

SAINT PAUL'S UMC

WELCOME. SHARE. SERVE.



MARCH
2025

Why "do" Lent? How do I start?

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities or other irrelevant stuff. We run away from life and from God.

Lent is a great time to "repent" — to return to God and refocus our lives to be more in line with Jesus. It's a 40-day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

FASTING: Some people have been known to go without food for days. But that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, cigarettes or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some activity like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do? Learn more about or design a fast.

SERVICE: Some Christians take something on for Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, coworker or friend everyday of Lent. Serving others is one way we serve God.

PRAYER: Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God. Visit The Upper Room Prayer Ministry to request a prayer.

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?

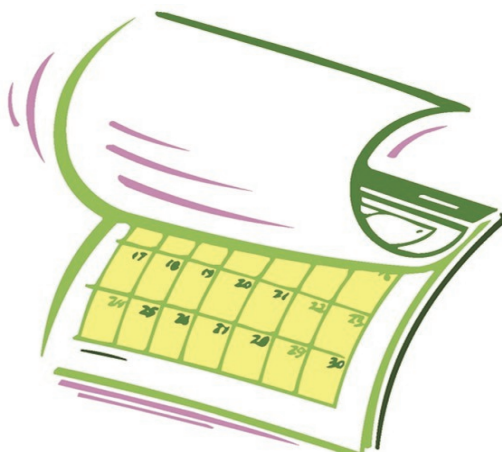
Rev. Penny Ford is the pastor at Trinity United Methodist Church in Tuscaloosa, Alabama.

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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! 10:00 am



CHRISTIANS GATHERING TOGETHER

Upcoming Events

LENT

Join us during the season of Lent

Our Ash Wednesday worship service will be observed on March 5th at 4:00 pm including time for quiet reflection on scripture and imposition of ashes.



journey through this holy season together, we'll explore a selected book and delve deep into scripture to discover profound insights and draw strength from our shared faith. We will begin on March 11th and meet every Tuesday at 2:30 pm.



Lenten Bible Study - a sacred time for reflection, spiritual growth, and community. As we

SMALL GROUP MINISTRIES

Our small groups are a place of connection, growth, and support

•**The Men's Group:** . The focus of the group will be both discipleship and fellowship and will have activities focused on strengthening our relationship to God and our families as well as doing service for our communities and providing opportunities for recreation. Next meeting will be March 24th at 6:00 pm. Contact John Grinager and Randy Garcia.

•**The Stitching Collective:** Spend some creative time with other makers. Quilt, knit, embroider, whatever your craft interest—all are welcome to bring your own project We will meet every 2nd and 4th Wednesday from 9:30-11:30 am. March meetings will be held on March 12th and 26th. Contact Kathy Brooks.

•**The Game Group:** We're excited to invite you to join our game group! Everyone is welcome. By coming together, we share joy, laughter, and challenges, building a strong sense of community and belonging. Next meeting date and time to be decided. Feel free to bring your own favorite games to the group. Contact Jo Reck and Cynthia Peterfeso.

BACH SOCIETY

*Mini Mobile Pop-Up Concert
Saturday
May 24, 2:00 pm*

Mark your calendars for what I am sure will be a treat! Saint Paul's is lucky to have the opportunity to host at church on Saturday, May 24th at 2:00 pm a Bach Society Mini-Mobile Pop-Up Concert . Watch for further details. If you would like to enjoy more music from the Bach Society, their next concert, Mozart Requiem, is Sunday, March 9th , 4:00 pm at the Ordway Concert Hall.



LEARNING FOR ALL AGES

Adult Education

THE WIRED WORD

Sundays, 9:15 am
Bertelsen Library

Biblical commentary and discussion questions related to a topic in the news

The mission of *The Wired Word* is to supply churches with solid scriptural material to help in facilitating group discussions about important matters of faith raised by news of the week. The lessons encourage class dialogue on how to apply God's word to everyday life and engage class members with thought-provoking, stimulating discussions on messages contained in the Bible.

Adult education meets on Sundays at 9:15 am in the Bertelsen Library. Walter Judd leads *The Wired Word* discussions.

If you would like an email sent to you on Thursday with that upcoming Sunday's topic, please contact the church at info@stpaulsmn.org with your name and email address.



HELPING FAMILIES NURTURE
LIFELONG DISCIPLES OF CHRIST

Children & Youth

CONFIRMATION

Wednesday, March 12
6:00 pm

Would you like to grow in your faith and learn more about church membership? The next Confirmation class for youth ages 6th grade and older will be held on Wednesday, **March 12th** 6:00-7:30 pm, with dinner provided.

Classes will continue during the school year on the second Wednesday of each month.



