

# Epistle

*Inspired by God's love, we:  
offer a spiritual oasis,  
teach one another to serve,  
and reach out to encourage  
others to know Christ.*

February 2018

## REFLECTIONS FROM PASTOR AMY JO

*“Rejoice always, pray without ceasing, give thanks in all circumstances;  
or this is the will of God in Christ Jesus for you.” -1 Thessalonians 5:17*

In prayer, we communicate with God, listening for God's guidance, inspiration, and leading in our lives, and sharing with God our joys, hopes, concerns, and needs. Through time spent in prayer, actively communicating with God, our relationship with God grows deeper and our faith grows stronger.

When we join the church as a member, we vow to support the ministries of the church with our prayers, presence, gifts, service, and witness. Fulfilling the first part of this vow, by supporting the ministries of Saint Paul's UMC with our prayers, we may participate in praying for the church in many ways. We may be part of the prayer chain of the congregation, who lead the congregation in prayer, praying for urgent and immediate prayer requests. We may also pray for each of the individual prayer requests that are printed in the bulletin each week. These are both wonderful ways to fulfill our membership vows. In addition, I encourage us to also pray for the

congregation's ministries as a whole, and for the Church universal. In worship for the past several weeks, we have prayed for the Holy Spirit to breakthrough and lead Saint Paul's UMC together into a new season of mission. These prayers coincide with our participation in the Healthy Church Initiative, inviting the Holy Spirit to inspire us through the Healthy Church Initiative process. I invite everyone in our congregation to participate in the prayer initiative, pausing to pray every day, and including the Breakthrough Prayer listed below in our prayer time:

*God of new life, pour out your Holy Spirit on us and do a new thing at Saint Paul's United Methodist Church. Breakthrough our human limitations and lead us into a new season of faithfulness and fruitfulness. Transform us into your image, so that new people will come to know you through us.*

*Open our hearts to new inspiration. Open our lips to sing your praise. Open our eyes to see your image in our neighbors and new visions of justice, peace, and hope in our community. Open our hands to go, serve, and share. Open our minds to your wisdom and guidance. Open our doors to receive new people in your love. Amen.*



*(continued on page 2)*

*(continued from page 1)*

Many of our members are using a 3-minute egg timer to remind themselves to pause and pray every day, beginning with the break-through prayer, listening for God in the middle, and ending with the Lord's Prayer. (More sand timers are available in the office, if you want to stop by to get one!) If you find yourself praying together with children, there is also a children's version of the prayer, which is shorter and includes rhyme:

*Dear God,  
Bless our church in a new way  
Help us be like Jesus every day  
Open our minds and hearts to  
learn  
Open our lips to praise, and our  
hands to serve  
Open our eyes to see the people  
you love  
And welcome them in, to be here  
with us.  
Amen.*

Won't you join me in praying for God to bless our church in a new way? I believe that God has a special blessing in store for the people of Saint Paul's UMC during the coming year. ☩

## SPECIAL GUEST MUSICIANS IN WORSHIP

On February 18<sup>th</sup> we welcome again Jaehyun and Dahyun Hong to provide special music for our worship service.

You may remember these talented young women who played the cello and piano in worship on World Communion Sunday and blessed us by sharing their gifts.



## 2018 ADMINISTRATIVE COUNCIL MINISTRY TEAMS

Chairperson:	Leslie Watkins
Secretary:	Chrisana Tripodi
Adult Ministries:	Charles Duddingston
Children's Ministries:	
Fellowship:	Jo Baker, Interim
Finance:	Dale Fletcher/Kae Jewell
Membership:	Deb Curran
Mission Outreach:	Bev Momsen
SPRC:	Shirley Holmay
Trustees:	
UMW:	Barb Jorgenson
Worship:	Sam Young
Lay Member to Annual Conference:	
Clergy and Ministry Staff:	Rev. Amy Jo Bur, Chris Archer, Lane Skoglund-Anderson

**CHRIS' CORNER**

elpizofire@gmail.com

651-925-4172

**Margin**

Ok....so can I be honest with you? I have broken one of the Ten Commandments recently. Yup. I'm being totally serious. It may not be the one you're thinking of though.

