

SAINT PAUL'S UMC



JULY
2026

Welcome. Share. Serve.



As we begin year two together, here are highlights of my first appointment year with you:

- We welcomed three new members.
- You paid your apportionments in full again in 2025. Thank you for your generous financial giving that allows us to meet all our obligations.
- You installed railings by the pulpit so folks can get up and down the stairs easier.
- We continue to be blessed by the administrative excellence of Diane Pelinka. We continue to be blessed by Lane Skoglund-Anderson's musical talent as well as performances by the choir and bell choir members.
- You continue to support your community through Neighbors Inc., Emma Norton Services, and Garlough School.
- We take pride in having nearly all native plants and trees on the property, hosting gardening classes, and taking excellent care of the grounds.
- You helped package and deliver food to 75 families during the Metro Surge and were a pickup point for food for school children and their families in the spring.

(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! 10:00 am

- Outreach included wonderful musical performances by a steel drum band in August and a concert at Christmastime. The rummage sale set a record for receipts as you and generous neighbors donated and shopped.

As I am typing, a friend of the congregation is configuring the soundboard so the speakers work in the side rooms. It sounds amazing as music plays throughout the church!

As we begin a new appointment year together, add your own blessings from 2025-2026 to this list, and pray prayers of gratitude to God in July!

You are all prayed for and appreciated!

Shalom,
Pastor Josh

thank
you,
GOD



PROVERBS 17:22

The Kindness Connection

- **HELPERS HIGH IS REAL.**

Acts of kindness trigger feel-good chemicals in the brain that lift mood, reduce stress and strengthen social bonds.

- **SMALL ACTS EQUAL BIG IMPACT**

Doing simple good deeds for neighbors can reduce loneliness, social isolation and anxiety.

- **HELPING KEEPS YOU SHARP**

People who frequently help others may experience a 15% to 20% slower rate of cognitive decline with age.

- **MORE KINDNESS. LESS STRESS**

Oxytocin helps release nitric oxide, which widens blood vessels, lowers blood pressure and reduces cortisol (the stress hormone).

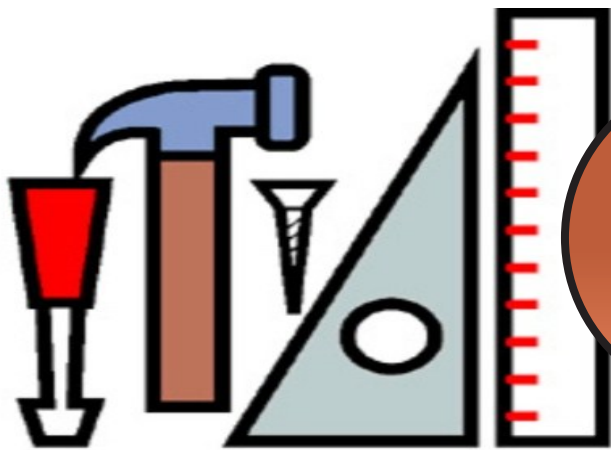
- **CONNECT TO PROTECT**

People with strong social ties have a 29% lower risk of stroke.

- **THE SOONER THE BETTER.**

Start volunteering earlier in life for greater long-term rewards.

from Daniels County Leader in Scobey, MT
Rhea Nyquist



THANK YOU VOLUNTEERS!

Upkeep



Steve Nyhus

fixed our Wiggles and Giggles Room
curtain rod



Chuck Everling

fixed our non-working
microphones



John Grinager

donated two new coffee pots
to replace our troubled Bunn coffeemaker



Tim Larson

fixed our education wing door lock.

Thank you (not pictured):

- Randy Garcia and Phil (neighbor) for mowing
- Dave Morgan for installation of water control system
- Nueva Esperanze for taking down the Fellowship Hall tables and chair in preparation for carpet cleaning.
- Jerry Morton, Chuck Everling, and Curt Alberg for fixing the sound systems in the narthex, Wiggles and Giggles room, library and fellowship hall after a long period of silence!!!



