

SAINT PAUL'S UMC

WELCOME. SHARE. SERVE.



OCTOBER
2025



*Blessed are those
who mourn, for they
shall be comforted.*

Matthew 5:4

With October we begin a stretch that includes Halloween, All Saints' Sunday, Christmas, and winter. This time of the year will be colder, and it can be lonelier and sadder for some. Edna Vincent Millay ended her poem "Lament" with these words, which are close to the heart of every grieving person: *"Life must go on: I forget just why."*

The truest ministry we offer grieving friends is our presence and willingness to listen to all they might say. Howard Thurman has written beautifully and wisely about care giving:

*I share with you the agony of your grief,
The anguish of your heart finds echo in my own.
I know I cannot enter all you feel,
Nor bear with you the burden of your pain;
But I can offer what my love does give...
That on your....path
You may not walk alone.*

We experience many layers of grief in our lives, some out loud, some too often unspoken and carried alone. Grief comes when it will, and it is unique to each of us. Grief has a powerful word in our lives, but it does not have the last word. The last word is God's. Fall gives way to Christmas, Christmas to Easter and to our celebration of God's resurrecting love. God's love moves us to celebrate, remember, and embrace the one who announces: *"Blessed are those who mourn, for they shall be comforted."* (Matthew 5:4) The last word in life is the hopeful word of good news and great joy that Christ is Risen! Christ is Risen indeed!

Thanks for all you do to care for Saint Paul's UMC and neighbor alike.

Pastor Josh

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

OCTOBER 5

WORLD COMMUNION SUNDAY

On World Communion Sunday, United Methodists, in conjunction with other denominations and believers worldwide, participate in communion to recognize our unity in Jesus Christ, our Lord and Savior. It supports scholarships for ethnic students who will be the first generation in their families to attend college—and for people of color who haven't historically had access to resources that make higher education possible.

Fifty percent of the offering provides scholarships for graduate students from the U.S. and other countries. Thirty-five percent supports racial and ethnic scholarships for students pursuing ordained ministry. Fifteen percent funds Ethnic-In-Service Training Grant for leadership development, recruitment, training, and retention of ethnic United Methodist persons in leadership positions.

Special offering envelopes will be available in pews along with a QR code you may scan to give electronically, or you may just write "World Communion" in the memo section of your check and place it in the offering plates.

NOVEMBER 2

ALL SAINTS' SUNDAY

**We light candles to honor the impact
loved ones lives have had on us.**

We will commemorate All Saints' Day on Sunday, November 2nd.

During this meaningful service, all will be invited to light a candle in memory of family members, relatives and friends who have gone on to be with the Lord since last year's

NOVEMBER 30

ADVENT CONCERT 3:30—4:30 pm

Start celebrating Christmas on the 1st Sunday of Advent with holiday music! A concert is planned for Sunday afternoon, November 30th at 3:30 pm. This is a free community event so think about friends and neighbors you can invite. Watch for further details. Save a spot on your calendar!



WHERE THE WORLD MEETS TO PRAY¹

The Upper Room

The Upper Room is built on a worldwide community of Christians who share their faith with one another and our very own, Rhea Nyquist, did just that in the Nov/Dec 2025 issue! Thank you for making the message of the Bible come alive for us all!

THE SEEDS WE SOW

READ Matthew 13:1-9

The seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.

— Matthew 13:23 (NIV)

SUN
DEC 28
2025

One Sunday, the lay youth leader at church had the children act out a scene from an old TV show. The moral of the lesson was that each of us has a mission from God to fulfill in our daily lives. I still think about that lesson every day. Since then, it has been my custom to ask God, “What is my mission today?” Then I write down my daily to-do list, which usually includes humdrum tasks and chores. But occasionally I am inspired to add something else — send a note to a friend, call someone unable to leave home, or do a task that takes me out of my comfort zone.

