

SAINT PAUL'S UMC

WELCOME. SHARE. SERVE.



APRIL
2024



Photo by [Slav Romanov](#) on [Unsplash](#)

Blue Zones Speaker

May 14, 7:00 pm

Have you heard about the “blue zones,” which are geographical regions in which people have long life expectancies? Dan Buettner, the National Geographic writer who brought the Blue Zones to our attention, was born right here in St. Paul. We believe that God’s will for us is abundant life.

*“I came that they
might have life
and have it
abundantly.”*

John 10:10b

Part of the abundant life that we seek is abundant health, and it is interesting to learn more about these geographical regions in which life expectancies are long. Please come to hear our special guest presenter on the Blue Zones, May 14, at 7:00 pm, and bring a friend.

(continued on page 2)

A welcoming community
sharing Christ’s love in
service through relationships.

700 Wesley Lane/Mendota Heights MN/55118
Phone: 651-452-5683 Email: info@stpaulsmn.org
Website: www.stpaulsmn.org

Join us for worship
on Sundays! 10:30 am

Updates on Shared Space

When I wrote to you last month, I shared information about closing the gap between budgeted expenses and financial giving in our congregation. I am thankful for the generous financial gifts that continue to support the ministries of our congregation and for the dedicated work of our volunteer leaders. Our central leadership team has reduced budgeted expenses, focused on outreach, and are now negotiating a lease that will provide additional income to offset building expenses such as utilities, cleaning, snow removal, and property insurance. We are moving forward right now with a lease to another Christian congregation, Nueva Esperanza (translation: New Hope), and hope that they will be arriving to share space with us soon. In preparation for the arrival of Nueva Esperanza, **the worship time at Saint Paul's UMC will be changing to 10:00 am beginning May 5.**

Please mark your calendars for this new worship time at Saint Paul's! Please join me in welcoming Nueva Esperanza to share building space at Saint Paul's UMC. In addition to sharing the sanctuary with us, they will have an office and storage room at St. Paul's. Here is a little bit of information about Nueva Esperanza.

Nueva Esperanza, led by Pastor Victor Hilario, is a congregation in West St. Paul that is currently worshipping in the building with Faith United Methodist Church. Faith UMC is moving locations, and Nueva Esperanza is looking for a new worship space due to the Faith UMC move. Nueva Esperanza began 25 years ago, and is a small congregation in the Assemblies of God denomination that reaches out to the Spanish-speaking population of West St. Paul. The people of the congregation have family heritage in several different countries in South and Central America, and they feel blessed to have this cultural diversity within their congregation and have the opportunity to learn about each other's cultural traditions. Nueva Esperanza is a small, growing congregation. They have some youth and a few children. The youth of the congregation enjoy attending the annual Assemblies of God youth retreat in Rochester. The people of Nueva Esperanza love Jesus and are excited about reaching out to share Christ with the community.✠



The congregation's most recent mission event was to provide a free "clothing closet" opportunity for those in need.

Pastor Victor Hilario and his wife, Wendolin.



WHAT'S HAPPENING?

Saint Paul's UMC Spring Rummage Sale

SATURDAY

APRIL 27

9:00 am—3:00 pm

This is our big fund raiser! Monies raised go towards missions. With the support of our neighbors and congregation last year, St. Paul's was able to donate almost \$4,000 to food shelves from proceeds received.

Please consider donating, shopping and helping. There are many volunteer opportunities...

Save brown paper bags - needed during the sale
Collect copy paper size boxes (15" x 12" x 10") - needed for sorting clothing/packing up items not sold

- **Starting the middle of April**

Advertise the sale

Post on your facebook page

Post on your community page

Look for opportunities to post on event boards

- **Tuesday, April 23 - Friday April 26, from 9:00 am - noon**

Sort donated clothing by size

Move/consolidate like items by assigned room

Help display/price non-clothing items

- **Saturday, April 27**

Greet shoppers as they enter the church

Assist shoppers at the jewelry display in narthex bagging small items

Staff each room keeping rummage sorted

Volunteer to cashier/assist at the premium table

Packing at the end of the sale

Volunteer to take left over rummage, not accepted by the Epilepsy Foundation, to other charities

Tear down tables, boxes, vacuum and reset church for Sunday morning



Dear Friends in Mission,

Thank you! The dear people you just helped with your gift to UMCOR (UMCOR US Disaster Response and Recovery, \$1,094) 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.

Roland Fernandes, General Secretary
Global Ministries/ The United Methodist Church



GET READY,
GRAB YOUR MORAL COMPASS,
ON YOUR MARK AND GO

Pathfinders

PATHFINDERS

We had a fine Pathfinders meeting in March. We learned a great deal about upcoming church events from Nancy Pierson. Pastor Amy Jo gave us an idea of what might occur at the upcoming General Conference being held in April. We named Dawn Everling as our St. Paulite of the month for her service to the church, particularly her hard work on the beautiful screen shots she finds to augment our worship experience. We heard first hand reports from those who visited our homebound and how they are being remembered with cards and prayers. Our focused prayer concerns for the month of April will be

- 1) the Tansen United Mission Hospital in Nepal and
- 2) those addicted to opioids in the USA.