REACHING OUT TO OTHERS

Mission Accomplished

NEIGHBORS INC UPDATE



Most Needed Items for the Food Market + Neighbors' Food Fund:

- Garden produce
- frozen fruits
- baby wipes
- condiments
- frozen meats
- mac and cheese

These are the items most critically needed in our Food Market this summer. If you're out grocery shopping, please consider picking up a few extra items to support our neighbors in need. Every donation helps ensure families facing food

insecurity in our community has access to nutritious food. You can also donate through Neighbors' partnership with Second Harvest Heartland. Every cash donation to Neighbors, Inc. is stretched 3x as far thanks to their incredible buying power. You can donate via the following link...

https://us.list-manage.com/10E0_PwfpjQ?e=aba4fc3965&c2id=d5a60db99c489a1eaeba0a8961ecf80a

Whether you give food or funds, you're making a meaningful difference.

EMMA NORTON



Emma Norton has a busy summer planned for the kids during the summer months and you can help support their work as well as the rest of our staff and clients by donating any of the items below:

- Sidewalk chalk
- Jump ropes
- Basketballs, footballs, soccer balls
- Hula hoops
- Squirt guns, water balloons, and other water toys
- Bug catching kits
- Small items to serve as prizes

during games and activities

- Sunscreen
- Lawn games
- Box fans or oscillating fans
- Handheld fans
- Reusable water bottles

Contact volunteer coordinator, Mo Mayberry-Diaz, at mmayberry@emmanorton.org or by phone at 612-889-6887 to find out if your donation is still needed, and/or a time to drop off your donation items.



REACHING OUT TO OTHERS

Mission Accomplished

**GATHER.
SERVE.**

**FREE CONCERTS OF VERY
TALENTED FOLKS!**



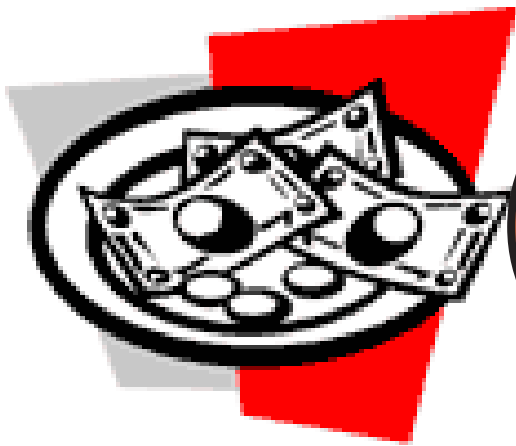
Jennifer Grimm (vocalist) and Dan Chouinard (pianist) will be performing Thursday evening, September 10 @ 6:30 pm. Just to note how talented she is, Jennifer has many credits to her name and this year she is in a production at the Gutherie as well as singing at the Birdland Jazz Club in NYC! Dan Chouinard has a full calendar playing at many venues this summer such as Crooners Lounge, Loring Park Arts Center, Danish American Center and Hope Arts Center. Jennifer, supported by Dan, will be performing pop tunes from the 60's/70's/80's. This is a free community event, no parking hassle, no worries about tickets so



Remember last year when we had such fun at our Advent Sunday concert with Christmas cookies following the performance? Well, mark your calendars for November 29 @ 3:00 pm at Saint Paul's for another concert! Mark & Lisa Flora have been singing together since 1989. The singing duo features plenty of harmonies while Mark plays a Gretsch guitar and Lisa performs on an upright double bass. They are also in a popular 50s rock 'n' roll band called *The Holy Rocka Rollaz* and have traveled coast to coast performing in theaters, state fairs and private events. They created *The Floras* to accommodate the budgets for the many senior living, assisted living and memory care communities. We are fortunate to host them Advent Sunday. Oh, and we will have cookies again. You don't want to miss it!

Coffee With a Cause

Saint Paul's has always been generous supporting Garlough Elementary Magnet School. Our third quarter Sunday morning coffee donation will be sent to Garlough for fall programming needs. We always are so graciously thanked by Garlough administration for our partnership. Be generous! You will get a bigger lift from donating than the caffeine in your coffee.