Nope, I have not killed anyone. Although, there was that one driver on I-494 and well he was driving like.....oh never mind.

The commandment I am specifically thinking of is "remembering to keep the Sabbath". Eeek!

What exactly does that commandment refer to?

Well, without getting caught up in the technicalities of the language and culture of the time, lets suffice it to say it's about leaving some "margin" in your life. Everybody needs margin in their lives, right?

Margin is all around us in our daily lives and when it is missing we notice it. The page you are reading has margins on the top, bottom and both sides. You very seldom fill a glass up to the very top; you leave some margin. Our roads are constructed with margins that we call the shoulder. If you've ever driven on a road that had no or little margin you know how uncomfortable it can be driving on it. When there is no margin, no space in our lives or around us, we tend to get nervous and edgy. It's not unusual to feel that way. God made us with a need for margin in our lives, thus

the commandment about Sabbath or rest.

We all have the same amount of time in a day, but how we choose to spend it is up to us. I believe that God would like for us to utilize our time in such a way that we have thought about and structured our lives with time for God, worship



and other important people. Consider that you may spend 1/3 of your life sleeping, 1/3 of your life *at least* working and the other third getting ready for work and relaxing when it's done. If we're not careful and don't keep the concepts of 'margin' or 'Sabbath' in our lives we can miss out on some of the most important reasons we were created....relating with God and with others.

You might think, "Yeah, but Chris you work for a church so surely you commune with God and others easily, naturally and of course you leave PLENTY of margin in your life." To which I can only say, "Hahahahahahahahahahaha." Followed by more "hahahahahahahahahahaha." Ok, so you get the point. Lets suffice it to say it's a difficult commandment

to keep. FOR EVERYONE. And the fact that it's so hard to do might also speak of its importance to our lives. I know I have failed at this at times. I am working at getting better. Which prompts me to ask, "How are you doing at this in your life?" Taking time for your health and relationships? For God and church life? When was the last time

you attended to the things of your spirit? When was the last time you gave yourself permission to enjoy a hobby or creative endeavor? Give yourself an early Valentine's Day gift this year. Give yourself some margin in your life.

**FAMILY MINISTRY****FEBRUARY CALENDAR**

Feb. 2	Snow Tubing	
	Buck Hill	
Feb. 4	Super Bowl	5:15 pm
	Party	
Feb. 7	Confirmation	6:00 pm
Feb. 11	Kidz 2gether	10:30 am
	Worship	
	Bring Your Own	11:30 am
	Board Games	
Feb. 14	Lent Begins	
	Ash Wednesday	
Feb. 16	Parents' Night	5:30 pm
	Out	
Feb. 25:	Bible Bucks	
	Store	
	Confirmation Lunch	

# CHILDREN AND YOUTH

Helping families nurture lifelong disciples of Christ



## CONFIRMATION

In confirmation this past month we learned important things about God:

- ♦ God is one but also a tri-unity of persons. Trinity.
- ♦ God is fully present in the Holy Spirit.
- ♦ The Holy Spirit is symbolized in different metaphors:
  - Wind/breath:** that which moves us and fills us with life.
  - Fire:** that which warms and guides us on our path.
  - Water:** that which cleanses and refreshes us along the journey.
  - Dove:** that which reminds us God is not violent and symbolizes peace.

There are many other metaphors for God's Spirit found in the scriptures. Trusting in the Holy Spirit can be challenging as we listen and feel our way through the world. But God's Spirit is continually with us as a counselor and seal of God's love.

Confirmands are on a path of discovery and learning about the Christian faith in the Methodist tradition.



## CAMPING

United Methodist Camping opportunities are available for summer 2018. Check out the camping options online at <https://www.campminnesota.org/> or find one of the catalogues located around the church. You can also speak with Chris Archer at [elpizosfire@gmail.com](mailto:elpizosfire@gmail.com) or 651-925-4172. Scholarships may be available!



## SAVE THE DATE FOR VACATION BIBLE SCHOOL

Vacation Bible school is returning to St. Paul's UMC in 2018! This year's theme is *Hero Central*. An information meeting will be held in early March. Contact the Director of Family Ministry and Mission, Chris Archer, [elpizosfire@gmail.com](mailto:elpizosfire@gmail.com) or 651-925-4172 for more details on how to sign up your children to attend and for adults to volunteer.