We had a brief lesson on Laughter and the joy of it, with particular emphasis on Garrison Keillor's view of Methodists. He ought to know, he was raised one. But the most important part of our get together was just that - getting together and getting to know each other better in a multitude of ways. Society is starved for that and we think we're making it happen at Saint Paul's.

Next meeting is **Thursday, April 18th, at 1:00 pm** in the Fellowship Hall. All are welcome and we hope to see YOU.

Rhea Nyquist

Photo DIRECTORY

Is there a budding
photographer
in our midst?



With cell phone cameras, you don't have to be a genius to come up with some good photos and we're looking for the right amateur to help us out. Many church members would like to have a photo directory, but trying to get every body together in a tight time frame is one of the problems with a professional group – not to mention the pressure to buy their expensive prints. Prior to Lani leaving her job, she

had volunteered to take pictures of our members. Our current church software has a photo section which can be used and Justin Jedlicka has agreed to do the heavy lifting on the computer to organize it into a printable fashion. We even have a nice backdrop to use for the photos. We just need someone willing to be the photographer. If you think you'd like to try, call Rhea Nyquist at 651-457-5623.



SUPPORT OF THE CHURCH AND ITS MISSION

Finance

FINANCIALS

Change, one of my least favorite concepts in the world. I readily admit to being a creature of habit. Many of you know that when my Mom died in October, I inherited her two cats. As a little background, they are 13 years old, so in cat years, late middle age. Despite Mom being very active, she didn't have a lot of guests in her home. Thus, these cats were skittish at best and deathly afraid of strangers at worst. I picked up these little furry lovers and hauled them across the country to a new house and a new Mom. It's been a lot of change. But I'm here to report, we are coming out of all this trauma as new friends. I can change and the cats can change, too.

Our church is going through a period of change, and I would argue, a period of growth. The pandemic was hard on all churches, and we are no exception. Our outreach lagged, our attendance was remote and life itself was turned upside down. The Finance Team and Leadership Team have been looking at options to create changes that are energizing and will result in growth. You are seeing programming that targets our neighbors, those in retirement or their about to retire years. You are seeing decisions to share our valuable church building asset. The Outreach team is doing a great job of increasing activities. These changes are meant to build a stronger and more financially secure congregation.

As one who dislikes change, I'm ready to embrace these changes as I know that only through change are we able to grow. The late Prince Phillip of England had a wonderful quote about change. *"Change does not change tradition. It strengthens it. Change is a challenge and an opportunity, not a threat."*

You'll see the financials below. We are in that giving lull that occurs after Christmas and before Easter. Please consider regular giving as an important habit to adopt.

Blessings,
Kae Lovaas Jewell
Finance Team

	<u>February 2024</u>	<u>2024 Year-to-Date</u>
General Fund Gifts	\$ 11,066	\$ 22,718
Less General Fund Expenses	\$ 17,913	\$ 33,901
Balance	\$ (6,907)	\$(11,183)
Less Unpaid Apportionments	\$ 2,325	\$ 4,650
Balance After Unpaid Apportionments	\$ (9,232)	\$(15,833)



SPREADING THE WORD

Mission Accomplished

**GATHER.
SERVE.**

Garlough School Partnership PIE Night

PIE (Parents in Education) night is scheduled for **April 9th starting at 4:45 pm**. If you would like to help serve pizza to families at Garlough Environmental Magnet School, contact the office, 651-452-5683.

Coffee with a Cause

The Coffee with a Cause money collected during January, February and March went to support the purchase of diapers for *Neighbors, Inc.* Thanks to all who donated to help support families in need. For the next quarter, money collected will support *Every Meal* program at Garlough Environmental Magnet School. *Every Meal* provides free weekend meals to students so they are able to return on a Monday morning ready to learn.

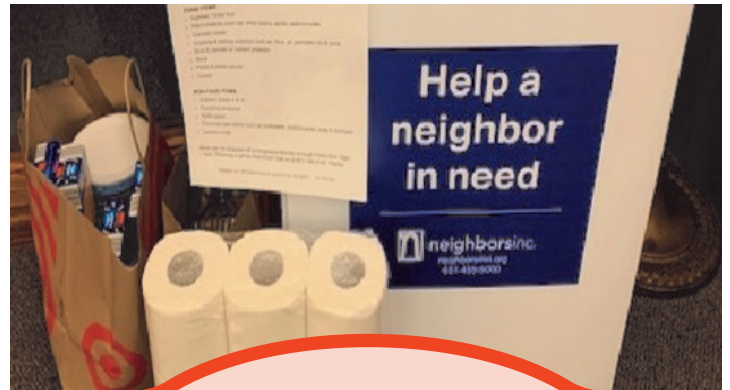
Thank you for donating to a great cause Sunday mornings when you pour your cup of java!



Future Mission Trip 2025

In looking for ways to connect with and engage our neighbors, John Grinager is in the early stages of exploring organizations offering mission trips to Puerto Rico. The trip is for anyone but the target audience is mature adults. If you or if you know of friends, family or neighbors who may be interested in a mission trip to Puerto Rico in 2025, please chat with John Grinager.

