



Faith in Action

Faith United Methodist Church
1530 Oakdale Avenue
West St. Paul MN 55118
(651) 457-5686
Faihumc@usfamily.net

"Grounded in Christ, open to make a difference – together"

August 2013

Evenings at Covington

Community outreach is one of the goals identified by the visioning team for our church. We have had a wonderful time at Covington Court Apartments in June and July: we have eaten with our neighbors, played games and watched a movie— **and** we have another opportunity to enjoy being with our Covington friends this summer: our final 'Evening at Covington' will be **Friday evening, August 16**. If you are able to help, please contact Barbara Schroeder at 651-554-9365 to let her know if you can attend. Thank you for your consideration. (Located at 364 Marie Ave. E. in West St. Paul)



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GARAGE SALE AUGUST 16-17



Our great garage sale is **Friday, Aug. 16** from 9:00 a.m.—6:00 p.m. and **Saturday, Aug. 17** from 9:00 a.m. until noon. Please bring your garage sale donations to the church **at this time**. We accept donations up to and including early morning of the day of the sale. If you have questions, please call Linda Cox at 651-778-8090.

Coming this Fall

Rally Day – Sunday, Sept. 8: We will resume our regular church schedule of programs. Sunday School for youth and children will start, and the Sanctuary Choir will begin the fall season.

Children's Sunday School this year will be divided into 3 groups: pre-school & children; Grades 1-5; and 6th grade and up. Classes will begin at 9:45 a.m. — after children's time in worship.

Adult Sunday School: Starting Sunday, September 15 at 10:50 a.m. Gil Kinnunen will lead a new 3-week class during adult education hour. The class will explore the history and origin of the many hymns that are so great a part of our faith.

Confirmation: This fall Confirmation will be available for anyone in 7th grade and older on **Wednesday evenings beginning September 11**. Be watching the website www.faihumcm.com and the September newsletter for more details.



August Birthdays

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8/5 — Peggy Spatafore
Anthony Yekaldo
8/6 — Kathy Johnson
8/9 — Deborah Pate
8/11 — Daniel Bonkowske
8/13 — Kaden Emery
Greg Nelson, Jr.
Rose Marie Nelson
8/14 — Anthony Cavin
Elizabeth Lukas
Marsha Spatafore
8/15 — Joseph Spatafore

8/17 — Raymond Fjerstad
Claudia Sanchez
8/19 — Kasey Kropp
Linnea Rostad
8/20 — Richard G. Espeseth
8/21 — Carol Ward
8/23 — Rebekah Bell
8/24 — Samantha Kropp
Roseanne Larsen
John Willocks
8/26 — Ronald Brummund
8/29 — Terri Bougue

- If your birthday is missing or listed incorrectly, contact the church office for additions/changes. Happy Birthday, everyone! •

Thank you to and for during June & July...

- **Greeters:** Taffy Storck, Marti Kemp, Barbara Schroeder, Laurel Venhuizen, Maryanne Maurer, Dawn Kinnunen, and Lynn Bonkowske
- **Liturgists:** Barbara Schroeder, Linda Cox, Pat Giorgini, Sharon Yekaldo, John Kemp, Carol Schuldt, Gil Kinnunen, and Ann Beardshear
- **Serving refreshments:** Paul & Pat Williams, Judy Turk, and Linda Cox
- **Communion Stewards:** Judy Pfenning, and Sharon Yekaldo
- **Dear Donors** from Faith UMC, Our sincere thank you for the generous donation of 185 lbs. of food items you made to us during May and June 2013. . . —*Neighbors, Inc. Staff and Volunteers*

Did you know... that Bruce and Lee Opp planted and care for the plants by the brick church sign? Be sure to thank them.

Are you able to help maintain the church lawn?



We are looking for volunteers willing to mow the church lawn yet this summer. We have **two riding lawn mowers** so you and a friend or spouse can mow together if you wish. To volunteer, contact Lynn Bonkowske at 651-455-6542 or bonkowske1@msn.com.



Steps on the Journey

These last few weeks as I have been recovering from my surgery, it has been difficult for me to do one of the things I enjoy the most – reading. The one book I have been able to read is **Help, Thanks, Wow: The Three Essential Prayers** by Anne Lamott. I have appreciated Anne Lamott's writing on her spiritual life for a number of years. She speaks from her heart about how faith, God and life intersect. She uses her life filled with ups and downs, laughter and tears to speak about her faith. In **Help, Thanks, Wow** she writes about the three prayers we need most – asking for assistance, appreciating the good we witness, and feeling awe at the world.