## 2018: A YEAR OF MUSIC

St. Paul's UMC

700 Wesley Lane, Mendota Heights MN 55118

Free, but tickets are required. Call, 651-452-5683.



### HYMNUS ANGELICUS Lenten Vespers

Date: March 4, 2018

Time: 4:00 pm



Don  
Erwin,  
pianist

Date: April 28,  
2018

Time: 7:00 pm

### MINNESOTA FOOD SHARE 2018

The Minnesota Food Share Campaign brings together various community organizations, businesses, and faith communities to help stock nearly 300 food shelves statewide. In 2017, over \$8 million dollars and 4.7 million pounds of food were raised by Minnesota food shelves and Minnesota Food Share.

Our 2018 goal is to help support our mission partner *Neighbors Inc.* by filling five (5) large barrels with food and raise \$500 from February 26<sup>th</sup> through April 8<sup>th</sup>. In addition, our Director of Family Ministry and Mission leader, Chris Archer, has said that if we meet these goals during the time frame he would do one of three crazy things.

- ◆ Color his hair for 30 days. Color to be chosen by the congregation at a later date.
- ◆ Shave off all of his facial hair, including the goatee and mustache.
- ◆ Wear a different suit for four consecutive Sundays in April-May.

The congregation will have an opportunity to vote each Sunday (on the Blue Cards) in worship as to what they would like to see him do. Each blue card will be tallied each week. *You must be present in worship to be counted.*

Bring your items for the bins into the sanctuary every Sunday morning during the dates of the collection. Our children and youth will then place the items in the bins during the offering time.

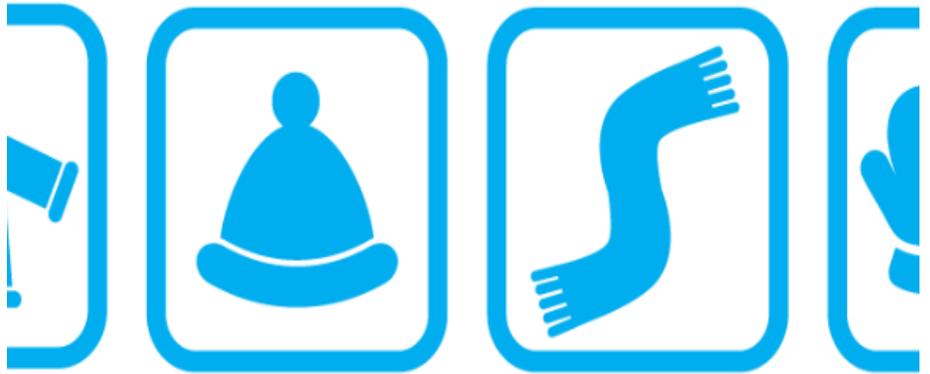
## SUCCESSFUL LEARNING

Helping  
young  
students  
find success



### GARLOUGH ELEMENTARY SCHOOL

The winter clothing collection in January resulted in very generous donations! Huge thanks for the mittens, hats, and jackets which were donated. We also gave Garlough School \$200 to purchase items that are still needed such as boots and snowpants.



## SMALL GROUPS

United with  
purpose



### UMW CIRCLES

#### Rachel

Rachel Circle will meet on February 19<sup>th</sup> at 7:00 pm. Location to be determined. Questions? Contact Barb Jorgenson, 651-414-0054.

#### Rebekah

Please consider joining us on February 21<sup>st</sup> at 11:00 am at church. Questions? Call Beda Lewis at 651-554-3600.

#### Ruth

Ruth Circle will meet February 19<sup>th</sup> at 12:30 pm. Questions? Contact Nancy Kane, 651-457-8376.

### MEN'S GROUP

As the Men's Group January meeting was canceled, our dinner meeting is rescheduled for February 18<sup>th</sup> at 6:30 pm at church. Any questions please contact Dick Robinson at 651-207-8643 or email him at dickrobinson2@msn.com.

# REACHING OUT

Living our faith  
and connecting  
with our  
neighbors



## NEIGHBORS

In 2017, St. Paul's United Methodist Church collected 1,587 pounds of food and \$3,083 in monetary donations.