Photo by [Ana Toledo](#) on [Unsplash](#)



March is FoodShare Month!

There is still time to donate as the MN FoodShare match goes through the first part of April!

Gifts of cash are very much appreciated as the food shelves' buying power is greater. There is also a donation box in the narthex for food items.

Thank you for your generous support.



HELPING FAMILIES NURTURE
LIFELONG DISCIPLES OF CHRIST

Children & Youth

CONFIRMATION

Thank you to the Lofgren family, who provided dinner for our March confirmation class on the topic of church history!

The confirmation class will be volunteering at the Loaves and Fishes free community meal at Faith UMC, located at 1530 Oakdale Ave., West St. Paul, MN on **Wednesday, April 17, 5:00-6:45 pm**. We are on the schedule to serve the meal that has already been prepared and greet and welcome guests in the parking lot. We have made a slight adjustment to our regular meeting time/date this month based on when volunteers are needed.

Serving those in need is one way that we can be more like Jesus and follow his commandment to *“love one another as I have loved you.”*



THANKS FOR THE ANIMALS
THAT GIVE US JOY

Pet Blessing

WHEN: Sunday, May 5, 2024;
10:30 am

WHERE: St. Paul's UMC, 700 Wesley Lane, Mendota Heights (under the portico)

WHAT: Prayers to celebrate God's creatures and a blessing for your pet.

Bring your pet for a blessing showing your gratitude for their love and companionship.

We are inviting the neighborhood so in the next few weeks as you are out walking or talking to your neighbors or spending time at the dog park, think about those you can offer an invitation to. Each pet will receive a Certificate Of Blessing. There will be a prize drawing, too, for our furry friends. We want to build on our sense of community and roll-out the welcome mat!



WHAT'S HAPPENING?

Future Events



Blue Zone Event! Tuesday May 14, 7:00

The term "blue zones" was first coined by Dan Bettner, a National Geographic Explorer and Fellow and journalist during an exploratory project he led in 2004.

After an expedition to Okinawa, Japan in 2000 to investigate the longevity there, he and his team

discovered five places in the world – dubbed “blue zones” – where people live the longest, healthiest lives. His articles about these places have been featured in many publications. St. Paul's Outreach team has arranged to have a representative from the organization speak at church on May 14th at 7:00 pm to talk about "blue zones". Mark your calendars and bring a friend!

Photo by Christian Bowen on Unsplash

GROWING THROUGH LOSS

Growing Through Loss provides support for adults who have experienced a loss.

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 growing-throughloss@gmail.com.

Location:

St. James Lutheran Church
3650 Williams Dr.
Burnsville
952-890-4534

- April 9th: *Loss is the Wound, Grief is the Healing*, Adaire Lassonde, SSND, Presider for burials at the Caholic Cemeteries of the Archdiocese
- April 16th: *The Conundrum of Absences and Presences*, Ted Bowman, Educator
- April 23rd: *Let Music Connect You and Your Loved Ones*, Bonnie Bowman, Professional musician
- April 30th: *Spirituality, Grief, and God-Finding the Holy in Grief* Jamie Moloney, Director of Pastoral Outreach at the Catholic Cemeteries
- May 7th: *Service of Remembrance*, Pastor Nancy Connor St. James Lutheran Church, Burnsville



MEMBERS AND FRIENDS

About Us

SUNDAY SCHEDULE

Adult Education Hour 9:30 am
 Worship: 10:30 am
 Sunday School 10:45 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 Music Ministry:

Lane Skoglund-Anderson,
laneskoglundanderson@gmail.com

Administrative Assistant:

Diane Pelinka, info@stpaulsmn.org



Marilyn Anderson

2000 Oakdale Ave. Room 5309
West St. Paul MN 55118

Diane Edgell

Norris Square
6995 80th St. S. #202
Cottage Grove MN 55016

Mary Gaddy

Lilydale Senior Living
949 Sibley Memorial Hwy #224
St. Paul MN 55118



Starting May 5th,
worship will begin at 10:00 am .



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed	2	3 No choir rehearsals	4	5	6
7 9:30 am Adult Education Hour 10:30 am Worship with Communion and Guest Preacher, Dana Scopatz 10:45 am Sunday School	8	9 4:45 pm PIE Night, Garlough Elementary	10 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	11	12	13
14 9:30 am Adult Education Hour 10:30 am Kidz 2gether Worship w/ New Member/Baptism	15 6:00 pm 4H	16	17 5:00 pm Confirmation serving at Loaves & Fishes, Faith UMC 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	18 1:00 pm Pathfinders	19	20
21 9:30 am Adult Education Hour 10:30 am Worship w/ Baptism 10:45 am Sunday	22	23	24 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	25	26	27 Rummage Sale
28 9:30 am Adult Education Hour 10:30 am Worship 10:45 am Sunday School	29	30			<i>Italicized events are conducted by outside groups renting space at the church.</i>	

Pastor Amy Jo will be on vacation April 5th —11th.

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®



Saint Paul's UMC
Spring Rummage Sale
Saturday
April 27
9:00 am—3:00 pm