WELCOME

New Members

**Richard Brooks**

609 Maple Park
Mendota Heights MN 55118
Cell: 708-712-2358
Richard.alan.brooks@gmail.com
Hobbies: gardening, coaching

Kathleen Brooks

609 Maple Park
Mendota Heights MN 55118
Cell: 708-772-7341
Kathleen.rindal.brooks@gmail.com
Hobbies: quilting, knitting,
reading, embroidery

They have three grown children and three grandsons.

**Helen and Kuruvilla**

13 Fox Ridge Court
Unit D
St. Paul MN 55118
Cell: 651-357-0726
helenkuruvilla@yahoo.com
Born: Kerala, India
Hobbies: reading, cooking

Iype Kuruvilla

13 Fox Ridge Court
Unit D
St. Paul MN 55118
kuruvillaiype49@gmail.com
Born: Bombay, India
Hobbies: exercising, writing

**Linda Leicht**

217 W. Kraft Road
West St. Paul MN 55118
Home: 651-457-6292
Cell: 612-751-1367
lindaleicht62@gmail.com



Mission Accomplished

**GATHER.
SERVE.**

NEIGHBORS INC. MARCH FOODSHARE

March 1 - April 6, 2025

The following is a quote from *Neighbors, Inc.* Facebook page...

"*Neighbors*' Minnesota FoodShare campaign is almost here! We are looking forward to your partnership again for this impactful initiative! Will you help *Neighbors* cross our goal of \$300,000? Thanks to our local partnerships, *Neighbors* is able to take your contribution further with our immense buying power! Stretch your donation! Through our partnership with Second Harvest Heartland, your financial donation has 3x the impact!" St. Paul's UMC is one of *Neighbors* faith partners so consider donating during March when your dollars make a big difference! Just write your check to St. Paul's with *Neighbors* Food Share in the memo line. If you would like to donate product, consider purchasing toilet paper, laundry soap, facial tissues and dish soap as they are always needed! Collection bins are in the narthex.

RUMMAGE SALE

**Saturday, April 26
9:00 am—3:00 pm**

**If any questions, please
talk to/contact**

Nancy Pierson 612-965-6475.



It is already time to be thinking 'SPRING'! An all-church rummage sale is planned for the last Saturday in April. Again, we will invite our neighbors to donate, shop and/or volunteer to help. This is our big fundraiser! Monies raised go towards missions! Mark your calendar!

There are many volunteer opportunities. Here is the schedule:

- Monday, April 21, 9:00 am - noon - Set up (tables need to be set/re-arranged in the Fellowship Hall, Bertelsen Library, narthex and Wiggles and Giggles Room)
- Tuesday, Wednesday, Thursday, April 22 - 24, 9:00 am - noon - start the process of placing rummage received in the appropriate areas, marking rummage as practical and posting signs for navigating the sale
- Friday, April 25, 9:00 am until done - finish the process of posting signs and placing/marking rummage accordingly
- Saturday, April 26 - 9:00 am - 3 pm - lots of ways to participate and help...look for future communications

Other ways to help:

- 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
- Advertise the sale - post on your Facebook page, post on your community page, look for opportunities to post on event boards, talk to your friends and neighbors!



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

Pathfinders

MARCH PRAYER CONCERNS

What exactly are the Pathfinders?

“Your ears will hear a word behind you, “This is the way, walk in it,” whenever you turn to the right or the left.” Isaiah 30:21

Some of us prefer not to walk alone. We want company on our spiritual journey. That is basically what the Pathfinders group is about. We enjoy the stories, the laughter and sometimes the sorrow of our fellow

travelers. John Wesley said one of the ways to holiness was to share our experiences. More and more medical professionals are beginning to realize that faith and fellowship are paramount to good physical and mental health. There is no membership list or fee to join – all are welcome. That is what Pathfinders is for us at Saint Paul’s UMC.

At the February meeting we touched on everything from Nazi Germany to St. Valentine to our own sick or wounded. We heard a marvelous discussion on the history of Lent led by Barb Jorgenson with interesting sidebars from Jude Rikala who grew up in a Catholic Church and Helen Kuruvilla who was born into a devout Eastern Orthodox family in India. It’s

like taking an exciting trip without travel expenses.

We also decided on our Prayer Concerns for March and we are hopeful that the rest of the congregation will adopt them as well. Internationally, we are praying for the people of Ukraine and the end to the war. Domestically, we pray that our elected officials at every level are imbued with wisdom, God’s will first, the good of the people they serve second and their own personal goals a distant last.

Our next meeting is **Thursday, March 20th at 1:00 pm.** We hope to see you there.

Rhea Nyquist

Be a Techie Christian – Use SignUp Genius

Full admission, I get cross-eyed when around computer experts. My attitude toward AI is right up there with a spaceship landing in my backyard. Incomprehensible!