### The Great Neighbors' Food Fight

Local restaurants compete for the "best burger" title and you can help decide who wins! Purchase a Great Neighbors' Food Fight card and redeem it for one designated burger at each of the seven participating restaurants between February 1 and March 31, 2018. Try them all, then vote online for your favorite. The winning restaurant will be announced in April. Proceeds from the Food Fight card sales will benefit the emergency and supportive service programs at *Neighbors, Inc.*

### 2018 Participating Restaurants:

B-52 Burgers & Brew, BLVD Bar + Grille, Cherokee Tavern, Concord Lanes Bar & Grill, Jersey's Bar & Grill, Mississippi Pub, Perkins West St. Paul.

\$35 per card.

### Applebee's Flapjack Fundraiser

Saturday, February 10<sup>th</sup>, 8:00 – 10:00 am. Address is 5855 Blaine Avenue East, Inver Grove Heights. Tickets are \$10 adult (ages 13 and up) \$8 child (ages 2-12). Menu 3 pancakes, scrambled eggs, 2 pieces of bacon or sausage, coffee, juice and soda. Tickets are at the door on February 10<sup>th</sup>, at Neighbors office, or online at <http://everyeventgives.com/event/pancakesforneighbors>.

## NEIGHBORS INC. FOOD SHELF NEEDS

- soup (any kind, even tomato)
- hygiene products
- chili
- Hamburger Helper
- canned veggies
- canned fruit

## MISSION TRIP SUMMER 2018

This summer St. Paul's UMC will be returning to Spirit Lake Ministry Center to work with our Native brothers and sisters in North Dakota. This will be an intergenerational mission trip taking both youth in our confirmation program and also older adults. This trip will offer many different kinds of mission activities including things for the highly skilled and mostly unskilled. Contact Chris Archer, The Director of Mission, at [elpizosfire@gmail.com](mailto:elpizosfire@gmail.com) or 651-452-5683 . This mission trio is very affordable, fun and within a day's drive from the Twin Cities. You're invited!

The ever-popular **Potato Bar** will take place on March 11<sup>th</sup>.

This will be a fundraiser for the summer mission trip to Spirit Lake in North Dakota. Please plan to stay and enjoy a delicious baked potato with toppings.



## ADULT EDUCATION, BERTLESEN LIBRARY SUNDAYS, 9:30 am

We will be going back to the Bible in February, "Taking the Bible seriously, but not literally." Using Bible scholar Marcus Borg's *Reading the Bible Again for the First Time*, we will take another look at Israel's Wisdom, the Gospels, Paul, and Revelation. Charles Duddingston will lead discussions, making the Scriptures relevant to today. February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>. Please join us!

## ADULT EDUCATION WEDNESDAY BOOK GROUP

Beginning on Wednesday, February 21<sup>st</sup>, noon, you are invited to discuss David Brook's book, *The Road to Character*. Brooks writes a column for the New York Times and teaches at Yale. This is a best selling down to earth book on achieving true character. Owning a book is not necessary, though public libraries and mail orders are available. We will meet in the Fellowship Hall at noon. Bring a sandwich. Charles Duddingston will lead the program, which will run for several Wednesdays.

## ASH WEDNESDAY SERVICE FEBRUARY 14<sup>th</sup>

12:30—1:00 pm

Ash Wednesday is the day which begins the season of Lent, a forty day time of fasting and repentance that prepares us for the celebration of Easter. We will observe Ash Wednesday with the imposition of ashes (tracing the cross on the forehead or back of hand) as a symbol of repentance and mortality. The word repentance means "turning," and Lent is a season for turning *away from* mistakes, sins, and bad habits and *turning toward* a focus on love of God and neighbor and healthy practice of spiritual disciplines. In preparation for Lent, please reflect on your life and consider ways that God may be directing you to turn. Are there things that you need to set down during Lent? Are there holy habits on which you need to begin? Please join us at 12:30 pm for this time of making a new start.