SUPPORT OF THE CHURCH AND ITS MISSION

Finance

SUMMER GIVING SLUMP

As we settle into the warm, sunlit weeks of summer, our routines naturally shift. It is a wonderful season for rest, family vacations, and enjoying the beautiful weather God has blessed us with here in Minnesota. While our summer Sundays may look a little different with folks traveling, the work of our church never stops. Our ministries, outreach efforts, and community support continue to thrive, and the expenses required to keep our facilities operating remain consistent throughout the year.

Historically, the summer months bring a dip in our weekly offerings. We fondly call this the "summer giving slump," and it often happens simply because it's easy to forget to

give when you are out of town. Our "summer slump" actually started in April. From April 1 – June 15, offerings collected have been \$28,700. Our expenses for the same timeframe have been just over \$47,000.

We want to encourage you to stay connected to our church's mission, even when you are away enjoying a weekend up north or visiting family out of state. Here are a few simple ways you can partner with us to ensure our mission doesn't miss a beat:

- **Set Up Recurring Giving:** The easiest way to ensure your tithes and offerings remain consistent is to schedule them automatically. You can securely set up your weekly or monthly gifts on our VANCO app or set up a regular gift from your checking account. This allows your generosity to continue automatically. (Call the

office or contact Dana Nyhus, danalbrandenburg@hotmail.com for info on automatic giving.)

- **Catch Up On Missed Weeks:** If you've missed a Sunday due to travel, it's easy to make a one-time contribution via check or the VANCO giving app to catch up.
- **Give by Mail:** You can always mail your offering directly to the church office at 700 Wesley Lane, Mendota Heights 55118.

This congregation is incredibly generous. Thank you for your faithfulness and for ensuring that the light of our church continues to shine brightly in our community all year long.

Blessings as you travel and create new adventures this summer!

Kae Lovaas Jewell
Finance Chair

	<u>May 2026</u>	<u>2026 Year-to-Date</u>
General Fund Gifts	\$ 12,216	\$ 80,645
Less General Fund Expenses	<u>\$ 18,430</u>	<u>\$ 96,853</u>
Balance	\$ (6,214)	\$(16,208)
Less Unpaid Apportionments	<u>\$ 2,066</u>	<u>\$ 10,330</u>
Balance After Unpaid Apportionments.	\$ (8,280)	\$ (26,538)



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

Pathfinders

PATHFINDERS

Summer Prayers

Praying in the summertime can be the best of all times. You can sit outside enjoying God’s great landscape, feel the breeze, hear the birds. “Thank you, God, for beautiful summer days” becomes a backdrop prayer for all your other requests.

This July the Pathfinders agreed that their prayer concerns for a missionary should be directed to Sambor Bann whose native country is Cambodia. Currently he serves in Saint Vincent and the Grenadines. Sambor grew up in a Buddhist family and knew little about Christianity. His turning point

came when his mother had a life-threatening accident. Through prayer, he witnessed a miraculous healing that opened his heart to Jesus Christ. Since then, his faith has deepened through consistent prayer, Bible study and active involvement in ministry.

In Cambodia, Sambor earned bachelor’s and master’s degrees in general management and Christian ministry respectively. He is now an International Global Mission Fellow with the United Methodist General Board of Global Ministries in a two-year term of service. He serves as a youth leader and dormitory supervisor which “allows him to discipline others, share the gospel and witness lives transformed by Christ.” He

added, “Many people are unreached and bound by cultural traditions, yet they are open to hearing the gospel when approached with love and humility. God has placed a burden on my heart to bring hope and truth to those who have not experienced it.” May our July prayers for Sambor give fuel to his ministry.



LEARNING FOR ALL AGES

Adult Education

THE WIRED WORD

Sundays, 9:00 am; Bertelsen Library (During the School Year)

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 class has been suspended during the summer months and will resume in the fall.

