

SAINT PAUL'S UMC



AUGUST
2026

Welcome. Share. Serve.



Starting on Saturday, August 1st at 10:00 am, I will be leading a four (4) -week mutual help grief support group on Saturdays at church. (August 1st—August 22nd)

A mutual help grief support group is:

- A healthy, safe place for griever to bring themselves, their stories, and their feelings. We gather to learn that we are not alone in our grief, to see each other in our stories, and to encourage one another.

A mutual help grief support group is not:

- A therapy group.
- A place to find easy answers.
- An ongoing group that meets indefinitely.

Patrick J. Farmer has said that *“MOURNING IS NOT an illness...a weakness...self-indulgence...a reprehensible bad habit...rather mourning is an essential psychological process that must be recognized and facilitated.”*

Grief can encompass the loss of many things including but not limited to the loss of a job, family, pets, friends, mobility, and emotional well-being. You are invited to bring whatever grief is on your heart to our time together. Confidentiality will be expected.

Each week will include time in reflection, prayer, conversation, and scripture.

Peace,
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



INVOLVEMENT

Opportunities



Worship Leaders

We are looking to grow our list of worship leader volunteers to assist Pastor Josh on Sundays at Saint Paul's.

You choose the Sunday you are available. You are emailed the transcript detailing your participation beforehand so you can familiarize yourself with the worship service and your part in it and the text will be printed out for you on the pulpit. Please consider helping to create a meaningful worship time.

If you have any questions, contact the office, 651-452-5683, or talk with Pastor Josh.



We welcome you to join our email Prayer Chain. We email our prayer partners when a prayer request is received.

We only ask that you keep requests confidential. Contact the office, info@stpaulsmn.org, to be added to the email list.

Prayer Chains satisfy our human need to connect with and intercede on each other's behalf before God.

Ephesians 6:18: *"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." (NIV).*



INVOLVEMENT

Opportunities

Garlough School Drive

For the past few years, Garlough Elementary has asked donors to support the purchase of school supplies monetarily. Families do NOT buy individual school supplies for their students, instead, they pay a fee of \$30 per student for school supplies for the year. Considering funding one student for \$30 or 2 students for \$60, etc. If you would like to support the school supply drive, please note in the memo line of your check, “GEMS school supplies.”

Garlough appreciates Saint Paul's support!



Neighbors Inc. Ask

Neighbors Inc. is asking the community to help fill shelves with a wide variety of cereal. It is still summer and it means more meals and snacks at home for families with children. When school is out, parents have to stretch grocery budgets even further, and something as simple as a bowl of cereal can make mornings easier, provide an afternoon snack, or even become a quick dinner on a busy day. Consider buying an extra box or two on your next shopping trip. Every family has different tastes, dietary needs, and favorite brands, so any brand and any variety is welcome!



Photo by [Nyana Stoica](#) on [Unsplash](#)

Support Emma Norton through Hamline Dining Hall at the MN State Fair!

Emma Norton is a partner with Hamline Church Dining Hall for the 2026 MN State Fair. The Hamline Dining Hall is the longest running food vendor at the MN State Fair, and one of the few spots with air-conditioned indoor seating for you to enjoy your meal. Stop by the Hamline Dining Hall for food or coffee and a portion of the proceeds will go to Emma Norton Services!





IN APPRECIATION

Thank You

Thank you to **Chuck and Dawn Everling** for donating a sign to improve the visibility of our AED, a new pulpit microphone to enhance our worship service, and the part (and wisdom) needed to fix our Bunn coffee pot!



Thank you: (no pictures)

- **Dave Morgan**, for fixing the pastor's toilet, attaching the new AED sign and helping to install the new benches (along with **Tim Larson** and **John Grinager**)
- Neighbor, **Phil**, and **Randy Garcia** for mowing
- **Rhea Nyquist** and **Andrea Larson**, for hosting Jason Lano, Sr.'s memorial luncheon
- **Carol Rix** for hosting Carol Samuelson's memorial luncheon





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

Pathfinders

PATHFINDERS MISSIONARY FOR AUGUST

During the month of August, Pathfinders encourage you to include Alejandro Alfaro-Santiz in your daily prayers. Alejandro calls both Guatemala and the USA as his home countries. He is an ordained elder of the Iowa Annual Conference, earned degrees in Cultural Anthropology and Development focused on empowering communities from the Universidad del Valle de Guatemala in Guatemala City, Guatemala and his Masters of Divinity with a concentration in United Methodist studies from Iliff School of Theology in Denver, CO.

He currently serves the Argentine Evangelical Methodist Church which has nearly 100 congregations through-

out the country. The church has a great need for ordained pastors and new vocations. Ministries led by laity are essential. Another urgent need is to reestablish the promotion of VIM group visits and relationships with the Annual Conferences in the United States. Alejandro, in his missionary role, is serving as pastor of the Mendoza congregation and conducts mission activities in the Patron Santiago neighborhood. He also serves as chaplain at the Albert Schweitzer School. The goal is to develop a team of lay missionaries to serve strategically in surrounding communities and develop and advance a missionary strategy.