However I am in love with SignUp Genius (www.signupgenius.com) – you know that cute little website Diane Pelinka puts in each of our Thursday email announcements. It is so easy to use. Simply go to the website and click on either “Coffee Hour” or “Altar Flowers”, type in your name and email and you’ve made a commitment.

In case you forget, you will get a reminder email prior to the date for which you volunteered.

Couldn’t be simpler. Give it a try and see if you can become a Techie Christian, too!

Rhea Nyquist

Emma Norton News

The 2025 Opening Doors Gala will be held on Thursday, April 24th, at the InterContinental St. Paul Riverfront from 5:00 to 8:00 pm. Registration for individuals and tables will open starting March 1st. Key the following into your browser if interested in attending or donating - <https://emmanorton.org/engage/events/>. If you want to read more Emma Norton news, enter the following into your browser - <https://emmanorton.org/media/publications/>



SUPPORT OF THE CHURCH AND ITS MISSION

Finance

FINANCIALS

As I write this article, the sun is shining in my office window, but it is very cold outside! Appearances are not always what they seem. In our busy lives and within the walls of our church, it's easy to settle for what appears to be true, what seems to be the case. But sometimes, the most important truth lies just beneath the surface, requiring us to dig deeper. This is a call to look beyond the surface, to see the human stories and struggles that lie beneath the appearances. It's an invitation to listen with empathy, to offer grace, and to seek understanding.

Lane's recent message explored the deeper meaning of the Beatitudes, a scripture that is very familiar to all Christians. He focused on the attributes of grace, empathy and understanding.

Knowing that things aren't always as they appear, can we

- Be more empathetic and understanding.
- Listen with open hearts and minds.
- Seek out opportunities for growth and learning.
- Challenge ourselves to see beyond the surface.

By doing so, we continue to build a church community that is not only welcoming, but also a place where true faith and understanding can flourish.

Below are the financials for the month of January. We are early in the year but also during the time period where giving, post-Christmas, drops off. If you're behind in your 2025 giving, you can catch up by sending a gift to the church office, using the VANCO mobile app or bringing a gift to Sunday service.

Blessings,
Kae Lovaas Jewell
Finance Chair

	<u>January 2025</u>	<u>2025 Year-to-Date</u>
General Fund Gifts	\$ 7,228	\$ 7,228
Less General Fund Expenses	\$ 15,626	\$15,626
Balance	\$ (8,398)	\$ (8,398)
Less Unpaid Apportionments	\$ 2,146	\$ 2,146
Balance After Unpaid Apportionments	\$(10,554)	\$(10,554)

Coffee With a Cause

Garlough Environmental Magnet School is one of the organizations Saint Paul's UMC partners with and from now until the end of March, when you enjoy your cup of coffee Sunday morning and donate, those dollars will go to Garlough for incidentals that makes a day brighter for a student.

Thanks for your support!



TALK WITH GOD

Lord Hear Our Prayers

John Zobel

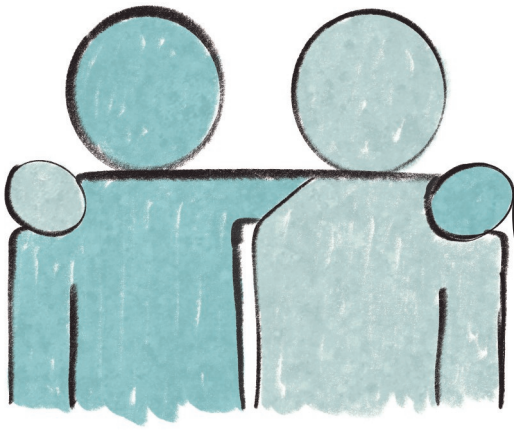
February 17, 2025

Cards of sympathy may be sent to
John's wife:

Claire Zobel
1434 Kings Wood Road
Eagan MN 55122

Death
IN THE CHURCH FAMILY

A small illustration of a cluster of light-colored flowers with green stems and leaves, positioned to the right of the word "Death".



MEMBERS AND FRIENDS

About US

Dear members and friends of Saint Paul's United Methodist Church,

Changes can be difficult in our very personal spiritual Christian lives. However, your leadership team has great confidence in our staff parish team and the decisions that have been made! The leadership team met the following Sunday after Pastor Hannah left, with District Superintendent Rev. Michelle Hargrave, to affirm our plans going forward. The leaders are appreciative for all the care and concern she has provided throughout our sensitive but meaningful process.

