: What is Ash Wednesday? What is Lent? Why do people give something up for Lent? Where do bunnies and eggs come into the story of Easter? And why do kids get baskets of candy or treats on Easter morning? The youth then made delicious pancake art and ate them covered in all their favorite pancake toppings.

In March the youth had a mini service project night. With different stations set up around the fellowship hall the youth moved from one station to another to participate in a variety of different projects, like making Easter cards for the homebound and hospitalized, buying food for the March Food Drive, putting plastic eggs together for the children's egg hunt on Easter morning, filming prayers and scripture for online worship services, and decorating butterflies for the Lenten heart tree.

Our next Youth Gathering is on Wednesday, April 26th from 5:00 -8:00 pm and we will be going to Rockin' Jump Trampoline Park in Eagan to celebrate our JUMP into spring. It includes open trampolines, rock climbing walls, slack lines, ninja warrior course, stunt bag areas and so much more.

CONFIRMATION

Our March Confirmation class lesson was on "*Renounce, Reject, and Repent*". We took a different classroom approach this month and had our whole lesson sitting outside around a fire. Conversation was definitely "sparked" in new ways as the youth dug a little deeper into their faith.



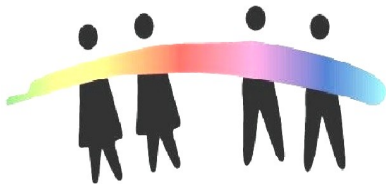
Our next Confirmation class is on Wednesday, April 12th from 6:00-8:00 pm in St. Paul's UMC Fellowship Hall and it will be our Confirmation Service Project Night. We will be assembling sandwiches for the homeless through a program called "*Love One Another 363*". (The concept is a lot of people volunteer to serve food to their community on Thanksgiving and Christmas, but this program helps the other 363 days).

Important Date:

May 14th is Confirmation Sunday for SEVEN youth at St. Paul's UMC this year!

REACHING OUT

Living our faith
and connecting
with our
neighbors



P.I.E. NIGHTS AT GARLOUGH

Our final P.I.E. Night (Parents In Education) at Garlough Elementary for this school year will be on Tuesday, April 4th, at 5:00 pm. If you are interested in serving dinner with St. Paul's UMC volunteers on this night or would like to be on the email list of volunteers for the next school year, please contact Lani Schrandt at lani.thompson@stpaulsmn.org.

EMMA NORTON WELCOME BASKETS

Emma Norton Housing provides housing for women and individuals who are homeless or at-risk of becoming homeless and managing mental illness and/or chemical dependency. St. Paul's UMC spent the month of February collecting items to make baskets to welcome the new residents and help them feel at home by providing comforting goods and basic necessities to make their transition a warmer and easier process. At the end of the month the church was able to put together 12 fully stocked welcome baskets for the new residents in need.

SUMMER 2023 MISSION "ROAD" TRIP

This June 24th-July 1st, 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 while doing all the good we can, by all the means we can, in all the places we can, the team will be traveling by train across the country volunteering and discovering how we can be missionaries 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 Schrandt (Thompson) or email her at lani.thompson@stpaulsmn.org.



EVENTS

What's
happening and
when



ALL CHURCH RUMMAGE SALE

APRIL 29th

Participate in our all church fundraiser for missions! Some of our benefactors are Neighbors, Inc., Emma Norton, 360 Communities, and Simpson Housing.

- ◆ A sign up sheet is in the narthex listing tasks where help is needed. Lots of tasks to choose from!
- ◆ Bring rummage early the week of the sale – Tuesday or Wednesday. It really helps for sorting.
- ◆ Please NO Christmas items. None of the charities will accept those items at this time.
- ◆ Please NO electronics or large items such as furniture. Note: we have sold furniture with the caveat that the person donating has to be willing to come pick up the item if it does not sell.
- ◆ Consider donating premium items. If you have special items you are donating, consider posting a picture on your social media site with some details to help promote the sale.

If able, stop by church at 4:00 pm on Saturday, April 29th, to pick up a box or two of rummage that did not sell. The Epilepsy Foundation will only accept a limited amount of rummage.

For questions regarding premium items or if you would like to help with the sale or have any other questions, contact rummage sale chairs, Barb Goin at 612-424-4648, or Nancy Pierson at 651-455-5611.

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.