Married and with two children, Alejandro asserted *"Mission is needed because God's dreams for the world are still not fully realized. People need to know that their lives matter and have value. They need to be reminded that they are made in the image of God. Whether that means mission*

such as supporting access to clean water, housing, food, and income to have a decent living, or sharing Jesus' teachings, we can always keep walking alongside people to help them become everything God has created them to be."



Well said, Alejandro. We at Saint Paul's are rooting for you and the teams of Christian workers you are developing in Argentina.

Rhea Nyquist

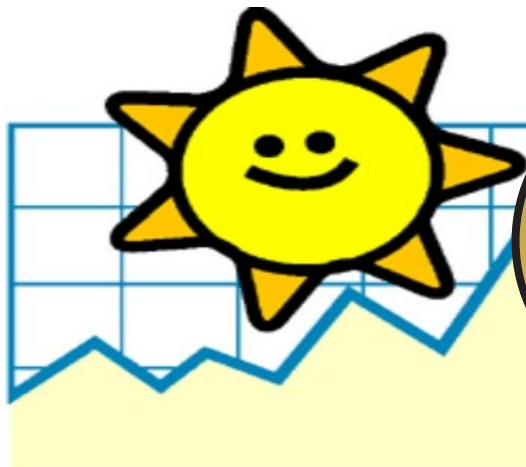
LEARNING FOR ALL AGES
Adult Education

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.



SUPPORT OF THE CHURCH AND ITS MISSION

Finance

We are delighted to announce the addition of two beautiful new outdoor benches at our front entrance. Purchased through generous memorial gifts, these benches offer a welcoming place to rest and enjoy fellowship. Because the benches were purchased with memorial funds, they also serve as way to honor beloved members of our congregation who have passed away.

A Lasting Tribute

These new benches are more than just a physical addition to our building; they are a lasting tribute to the friends and family members who helped shape our church community. Thanks to the thoughtful contributions of their loved ones, their legacy of warmth and hospitality will continue to greet everyone who walks through our doors.

The Deeper Meaning of a Bench

A bench is more than just a place to sit; it is an invitation. In a fast-paced world, a bench symbolizes an intentional pause—a holy pause that invites us to slow down, rest our feet, and be present. It represents hospitality, offering comfort to the weary traveler and space for connection. By placing these benches at our front door, we are creating a visible sign that our church is a sanctuary where you are always welcome to rest.

A Quiet Moment for Reflection

This peaceful seating area is also a perfect spot for prayer and meditation. We encourage you to rest here and reflect on Psalm 121:8:

*"The Lord will watch over your
coming and going both now and
forevermore."*

As you transition between the sanctuary and the world outside, let these words remind you of God's constant presence and protection in your daily life.

We are deeply grateful to the families who directed these memorial gifts to our church. Their generosity ensures that our church grounds remain a welcoming and comforting environment for all. We invite you to take a moment to sit, enjoy the fresh air, and remember the dear friends who made this possible. (A special thanks to **Julie Morgan, Dave Morgan** and **Tim Larson** who handled the ordering and installation of the benches.)

Kae Lovaas Jewell
Finance Chair

(See picture on page 10)

	<u>June 2026</u>	<u>2026 Year-to-Date</u>
General Fund Gifts	\$ 39,050	\$119,695
Less General Fund Expenses	<u>\$ 18,412</u>	<u>\$115,224</u>
Balance	\$ 20,638	\$ 4,471
Less Unpaid Apportionments	<u>\$ 2,066</u>	<u>\$ 12,396</u>
Balance After Unpaid Apportionments.	\$ 18,572	\$(7,925)

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!



REACHING OUT TO OTHERS

Mission Accomplished

**GATHER.
SERVE.**



FREE CONCERTS



Thursday, September 10th, 6:30 pm

Free Concert at Saint Paul's to hear very talented folks!
Thursday, September 10th at 6:30 pm!

Jennifer Grimm (vocalist) and Dan Chouinard (pianist) will be performing Thursday evening, September 10th at 6:30 pm. Just to note how talented she is, Jennifer has many credits to her name and this summer she is in a production at the Guthrie as well as singing at the Birdland Jazz Club in New York City! 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 share this with friends and neighbors!



Sunday, November 29th, 3:00 pm

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 29th at 3:00 pm at Saint Paul's for another concert! Mark and 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!



SUMMARY FROM Annual Conference

I attended the UMC Minnesota Annual Conference June 16-18 in St. Cloud. This year's conference theme was *"Created to Serve Joyfully."* Reluctantly, I flew home from our vacation home in the Black Hills during our family reunion to attend as the lay delegate from Saint Paul's UMC. I knew in my heart that I was called to go, but I was not joyful about leaving my family. I kept asking myself, "WHY am I doing this?" This didn't fit into my summer plans, but God's plans were higher than mine. Three days of listening to religious leaders and guest speakers seemed overwhelming.

And it was . . . overwhelmingly wonderful! I listened to God's voice, went on faith and was greatly rewarded. I am inspired to carry forth what I learned at the conference and find my mission. The conference offered venues and resources to support individual, local and global growth.