One day I mentioned to the youth leader how much that lesson had meant to me, and she replied, “I don’t remember that at all.” *How curious*, I thought. However, I have found that we often sow seeds of kind words or good deeds that we forget. They may go unappreciated, but sometimes they land where they do good. So I vowed to keep writing that list and checking it off in hopes that some God-inspired actions or words will fall on good soil, exactly where they need to be.

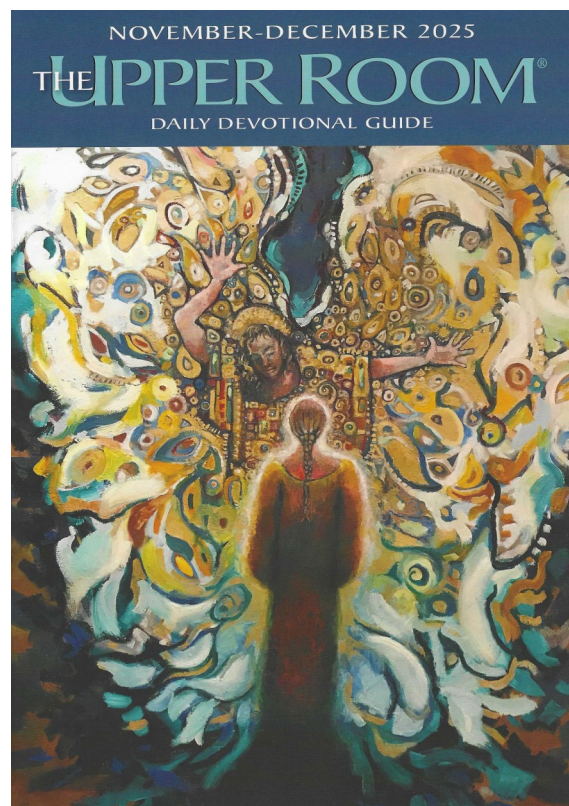
THOUGHT FOR THE DAY
With God’s help, my seeds of kindness can make a difference.

Prayer: Dear God, open our hearts to your will, and help us to reach out to others with kind words and deeds. Thank you for surprising us with the joy of seeing our seeds of kindness take root. In Jesus’ name, we pray. Amen.

Rhea Sherburne Nyquist (Minnesota, USA)

Prayer Focus: LAY LEADERS

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WHAT'S HAPPENING

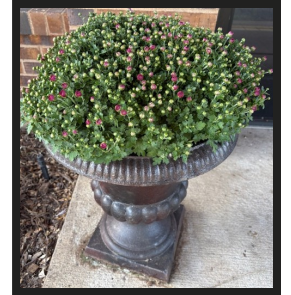
At Church



Thank you, Dave Morgan, for installing the handrails by the altar.



Thank you, Shirley Holmay, for painting behind the new stove.



Thank you, Dana Nyhus, for the mums by the front doors.



Thank you, Rich Brooks and John Grinager (not pictured), for all the work on the trees and plantings—both alive and dead!

Thank you, Chuck Everling, for all the technology work you do for the church. This month, specifically, you got one of the TV monitors in the sanctuary working along with the office computer!



Thank you, Wayne Rikala, for repairing the arm on the bench by the front door.



MEMBERS AND FRIENDS

About Us



Kathy Brooks

Blue Ribbon Winner at the
2025 Minnesota State Fair

"Before and After"

There is a split second
between before and after
when everything changes, forever.
that eye-blink of time~
the betrayal,
the flood,
the loss,
the diagnosis,
the death.
And you can
barely remember
how before felt,
because after haunts you.

Dawn Everling



LEARNING FOR ALL AGES

Adult Education

THE WIRED WORD

Sundays, 9:00 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 9:00 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.



SUPPORT OF THE CHURCH AND ITS MISSION

Finance

FINANCIALS

You can't live in the breadbasket of the nation without realizing that it is harvest season. The corn will soon be ready to be pick and the farmer's markets have bountiful displays of fresh vegetables. Harvest season brings a sense of gratitude. As a congregation that has a mission to care for the earth, we particularly appreciate the rhythms of nature. We

are blessed by the harvest and thankful to those who cultivate it.