## LEISURE AGE LUNCHEON WEDNESDAY, FEBRUARY 14<sup>th</sup>

All St. Paul's UMC family who are age 60 and above are invited to a free Leisure Age Luncheon on Ash Wednesday, February 14<sup>th</sup>, 11:30 am, at church. Reservations required—call Nancy Kane, 651-457-8376. Deadline is Sunday, February 11<sup>th</sup>.

Ash Wednesday Service will follow at 12:30 pm.

## WHAT IS LENT AND WHY DOES IT LAST FORTY DAYS?

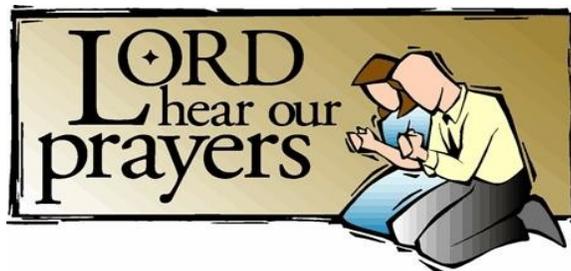


Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

<http://www.umc.org/what-we-believe/what-is-lent-and-why-does-it-last-forty-days>



**Please pray for the following:**

**Joys:**

Stephen Frame's Boy Scout Eagle Court of Honor at Bethesda Lutheran Church, 2855 47<sup>th</sup> St. E., Inver Grove Heights, January 28<sup>th</sup>, 2:00 – 4:00 pm

Safe travels

Successful Blood Drive

**Deaths:**

Grace Grinager Winter, John Grinager's aunt, 96, January 2<sup>nd</sup>

Gloria Franson, Nick Anderson's grandma, December 30<sup>th</sup>

Norman Scott Duddingston, December 24<sup>th</sup>

**Health Concerns:**

Don Halver's brother, Gene, recovering from broken hip surgery

Nancy Grinager's sister, Liz, and sister-in-law, Dedra, both diagnosed with cancer

Cheryl Anderson's sister, Shirley, as she transitions between the hospital and Walker

Bob Wilson recovering at Southview Transitional Care

Bill Gydesen, for strength and healing during physical therapy

Loye Eckman's Norwegian cousin's husband, Joern, recovering from cancer surgery

Norma Deitner's great granddaughter and Carol Rix's grand niece, Kalia, continued healing after heart surgery

Diane Edgell's sister and Willis' sister-in-law, Darlene, diagnosed with pancreatic cancer

Chuck and Dawn Everling's friend, Jane, in home hospice care with cancer

Willis and Diane Edgell's niece, Tracy, with cancer

Jo Reck's friend, John, recovering from triple bypass surgery and for his wife, Paula; friend, Walter recovering from a kidney transplant

John Moffitt, Jerry's twin, dealing with pain after hip surgery last winter

Yeen Chong's co-worker, Clara, with leukemia

Jo Daugherty and Della Relation for health concerns and continued healing

**Additional:**

For addicts still suffering

For jobs

Families

For guidance and patience of God's will in career direction

For all who mourn

World peace

Harmony in families

That children will reunite with their mother

*Please call the office with joys and concerns.*



## SUNDAY SCHEDULE

Education Hour for All 9:30 am  
Worship: 10:30 am

## 2<sup>nd</sup> SUNDAYS SCHEDULE

Education Hour for All: 9:30 am  
Kidz 2gether Worship: 10:30 am  
Brunch: 11:30 am

Communion will be offered the 1<sup>st</sup>  
and 2<sup>nd</sup> Sundays of every month.

## OFFICE HOURS:

Monday - Friday: 8:00 am - noon

## CHRIS' OFFICE HOURS:

Monday - Thursday, 8:00 am -  
5:00 pm

## CHURCH COUNCIL CHAIR:

Leslie Watkins

## ST. PAUL'S STAFF:

**Pastor:** Rev. Amy Jo Bur,  
*pastor@stpaulsmn.org*

**Director of Family and Mission  
Ministries,** Chris Archer,  
*elpizofire@gmail.com*

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

**Administrative Assistant:** Diane  
Pelinka, *info@stpaulsmn.org*



## Dale Fletcher preferred email:

*DaleFletcher7@icloud.com*

## grat-i-tude

[grat i tood]

*noun*

the quality of being  
thankful; readiness  
to show appreciation  
for and to return  
kindness