This has gotten me to thinking about those prayers in my own life. Those prayers of assistance from God seem to come on a regular basis. Sometimes it is related to something in my own life or in the lives of people I love and care about. Sometimes it seems like something so major I am not sure how I will get through it without God. Other times when I look back it seems to be a minor cry for help. When I stop and reflect I can see the answers to those cries for help, they were not always what I was looking for but in the long run they were what were needed.

When I think about those prayers that appreciate the good we see I realize that I have

to keep working on developing those eyes for seeing the goodness and the attitude of gratitude and thanks in all aspects of my life. Sometimes I get too bogged down in the little details that I miss the good things, the picture from a grandson, the call or note from a friend saying just what I needed to hear. I need to keep praying those prayers of thanks.

The awe in the world is all around if we pause long enough to take it in. Those moments when our breath is taken away by something we didn't expect or dream of. The other night it was the way the moon and clouds played with each other to create a moment of wonder. Do I pause and allow myself to be astounded at what God is doing?

In these days ahead I invite you to think about your prayer life. When do you ask for help and what do you expect? When do you give thanks for the goodness around you? And when do you stand in awe of the wonder all around us? They are all steps on our journey of faith.

Peace in Christ,

Gail

Congregational Care Concerns:

- ♦ **Elsie Brown** is at Augustana Health Care Center in Hastings, recovering from a broken leg.
- ♦ **Caroline Pippert** had surgery and is now at home recuperating.

Ongoing Concerns: *(these will be listed for 3 months and then removed. If you wish for them to remain on the list longer, please contact the church office.)*

- ♦ **Benjamin Brummund**, son of Ron Brummund, Jr., continues to struggle with health problems.
- ♦ **Vi Rabe**, Marianne Young's mother, in hospice.

Concerns beyond our doors:

- ♦ Those separated from family
- ♦ Those living with degenerative conditions
- ♦ Those who are hungry
- ♦ Those who have lost jobs or their homes
- ♦ Those who struggle due to natural disasters
- ♦ Those who grieve
- ♦ Those who are uncertain about the future

Those serving in the military:

- ♦ **Ron Brummund, Jr.** is at Fort Lee in Virginia
- ♦ **Paul DeNardo** is in Tucson, Arizona, where his family has joined him

To Whom we Extend our Sympathy:

- ♦ **Colleen Spadaccini**, on the death of her sister-in-law.
- ♦ **Tammy & Ron Brummund**, on the death of Tammy's grandmother.

We Congratulate:

- ♦ **Pete & Christina DeNardo** on the birth of their daughter, Charlotte Bernice, born on Friday, June 14. She weighed 6 lbs. 4 oz.
- ♦ **Katherine & Corey Worden** on the birth of their son, Mason Charles, born on Tuesday, July 16, weighing 7 lbs. 7 oz.

(Extended congratulations to grandparents respectively: Lori and Dick DeNardo; Sharon and Tony Yekaldo)

August Money Pot Donations

♦ **The Money Pot** welcomes your change! If you have loose change, take it off your hands on Sunday or any time during the week and support the offering of the month. In August, Money Pot donations go to support Neighbors, Inc. for school supplies and underwear. You may place money in the pot or bring school items or new underwear (in original packaging only, please) to Faith. We will then give the money and supplies to Neighbors for their distribution.



The Prayer Chain is active. If you have a prayer concern, contact Esther Craine at 651-457-6959. Please also contact the pastor so she knows what is going out over the prayer chain. If you wish to be involved in this ministry please speak with Pastor Gail.

Hospital Calls: If you learn someone is hospitalized, please contact the church office or Pastor Gail. With new privacy laws, hospitals no longer call when a member is admitted. We would rather have several calls telling us of someone's hospitalization than not to know. Thank you.

For your times of devotion during August:

Remember to pick up the **NEWEST issues** of the devotional publications: The Upper Room (regular or large print), Alive Now, & Pockets. These booklets are found on the table by the parking lot door.



The Narthex (lobby) is looking a little drab these days, and you have the chance to help brighten it up! In preparing for the fall season, the Inviting Team is asking for help painting the Narthex. The project will begin Sunday afternoon, August 18; we will clean and prep the space for painting to begin on Monday, August 19, to hopefully be completed by Wednesday of that week. A sign-up sheet will be available in the office (so we have some idea when people might be able to come). Food will be available for breaks and meals. We have limited supplies of brushes, rollers, paint trays, and drop clothes, so if you can bring any of these items, please do. For more information, talk to Gil Kinnunen, 651-451-2556 or Pastor Gail, 651-457-5686.