As your finance team moves into fall, we have several major efforts underway. November will be Stewardship month, and you will hear more about those plans soon. We are also starting the budgeting process for 2026.

Two major expenses were incurred this summer. You will notice the wonderful repairs to our parking lot.

That work was paid for by the capital fund. We also purchased a new kitchen range and that was paid for with memorial money. Two important upgrades to our church property that were funded by the generosity of many givers.

Below is a summary of our financial picture.

Blessings,
Kae Lovaas Jewell
Finance Chair

	<u>August 2025</u>	<u>2025 Year-to-Date</u>
General Fund Gifts	\$ 10,198	\$ 138,815
Less General Fund Expenses	\$ 19,681	\$ 161,863
Balance	\$ (9,483)	\$ (23,048)
Less Unpaid Apportionments	\$ 2,146	\$ 4,292
Balance After Unpaid Apportionments	\$ (11,629)	\$ (27,340)

Coffee with a Cause

Thinking for a way to demonstrate humanity? As you enjoy a cup of coffee during fellowship time this next quarter, consider dropping a few dollars in the box for Emma Norton's Corner Store! It is a free or deeply discounted "corner store" for residents, where they can acquire items using "Emma Bucks" earned through community involvement, rather than cash. For those who don't know, Emma Norton was a Minnesotan whose 1917 gift to the United Methodist Women founded the organization now known as Emma Norton Services, a trauma-informed organization that promotes healing and recovery through a full array of housing and services. The relationship continues today with the Minnesota Conference of the United Methodist Church and Saint Paul's continues its tradition of supporting Emma's, too.





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

Pathfinders

KEEP ON THE PATH

Diversity with Grace

Our first meeting of the season was quite successful. We were updated on Neighbors Inc. by Jude Rikala and what the Outreach Team is up to by Nancy Pierson. We also learned that our Coffee with a Cause money will be directed to Emma Norton's Corner Store for the fourth quarter of the year.

Our study focused on the necessity of seeking quiet times each day to study the scripture and read inspirational thoughts to seek God's guidance for the day's activities. It was noted that on average each of us has 80,000 thoughts per day. If we spend a little time thinking positively about our lives and our place and work in God's Kingdom it will crowd out much of the negativity and irrelevant nonsense hurled at us each day. Quiet is healing. Embrace it. Knowing we have much craziness in the world to combat, we will be praying for Diversity with Grace during October.

Our next meeting is Thursday, October 16th at 1:00 pm and Andrea Larson will conduct the lesson. It is open to everyone and we'd love to see you there.

Rhea Nyquist



2025 Christmas Poinsettia Order Form

Deadline: November 2, 2025

**Make checks payable to: Saint Paul's UMC/ "Poinsettias" in the memo section
8.5" Poinsettias with antique gold pot/ \$22 each**

Purchased by: _____

List name(s) in honor of/ memory of/ thanks for (circle one)

	<u>How Many</u>	<u>Cost</u>	<u>Total Order Cost</u>
White	_____	_____	_____
Red	_____	_____	_____
Pink	_____	_____	_____



SPREADING THE WORD

Mission Accomplished

Neighbors Inc. Community Event

Neighbors Inc. is hosting a free community event at Two Rivers High School, October 11th, from 9:00 am - 1:00 pm.

There will be Community Resource tables to connect event-goers with valuable local organizations and services.

Pastor Josh plans to attend to represent Saint Paul's UMC. You can join Pastor Josh welcoming event-goers!

Note: There will be two time slots. You can volunteer from 9:00 am - 11:00 am or 11:00 am - 1:00 pm.

Look for the sign-up sheet in the narthex. A great way to meet your neighbors!

Turkey Casserole Mission Sunday!

After church, during fellowship time, Sunday, October 19th, a turkey casserole meal will be provided. This is in lieu of the turkey dinner this year. Everyone is welcome and we are asking for a voluntary gift for the meal as a way to support missions. In previous years the proceeds from turkey dinner were donated to charities such as Emma Norton

Services, Neighbors Inc. and UMCOR (United Methodist Committee on Relief).