I gained so much knowledge through various seminars, laity sessions, Ted-style talks and listening to worship by our Bishop Lanette Plambeck who gave the Episcopal Address opening day, and an excellent sermon from guest Bishop Bridgeforth on the second morning followed by his daughter's baptismal celebration.

Annual conference was filled with music, joyous worship, shared witness and conversations focused on following Jesus Christ in all the ways we can, at all the times we can, and to all the people we can.

I met so many people at the clergy and laity information booths in the display rooms and gathered many ideas and brochures which I'll share when I speak during the July 19th worship service. I'll bring these along and be available for questions concerning UMC business, ordinations of deacons and deaconesses, and passage of church legislation.

On the final day our worship was led by Pastor Genia Garrett who asked, "Do you know the thunder of God?" She said, "God is the premium fuel, like a latte. Drink Him in." She was most inspirational!

I learned that on May 4, 1956, full Clergy Rights were given to women by the General Conference. 70 years later we continue to celebrate and realize the tremendous gift this gave to the people of the UMC and the world! The Love Offering was collected for United Methodist Missions. Pastor Josh presented the envelope with donations from our congregation.

Representatives and clergy from our district, River Bluffs, met for lunch on the last day. Our Conference Superintendent, Michelle Hargrave, greeted us at the door and introduced us to the two new part-time Superintendents who are assigned to our District. Rev. Kirkland Reynolds is the Superintendent for our church. We brainstormed ideas with other churches on ways to grow and what has and has not worked.



Pastor Josh and I drove back to the Twin Cities and got to know each other a bit better. We discussed ways we all can help our church grow and thrive so we can continue to serve God and our community.

So, I ask you, "What is your mission? How will you serve joyfully with the rest of your wonderful life?" Together let us encourage one another in moving forward as a vibrant Christian community.

Nancy Grinager



TALK WITH GOD

Lord Hear Our Prayers

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 Alejandro Alfaro-Santiz, serving the Argentine Evangelical Methodist Church

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



Nancy Grinager
referred to this report
when she spoke during
worship, July 19th



All are welcome at Saint Paul's UMC!
There were 15 visitors!



Gail Johnson,
guest preacher
July 19th



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

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



Grant Jedlicka

WE ARE SO PROUD

Saint Paul's congregation might just burst a button or two since one of our own has achieved national recognition.

Grant Jedlicka was one of four students from Two Rivers High School to be recognized as an Academic All American by the National Speech and Debate Association.

Out of 141,000 student members of the National Speech and Debate Association, fewer than 1% of students earn Academic All American.

Students who earn this award must complete a minimum of five semesters of high school with a 3.7 GPA (or 3.5 GPA with 27 on the ACT), have 750 NSDA points (earned through competing), and demonstrate outstanding character and leadership.

Way to go Grant!



New benches purchased with Memorial Funds.



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:00 am Worship w/ Communion 11:am Membership Enrichment Mtg <i>12:00 pm Nueva Esperanza Worship</i>	3	4	5	6	7	1 10:00 am Grief Support Group 8 10:00 am Grief Support Group
9 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	10	11	12	13 <i>9:00 am—3:00 pm Starting Strong Conference Meeting, Fellowship Hall</i>	14	15 10:00 am Grief Support Group
16 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	17 6:00 pm 4H	18	19 2:00 pm Proposed Central Leadership Team Mtg	20	21	22 10:00 am Grief Support Group
23 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	24 6:00 pm Proposed Finance Team Mtg	25	26	27	28	29
30 10:00 am Worship <i>12:00 pm Nueva Esperanza Worship</i>	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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Open Hearts, Open Minds, Open Doors
The People of the United Methodist Church®

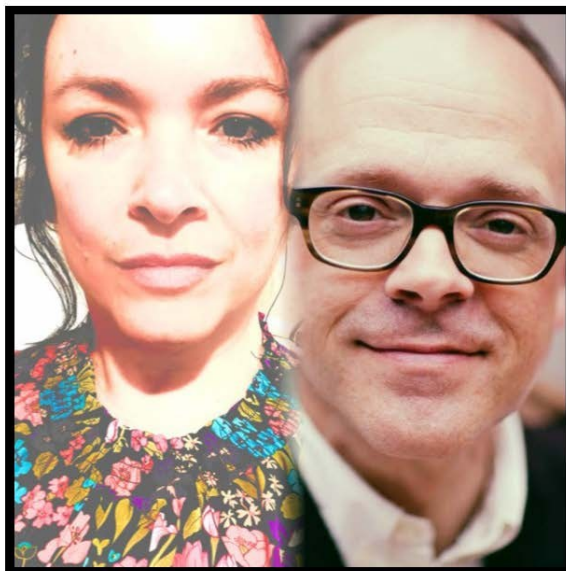
CONCERT

Thursday,
September 10, 2026
6:30 pm

Featuring

accomplished vocalist,
Jennifer Grimm,
and pianist, **Dan Chouinard,**
performing pop tunes from
the 60's/70's/80's!

Saint Paul's
United Methodist Church
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We'll Save a Seat for You!
Free Community Event