Vacation

Pastor Gail is on vacation until August 5; she will then attend the

NCJ Urban Network from August 6-9. Susan will take a few days of vacation later in the summer when plans are finalized.

MAKE A DIFFERENCE

difference /'diferəns / [dif-er-uhns]

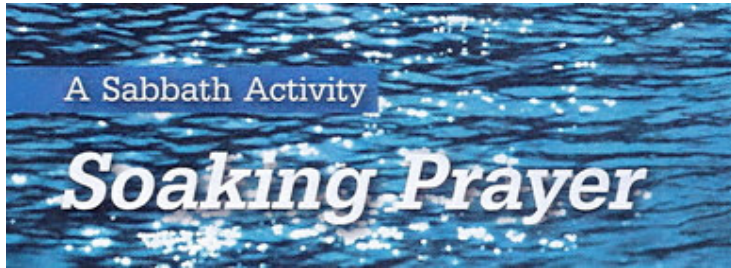
Changing lives with a side of fries

Do you like good food? Do you want to encourage those hungry for a major change in their lives? If so, then eating at the **Daily Diner Frogtown** is the place for you. Daily Diner Frogtown is much more than a typical restaurant — it's where good food and good deeds go together like burgers & fries. As an outreach of Union Gospel Mission, the eatery not only serves the finest breakfast, lunch and dinner along University Avenue, it also offerings a fresh start for people as they transition out of homelessness and poverty.

The restaurant is the result of a strategic collaboration of the Union Gospel Mission with area hospitality industry experts. Utilizing the Our Daily Bread vocational-training program, the Mission teaches real-world food service skills to its students, equipping them with the tools necessary to work in the hospitality industry when they graduate. At the Daily Diner, students learn time management, customer service, multitasking, and kitchen skills and practice these skills in a full-service restaurant setting, working alongside professional hospitality staff. Mastering these skills gives students the confidence and hope needed to permanently transition out of dependency into self-sufficiency. While they learn to feed others, the students gain the knowledge, courage, and strength to feed themselves for a lifetime. Upon graduation, each trainee will have gained the skills necessary not only to find a job, but to keep it.

So if you are looking for a great place to eat food made from scratch— including broasted chicken, pulled pork sandwiches, scrumptious salads, tasty appetizers, big breakfasts, and desserts— head over to the Daily Diner Frogtown and enjoy yourself. The diner is located at 615 University Avenue West (corner of University and Dale). **Diner hours:** Monday–Saturday 7:00 a.m.–9:00 p.m. and Sunday 10:00 a.m.–3:00 p.m. Visit their website and view menus at www.dailydinerfrogtown.com





Lay aside all intensive prayer and reading. Lay aside intercessory prayer for a while. (God will take care of those for whom you pray as you rest.) Make your body comfortable and at rest, whether on a bed, a deep chair, on the floor, or on the ground.

With thee is the fountain of life: in thy light shall we see light (Ps. 36:9, KJV).

Think of God's warmth and light surrounding you, as if you lie in the sun or a pool of water. If this image seems too warm or confining, think of yourself in a cool, blue lake or lying on the beach with the ocean waves gently washing over you. Or you may wish to think of yourself as an underwater reed, slowly swaying in the water currents, or as a flexible tree rocking in the breeze. Some other image may come. You may wish to let your own body slowly and gently rock from side to side as if you were being cradled.

Or you may just wish to lie very still and let God's light and breath flow slowly and deeply into every part of your body, saturating you just as water saturates a sponge. Your whole self is washed in God's presence.

This prayer can last for fifteen minutes or for several hours. Let it send you into sleep if you wish.

If you are seriously fatigued or ill, let this be your only form of prayer for a while—maybe for weeks. I have known people who were healed of illness while using this form of prayer. I strongly advise at least a few minutes of this form of prayer each day to prevent exhaustion.

Adapted from *Feed My Shepherds: Spiritual Healing and Renewal for Those in Christian Leadership* by Flora Slosson Wuellner. Copyright © 1998 by the author. Used with permission of Upper Room Books.

Summer Meal Program Update

On July 16, 17, and 18, seven volunteers from Faith UMC participated in the Neighbors, Inc. Summer Meals program, serving breakfast & lunch daily to 230 summer school students at Garlough Elementary School in West St. Paul (1,327 meals over three days). Faith volunteers included Ann Beardshear, Lori DeNardo, Marti Kemp, Gil Kinnunen, Barb Schroeder, Carol Schuldt, and Laurel Venhuizen. Faith UMC has participated in the Neighbors, Inc. Summer Meals program for five years.



Thank You!