UPDATE

Native Plants 2

Thank you to Leslie Pilgrim who, again, provided everyone attending the plant class with information on all the benefits of using native plants in flower gardens and in containers. Those who joined her on the 'weed walk' learned about weeds that are just a nuisance and then those that definitely need to get removed. It was an informative evening. Thank you, Leslie!





TALK WITH GOD

Lord Hear Our Prayers

Prayer Concerns

Deaths:

Carol Samuelson, May 14th. Memorial service at Saint Paul's UMC, June 27th, 2:00 pm

Health Concerns:

All homebound with health problems

Additional:

We pray for true peace in the Middle East: That local populations have self-determination. Where civilians and the vulnerable are protected. We grieve the lives already lost and the many yet caught in violence. We pray for a day when war is no more, when resources for unlimited war go instead to caring for those in need.

Missionary Ferdinand Akoka Akoka at the Kayero Hospital in Burundi

Healing for complicated and fractured family relationships

For the lonely

For an end to violence and racism in our communities

Please contact the office, 651-452-5683, with joys and concerns



MEMBERS AND FRIENDS

About Us

SUNDAY SCHEDULE

Adult Education: 9:00 am
(suspended during the summer)
Worship: 10:00 am
Communion: 1st Sunday of the month

Office closed in celebration of Independence Day!
July 6, 2026

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: Deb Curran

ST. PAUL'S STAFF:

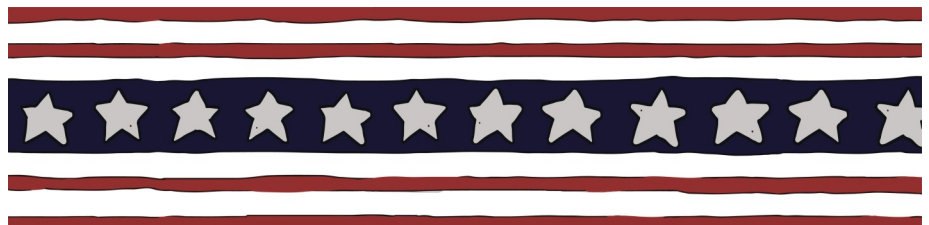
Director of Music Ministry:
Lane Skoglund-Anderson,
laneskoglund@icloud.com

Administrative Assistant:

Diane Pelinka, info@stpaulsmn.org

SAINT PAUL'S UNITED METHODIST CHURCH

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




ICE CREAM SOCIAL

July 12, 2026
After worship





July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6  Independence Day
7 10:00 am Worship w/ Communion 12:00 pm Nueva Esperanza Worship	8 Office closed	9	10	11	12	13
14 10:00 am Worship 11:00 am Ice Cream Social 12:00 pm Nueva Esperanza Worship	15 6:00 pm 4H	16	17 12:30 pm Reception after interment for Jason B. Lano Sr.	18	19	20
21 10:00 am Worship 12:00 pm Nueva Esperanza Worship	22	23	24	25	26	27
28 10:00 am Worship 12:00 pm Nueva Esperanza Worship	29	30	31			

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

St. Paul's United Methodist Church

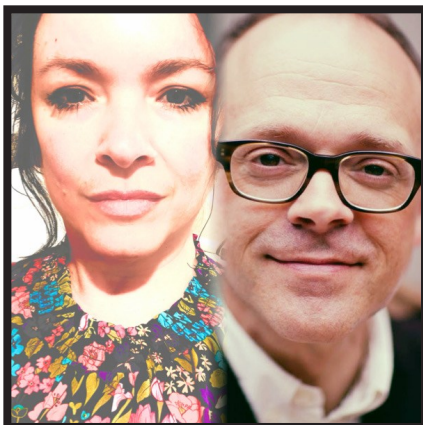
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Open Hearts, Open Minds, Open Doors
The People of the United Methodist Church®



FREE CONCERT

Thursday, September 10th, 6:30 pm

Jennifer Grimm (vocalist) and Dan Chouinard (pianist)
will be performing pop tunes from the 60's/70's/80's.

This is a free community event, no parking hassle,
no worries about tickets so share this with friends and neighbors!