Come, relax, enjoy a tasty meal with fellow parishioners and donate toward worthy causes!

Looking for a Volunteer

Would you be available to pick up Sharon Monroe, North Square, 6997 80th St. S. #244, Cottage Grove and bring her to church once a month? She misses Saint Paul's and is unable to drive herself.

Call the office, 651-452-5683, if you can help.



GROWING IN FAITH
AND FRIENDSHIP

Small Groups

The Stitching Collective: October 8th and 22nd, 9:30—noon.

Spend creative time with other crafters—bring your own project. Contact: Kathy Brooks

The Game Group: October 8th (Bingo) and 22nd, 2:00 pm

Share joy and laughter—feel free to bring your favorite games. Contact: Jo Reck

The Men's Group: October meeting date TBD

Activities designed for discipleship, fellowship and service. Contact John Grinager or Randy Garcia



Contact the office, 651-452-5683, with joys and concerns



Don Irwin
Unexpected guest pianist
September 14, 2025



MEMBERS AND FRIENDS

About Us

SUNDAY SCHEDULE

Adult Education: 9:00 am
(during the school year)
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:

Rev. Dr. Joshua Steward
Office Hours: 9:30 am—12:00 pm
Monday, Tuesday, Wednesday and
by appointment
ministerjosh@gmail.com

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



Kathee O'Connor

316 23rd Court S.
South St. Paul MN 55075
(daughter)

Marion O'Connor

September 17, 2025

Please keep her family in your prayers.
Condolences may be sent to:

Sharon Monroe

North Square
6997 80th St. S. #244
Cottage Grove MN 55016
(sister)

Dear St. Paul's United Methodist Church,

We want to thank you for letting our 4-H club use your building for our monthly meeting. It is so nice to have a consistent place where we can meet each month! Sincerely, *Rinnah Glewwe*, Secretary, Eagan Encores 4H Club

Thank you to everyone who prayed for us, sent cards, called, and brought food. You reminded us that church is family. We are blessed.

With love, *Dawn and Chuck Everling*

Dear St. Paul's United Methodist Church, Your recent contribution of \$1,375 on August 3, 2025 fills us with gratitude!.....Your contributions, whether financial or in-kind, ensure the continuation of our provision of essential services with dignity. We're immensely grateful for your generosity – your support is truly invaluable to us!

With heartfelt gratitude, *Dawn Wambeke*
Executive Director (Neighbors Inc.)



Diane Edgell

Norris Square
6995 80th St. S. #142 (new apt. #)
Cottage Grove MN 55016
651-425-2107 (new #)

Beda Lewis

651-666-2961 (new phone #)

Phyllis Abrahamsen

651-846-9884 (new phone #)

Chuck Garr

651-769-4204 (new phone #)

Irv & Carol Samuelson

651-200-3909
(new phone # starting in October)



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal <i>7:00 pm Nueva Esperanza Study</i>	2	3	4
5 9:00 am Adult Ed 10:00 am Worship w/ Communion <i>12:00 pm Nueva Esperanza Worship</i>	6	7	8 9:30 am Craft Group 2:00 pm Game Group 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	9	10	11 9:00 am—1:00 pm Neighbors Inc. Community Event
12 9:00 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	13	14 12:00 pm Central Leadership Mtg	15 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal <i>7:00 pm Nueva Esperanza Study</i>	16 1:00 pm Pathfinders	17	18
19 9:00 am Adult Ed 10:00 am Worship 11:00 am Turkey Casserole Missions Fundraiser <i>12:00 pm Nueva Esperanza Worship</i>	20 6:00 pm 4H	21	22 9:30 am Craft Group 2:00 pm Game Group 6:00 pm Handbell Rehearsal 7:00 pm Chancel Choir Rehearsal	23	24	25
26 9:00 am Adult Ed 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	27	28	29	30	31	

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

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®



**SUNDAY
OCTOBER 19th
AFTER WORSHIP**