August 2013 Worship Schedule

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August 4 — 11th Sunday after Pentecost — Sacrament of Holy Communion

Scripture Readings: Hosea 11:1-11; Psalm 107; Colossians 3:1-11; Luke 12:13-21

Sermon by Rev. Dana Scopatz

Greeter: Taffy Storck

Lay Reader: Bill Bonkowske

Fellowship Time host: Judy Turk

Communion Steward: Karen Cohoes

August 11 — 12th Sunday after Pentecost

Scripture Readings: Isaiah 1:1,10-20; Psalm 50; Hebrews 11:1-3, 8-16; Luke 12:32-40

Sermon by Rev. Dana Scopatz

Greeter: Bernice Killian

Lay Reader: Charles Beardshear

Fellowship Time host:

August 18 — 13th Sunday after Pentecost

Scripture Readings: Isaiah 5:1-7; Psalm 80; Hebrews 11:29—12:2; Luke 12:49-56

Sermon Title: "History of Our Faith"

Greeter:

Lay Reader: Barbara Schroeder

Fellowship Time host: Judy Turk

August 25 — 14th Sunday after Pentecost

Scripture Readings: Jeremiah 1:4-10; Psalm 71; Hebrews 12:18-29; Luke 13:10-17

Sermon Title: "Being Made Straight"

Greeter:

Lay Reader: John Kemp

Fellowship Time host:

"First Sunday of the Month Food Drive"

The first Sunday of each month we invite you to bring canned and non-perishable goods for the Neighbors' Food Shelf. As we are fed at communion, we are invited to feed others. The items most needed at this time: peanut butter, jelly, pancake mix and syrup, Ramen noodles, toilet paper, chili and beef stew, Hamburger Helper, juice, and Jell-O. Monetary donations are also welcome.



neighbors, inc.

Food Collection

August 2013 Calendar

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Sat. 8/3	8:00 a.m.	Men's Breakfast	Mon. 8/26	10:00a.m.	Craft Group
Sun. 8/4	9:30 a.m.	Worship	Wed. 8/28	4:00 p.m.	Confirmation
	10:30 a.m.	Fellowship Time	Sat. 8/31	8:00 a.m.	Men's Breakfast
	10:50 a.m.	Adult Sunday School	Sun. 9/1	9:30 a.m.	Worship
Mon. 8/5	10:00 a.m.	Craft Group		10:30 a.m.	Fellowship Time
Sun. 8/11	9:30 a.m.	Worship		10:50 a.m.	Adult Sunday School
	10:30 a.m.	Fellowship Time	Wed. 9/4	6:00 p.m.	Board of Trustees
	10:50 a.m.	Adult Sunday School		7:00 p.m.	Choir Rehearsal
	10:50 a.m.	Outreach Committee	Thurs. 9/5	6:00 p.m.	Finance Committee
Mon. 8/12	10:00 a.m.	Craft Group		7:00 p.m.	Church Council
Thurs. 8/15	11:00 a.m.	Mobile Meals	Sun. 9/8	9:30 a.m.	Worship
	6:30 p.m.	Balcony Team		9:45 a.m.	Children's Sunday School
Fri. 8/16	9:00 a.m.—6:00 p.m.	Garage Sale		10:30 a.m.	Fellowship Time
	8:00 p.m.	Movies at Covington	Mon. 9/9	10:00 a.m.	Craft Group
Sat. 8/17	8:00 a.m.	Men's Breakfast	Wed. 9/11	4:30 p.m.	United Methodist Women
	9:00 a.m.—12 noon	Garage Sale		7:00 p.m.	Confirmation
	9:30 a.m.	Worship		7:00 p.m.	Choir Rehearsal
Sun. 8/18	10:30 a.m.	Fellowship Time	Thurs. 9/12	11:00 a.m.	Mobile Meals
	10:50 a.m.	Adult Sunday School		7:00 p.m.	Staff Parish Relations
	10:50 a.m.	Worship Committee			Committee
Sun.—Wed. (8/18—21)		Narthex Painting	Sat. 9/14	8:00 a.m.	Men's Breakfast
Mon. 8/19	10:00 a.m.	Craft Group	Sun. 9/15	9:30 a.m.	Worship
Tues. 8/20	3:00 p.m.	Inviting Team		9:45 a.m.	Children's Sunday School
Sun. 8/25	9:30 a.m.	Worship		10:30 a.m.	Fellowship Time
	10:30 a.m.	Fellowship Time		10:50 a.m.	Adult Sunday School
	10:50 a.m.	Adult Sunday School			



Men's Breakfast

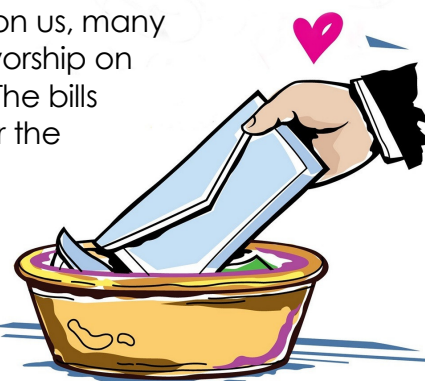
The Men's Breakfast Group will meet on the Saturdays of **8/3, 8/17, 8/31, & 9/14** at the Fireside Lounge, 1288 South Robert Street starting at 8:00am. All men are welcome to join us!