All Sessions: Registration, 6:30 pm; Speaker, 7:00 pm; Support Groups 8:00 - 9:00 pm. Suggested donation: \$4.00 per session. You may attend one or all of the sessions. For additional information, contact 651-452-8261 or growingthroughloss@gmail.com.

Location:

Good Shepherd Lutheran Church
7600 Cahill Ave. E.
Inver Grove Heights MN
651-451-6225

- April 11th: *An Intro to Grief*, Sue Vento, former Director of Outreach, Church of Assumption
- April 18th: *Grief: Moving Through But Not Moving On*, Rev. Rolf Olson, Lutheran Pastor (retired)
- April 25th: *Let's Talk About Guilt*, Brenda DeMotte, Professional Therapist, Speaker and Author
- May 2nd: *Spirituality During Times of Trauma and Loss*, Don Knudson, Pastor (retired)
- May 9th: *Service of Remembrance*, Pastor Leesa Soderlind, Pastor, Good Shepherd Lutheran Church



Thank You!

Dear Friends in Mission,
Thank you! The dear people you just helped with your gift to UMCOR * may never have the opportunity to meet you, but if they did, I am certain their response would be – Thank you!.....

Together, may we continue to reveal the love of God for men, women, and children of all ethnic, racial, cultural, and national backgrounds and to demonstrate genuine love for our neighbors.

Grace and Peace,
*Roland Fernandes, General Secretary
Global Ministries/ The United
Methodist Church*

*UMCOR US Disaster Response and Recovery gift amount received
2/16/23 = \$660.00

SUNDAY SCHEDULE

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



- ◆ Confirmation Sunday - May 14th
- ◆ Graduation Sunday - June 11th
- ◆ Summer Outdoor Friday Night movies
in July & August

DIRECTORIES AVAILABLE

Directories with updated contact information for St. Paul's members and friends are available on the table in the narthex.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Italicized events are conducted by outside groups renting space at the church.</i>						1
2 Palm Sunday 9:30 am Sunday School 10:30 am Worship w/ Communion	3	4 5:00 pm PIE Night	5 6:00 pm Handbells 7:00 pm Chancel Choir	6 7:00 pm Maundy Thursday Service w/Communion	7 7:00 pm Good Friday Service with The Seven Last Words of Christ	8 Priscilla Wiessner Service—Holcomb-Henry-Bloom Purcell Funeral Home, Shoreview 12:00 pm Visitation 1:00 pm Service 2:00 pm Luncheon
9 Easter 9:30 am Music Rehearsals 10:30 am Kidz 2gether Worship w/Communion 11:30 am Egg Hunt and other activities	10 Office Closed	11	12 6:00 pm Confirmation 6:00 pm Handbells 7:00 pm Chancel Choir	13	14	15
16 9:30 am Sunday School 10:30 am Worship Deadline to RSVP for Bread Workshop	17 <i>4:45 pm 4H</i>	18	19 6:00 pm Handbells 7:00 pm Chancel Choir	20 10:00 am Bread Making Workshop	21	22
23 9:30 am Sunday School 10:30 am Worship	24 Ken Knowlton Service 10:00 am Visitation 11:00 am Service 12:00 pm Luncheon	25	26 5:00 pm Youth Gathering 6:00 pm Handbells 7:00 pm Chancel Choir	27	28	29 9:00 am—3:00 pm Rummage Sale
30 9:30 am Sunday School 10:30 am Worship						

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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Address Service Requested

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

PALM SUNDAY

Sunday, April 2nd

- ♦ 9:30 am Sunday School
- ♦ 10:30 am Worship with Communion

MAUNDY THURSDAY

Thursday, April 6th

- ♦ 7:00 pm Worship with Communion

GOOD FRIDAY

Friday, April 7th

- ♦ 7:00 pm Meditations on The Seven Last Words of Christ

EASTER SUNDAY

Sunday, April 9th

- ♦ 9:30 am Music Rehearsals (no Sunday School)
- ♦ 10:30 am Kidz 2gether Worship with Communion
- ♦ Egg hunt with other Activities

SPRING RUMMAGE SALE

Saturday, April 29th

- ♦ 9:00 am—3:00 pm

ST. PAUL'S UNITED METHODIST CHURCH



RUMMAGE SALE

St. Paul's UMC
700 Wesley Lane
Mendota Heights MN 55118
651-452-5683