For the last two Sundays in February, Lane Skoglund-Anderson, our loving music director, lead our worship services. Pastor Hargrave expects to appoint a full-time interim pastor by the beginning of March who will facilitate our Lenten Bible study, confirmation classes, Sunday worship and other ongoing church programming. By July we will have our newly appointed pastor. Our District Superintendent, Rev. Michelle Hargrave, cares deeply for our congregation and is confident she will find a pastor meeting our needs. There is a bright future ahead for Saint Paul's UMC!

It has come to my attention that some congregants are confused about whom to approach to ask questions. First, let me say, as the chair of the Central Leadership Team, it's always okay to ask any question of me. If I don't have an answer, I can direct you to one of the following team leaders:

Andrea Larson, Central Leadership Chair: alarsonfarmgirl415@gmail.com

Lay member to Conference: Nancy Grinager

John Grinager, President of Operations: jgrinager@approve-it.net

Steve Nyhus, VP; Shirley Holmay, Secretary, Dave Morgan, Rich Brooks

Church property, building or website concerns

Jan Marshall, Foundation Team Chair: jmmarshlo.1954@gmail.com

Nancy Grinager, Sheila Kitzman, Leslie Watkins

Staff, music, worship service concerns

Kae Jewell, Finance Chair: kaelovaas@comcast.net

Dana Nyhus, Financial Secretary; Curt Almberg, Treasurer; Deanna Sellers, Memorials; Mike LaGuire

Memorials, stewardship, financial concerns

Nancy Pierson, Outreach Chair: mnperson@msn.com

Barb Jorgenson, Diane Siebert, Randy Garcia, Jude Rikala (*Neighbors, Inc.* Coordinator)

John Grinager (Mission Trip)

New member, mission, marketing and public relation concerns

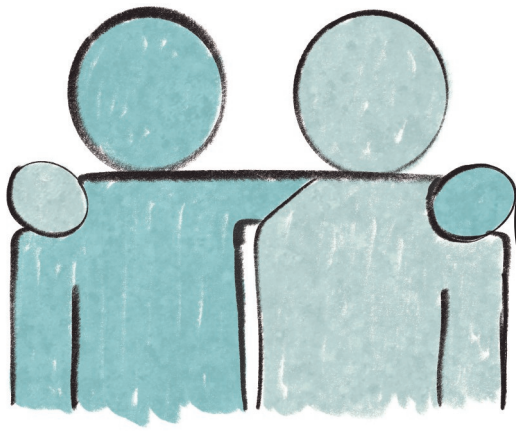
Rhea Nyquist, Member Enrichment Chair: rheajn34@gmail.com

Cecelia Burbach, Janice frame, Walter Judd, Carol Rix

Caring ministries, education, fellowship concerns

You have a very dedicated bunch of VOLUNTEERS that help keep things going at Saint Paul's UMC! Please do all that you can to support them in every way! Pray for us. Help us. Help us help you. For the KINGDOM!

Andrea Larson, Central Leadership Chair



MEMBERS AND FRIENDS

About Us

SUNDAY SCHEDULE

Adult Education: 9:15am
Worship: 10:00 am
Communion: 1st Sunday of the month

LIVESTREAM VIDEO

WORSHIP

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

CENTRAL LEADERSHIP

CHAIR: Andrea Larson

ST. PAUL'S STAFF:

Director of Music Ministry:
Lane Skoglund-Anderson,
laneskoglundanderson@gmail.com

Administrative Assistant:

Diane Pelinka, info@stpaulsmn.org

SAINT PAUL'S UNITED METHODIST CHURCH

700 Wesley Lane
Mendota Heights MN 55118
651-452-5683



MARCH
9th



New Member Sunday

February 9, 2025

Left to right: Kathy Brooks, Rich Brooks, Linda Leicht, Helen Kuruvilla, Iype Kuruvilla, Rev. Michelle Hargrave



The Stitching Collective

February 12, 2025



Don Irwin, Guest Pianist

February 16 & 23, 2025



Souper Bowl Potluck

February 9, 2025



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Italicized events are conducted by outside groups renting space at the church.</i>						1 9:30 am—2:00 pm Nueva Esperanza Leaders Workshop
2 9:15 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	3	4	5 4:00 pm Ash Wednesday Worship 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	6	7	8
9 Daylight Saving Time Begins 9:15 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	10	11 2:30 pm Bible Study	12 9:30 am Stitching Collective Group 6:00 pm Handbell Rehearsal 6:00 pm Confirmation 7:00 pm Chancel Choir Rehearsal	13	14	15
16 9:15 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	17 6:00 pm 4H	18 2:30 pm Bible Study	19 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	20 12:00 pm Pathfinders	21	22
23 9:15 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	24 6:00 pm Men's Group	25 2:30 pm Bible Study	26 9:30 am Stitching Collective Group 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	27	28	

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®

**ASH
WEDNESDAY**

Wednesday, March 5
4:00 pm

The beginning of Lent