For more information, please contact Bill Short at bill.short@ci.white-bear-township.mn.us or 651-552-0736.

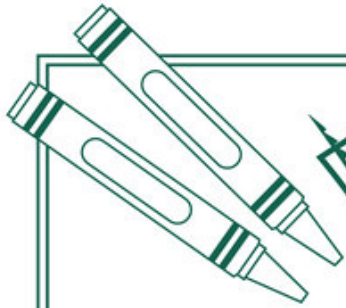


Financial Giving

With summer upon us, many of us are not in worship on a regular basis. The bills and expenses for the church continue all summer long. Please keep your financial giving current.



KIDS IN SEARCH



PUZZLE

GOD'S LIGHT

Summer's long days can remind us of our Creator, who made the sun and wants us to live in his light.



Directions: First, write the opposite of each word in parentheses. Then use the Word Bank words, in order, to complete 1 John 1:5-7, NIV.

WORD BANK: is in is at if in as is in with

God _____; _____
(dark) (her)

there _____ ness _____
(yes) (light) (none)

But _____ we _____ the _____,
(run) (dark)

_____ the _____,
(she) (dark)

we have fellowship _____ one another. ...

1 John 1:5-7, NIV

Answer: God is light; in him there is no darkness at all. ... But if we walk in the light, as he is in the light, we have fellowship with one another. (1 John 1:5-7, NIV)



Sometimes we resist the light of Christ. But when his light touches us, we can then share it with others. Play this fun game on a summer night to remember how Christ's light shines in the world.

What you need:

- Friends
- Safe open space outdoors
- A flashlight for each player

How to play:

1. Choose one person to be the Tagger, known as the Light. Only that person can have his or her flashlight on.
2. The Light tries to shine his or her flashlight on other players, who run around and try to hide in the darkness.
3. Once players have been touched by the Light, they turn on their flashlights and join in, trying to shine on others.
4. Play until everyone has been tagged by the Light. Repeat, giving everyone a turn to be the Light.



FAITH UNITED METHODIST CHURCH
1530 Oakdale Ave.
West St. Paul MN 55118

August 2013

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Summer Worship Schedule

ADDRESS SERVICE REQUESTED

We invite you to join us this Sunday for
worship, study and fellowship:

- Worship — 9:30 a.m.
- Fellowship time — 10:30 a.m.
- Adult Sunday School — 10:50 a.m.



United Methodism 101 (UM101): *This online course is designed for new United Methodists and anyone wanting to know more about the denomination. Are you a lifelong or long-term Methodist? You may be surprised at what you can learn about our denomination. Start each course when it best fits your schedule and move at your own pace. Each course includes six weeks of instruction. A course facilitator will respond to your work and answer questions via forums. The course includes 4 modules that contain many interactive features. Each module takes about 1 hour to complete. You can move through the modules at your own pace.*

Course Cost: \$ 9.99

Upcoming 2013 Online Course Dates:

- **August 21 - October 2, 2013** *Registration is open through Wed. August 14 — a limited number of virtual seats are available and are first come, first serve. Seats will no longer be available after the course is full or after August 14.*
- **October 16 - November 27, 2013**

What will I learn?

Throughout the course, divided into 4 parts, you'll explore the following areas of interest: United Methodist History; Theology and Beliefs of the United Methodist Church; Organization and Governance; Present and Future Challenges

What can I expect?

This course is interactive. You can move at your own pace. We use discussion forums, quizzes and other activities for a class that's engaging and hands-on.

How to register: <http://shop.umc.org/product/productinfo/united-methodism-101-online-course-june-2013/1756?cid=18>

To purchase the Offline Version: <http://shop.umc.org/training/united-methodist-basics/united-methodism-101-kit>

The course blends audio, video, and written materials into a fast-moving interactive learning experience— ideal for both groups & individuals wanting to increase their understanding of United Methodism. Each kit includes 5 identical CDs and one leader's guide. Additional CDs are available separately.

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