Dear Friends in Mission (UMW):  
Thank you for your gift received  
on 12/1/17 of \$500 to the General  
Board on Ministries through the  
Advance, the designated mission  
giving channel of the United  
Methodist Church.....100% of  
your contribution will support the  
missionary community in honor of  
Disaster Response.....May God  
grant you a sense of hope and joy  
as you continue your support for  
mission. Grace and peace,

*Roland Fernandes,  
General Treasurer,  
General Board of Global  
Ministries*

Our sincere thank you for the  
generous donation you made to us  
in Dec. 2017. Your donation of  
176 pounds of groceries to our  
food shelf is greatly appreciated.  
Many of your neighbors will  
benefit as a result of these gifts  
from your heart. Thank you for  
being part of the Neighbors'  
family! With Gratitude,

*Beth Skwira, Dir. Of Dev.*

Thank you for being such a treas-  
ured friend to FMSC and kids  
around the world. On January 16,  
2018 you gave \$50 to provide 227  
nourishing MannaPack meals that  
are reaching kids in need around  
the world....(entire letter on  
bulletin board)

*Mark Crea, Exec. Dir.  
Feed My Starving Children*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b> 4:00 pm Snow tubing, Buck Hill	<b>3</b> 10:00 am HCI Workshop, Mora 8:30 am <i>Fit Moms 4 Life</i>
<b>4</b> 9:30 am Education Hour for all w/ Adult Ed— 10:30 am Worship w/ Communion 5:15 pm Super Bowl Party 4:30 pm <i>Music Together</i>	<b>5</b> 10:00 am <i>Music Together</i> 6:00 pm Finance Team Mtg	<b>6</b> 6:00 pm <i>Yoga</i>	<b>7</b> 6:00 pm Confirmation 6:00 pm Handbell Choir 7:00 pm Chancel Choir 6:30 pm <i>Al-Anon</i>	<b>8</b> 10:00 am <i>Quilters</i>	<b>9</b>	<b>10</b> 8:30 am <i>Fit Moms 4 Life</i>
<b>11</b> 9:30 am Education Hour 10:30 am Kidz 2gether Worship w/Communion 11:30 am Bring Your Own Board Games 4:30 pm <i>Music Together</i>	<b>12</b> 10:00 am <i>Music Together</i>	<b>13</b> 6:00 pm <i>Yoga</i>	<b>14 Ash Wednesday</b> 11:30 am Leisure Age Luncheon 12:30 pm Ash Wednesday Service 6:30 pm <i>Al-Anon</i>	<b>15</b>	<b>16</b> 5:30 pm Parents' Night Out Newsletter Deadline	<b>17</b> 8:30 am <i>Fit Moms 4 Life</i>
<b>18</b> 9:30 am Education Hour 10:30 am Worship w/ Mission Moment 4:30 pm <i>Music Together</i> 6:30 pm Men's Group, church	<b>19</b> 10:00 am <i>Music Together</i> 12:30 pm Ruth Circle, church 7:00 pm Rachel Circle, location TBD 6:45 pm <i>4H</i>	<b>20</b> 5:15 pm Mission Team Mtg 6:00 pm <i>Yoga</i>	<b>21</b> 11:00 am Rebekah Circle, church 12:00 pm Wednesday Book Group 6:00 pm Handbell Choir 7:00 pm Chancel Choir 6:30 pm <i>Al-Anon</i>	<b>22</b>	<b>23</b>	<b>24</b> 8:30 am <i>Fit Moms 4 Life</i>
<b>25</b> 9:30 am Education Hour w/ Bible Bucks Store 10:30 am Worship 11:30 am Confirmation Lunch 4:30 pm <i>Music Together</i>	<b>26</b> 10:00 am <i>Music Together</i>	<b>27</b> 6:00 pm <i>Yoga</i>	<b>28</b> 12:00 pm Wednesday Book Group 6:00 pm Handbell Choir 7:00 pm Chancel Choir 6:30 pm <i>Al-Anon</i>			

**St. Paul's United Methodist Church**

700 Wesley Lane  
Mendota Heights MN 55118

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

**ASH WEDNESDAY  
SERVICE  
February 14<sup>th</sup>  
12:30—1:00 pm**

