



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

Faith in *Action*

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

May 2020

COMINGS & GOINGS



- **Sunday, June 7** will be Pastor Gail's last Sunday to lead worship.
Please watch for details about the day.
- **Sunday, June 28** will be Pastor Marianne Ozanne's first Sunday with us.
Please watch for opportunities to meet her and get to know her.

My Purpose

God has created me to do Him
some definite service ...
I have my mission ... He has not
created me for naught.
I shall do good; I shall do His work...
I will trust Him, whatever I am,
I can never be thrown away.
If I am in sickness,
my sickness may serve Him,
in perplexity,
my perplexity may serve Him.
If I am in sorrow,
my sorrow may serve Him.
He does nothing in vain ...
He knows what He is about.

—John Henry Newman



How Does Our Garden Grow?

Snow is gone, lawns are turning green, trees are budding, and our attention turns to gardening—cautiously, of course. We still could experience a frost, and the ground temperature isn't quite where it should be. Serious gardeners advise, "No planting until after Mother's Day." The more cautious among them say, "No planting until Memorial Day." Faith UMC's 10th annual Neighbors, Inc. Food Shelf Garden will be prepared and planted somewhere between the two holidays.

Like last year, our garden will be a combination of straw bales and soil. We'll plant tomatoes, green beans, cucumbers, peppers, squash, onions, and lots of herbs. And we'll do a little experimenting with a few vegetables we haven't tried before. Got to keep it interesting.

Last year, our church garden plus "satellite" gardens from members and friends produced 497 pounds of vegetables for Neighbors, Inc., with a market value of \$1,521 (based on average cost of vegetables from neighborhood grocery stores)—both all-time records.

Here's to another record-breaking year in 2020!

If you wish to be part of the gardening team this year, please contact Dawn Kinnunen (651-278-7394, dawnella1974@gmail.com) or Gil Kinnunen (651-428-3959, gilogram@gmail.com).



5/2 — John Kemp	5/11 — Louise Gross	5/24 — Lisa Ann Boelter
5/3 — Norma Nitti	5/11 — Gloria Gurtin	5/26 — Chad Emery
5/4 — Dawn Kinnunen	5/14 — Carmen Lutgen	5/27 — Dan Miller
5/4 — Sheri Lukas	5/15 — Jody Sielski	5/28 — Timothy Pippert
5/6 — Christina Yekaldo	5/20 — Amber Palmer	5/29 — Ruth Martin
5/8 — Judy Pfenning	5/21 — Jenny Kranz	5/30 — Matthew Palmer

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

Tips for when the command 'do not be anxious' is hard

Even when the Rev. John Stephens quotes the Apostle Paul's writings in Philippians 4:6 that say, "Do not be anxious about anything," the Houston area pastor recognizes the struggle. "One of the hardest commands is not to worry about anything," says Stephens, senior pastor at **Chapelwood United Methodist Church** in Chapelwood, Texas. "Worry is constantly deconstructing us, fragmenting us. We are distracted and scattered." Although anxiety is an understandable byproduct in a world living with the Coronavirus pandemic, some United Methodist pastors say it's possible to limit or eliminate the fear and worry that threaten many. "People think peace is when all things get resolved," Stephens comments. "That's not what peace is. If you're just talking about the circumstances changing, then that's relief. Peace is a state of being and only God can give peace."



Anxiety is an understandable byproduct of the COVID-19 pandemic, but there are ways to minimize the fear. Photo by Andrew Neel from Pexels

The Apostle Paul prescribes prayer

So, where does that process begin and how? Scripture tells us, in the second part of verse 6, "...by prayer and petition, with thanksgiving, present your requests to God."

"I think Paul is giving us a prescription for taking the worry and getting us to the peace, the oneness and the unity with God," Stephens teaches. When Stephens talks to his congregation about prayer, he usually directs them to a couple of types of praying: centering prayer, which can involve praying Scripture (also called *Lectio Divina*); and contemplative prayer, which involves sitting and listening to God. The purpose of the prayers, he says, is to "move yourself out of the way."

In addition to praying, the apostle also suggests, in verse 8, to redirect your thoughts, writing, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things." "Paul wasn't a psychologist, but there is all of this science about (your brain's) neuropathways and how changing your thoughts can change your neuropathways," says Stephens, adding that he believes Paul is telling us to think positively. ...

The above is a portion of a feature by Crystal Caviness on the UMC website. For the remainder of the article and tips on helping to cope, please visit <https://www.umc.org/en/content/tips-for-when-the-command-do-not-be-anxious-is-hard>.

Congregational Care Concerns:

- ♦ **Matt Solheid** (Bill and Lynn Bonkowske's son-in-law) is going through a series of treatments for Leukemia. Please remember Matt, Chris, and the girls in your prayers.

Care Centers:

- ♦ **Colleen Spadaccini** – *White Pine, Mendota Heights*

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.

Concerns Beyond our Doors:

- ♦ Those being persecuted for their faith
- ♦ 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



Mission Well Offering

The Mission Well welcomes your change! If you have loose change, take it off your hands on Sunday or any time during the week and help support the offering of the month.



The May Mission Offering supports the Love Offering. This year the Love Offering will go to Simpson Housing (40%), Emma Norton (40%), Joyce Uptown Food Shelf (10%) and Volunteer in Mission Scholarships (10%). You can put money in the Mission Well located in the lobby.



The Prayer Chain is active. If you have a prayer concern, please contact the church office. If unable to reach Susan or Pastor Gail in the church office, please contact Sharon Yekaldo at 651-455-4770; if she is not available contact Carol Schuldt, 651-306-0542. Please make sure the pastor knows so she can respond to pastoral care needs, and knows what is going out over the telephone prayer chain so it can be sent to the e-mail prayer chain as well. If you wish to be involved in this ministry by being either on the telephone chain or the e-mail chain, please speak to 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: Remember to pick up the **NEWEST issue** of the devotional *The Upper Room* (daily readings in regular or large print). This booklet is found on the table by the parking lot door.



Steps on the Journey

This has been the most interesting spring. It has been seven weeks since we have gathered for in person worship. I have missed your faces and the chance to talk together. The smiles and the handshakes, the care I have watched you give each other have all been precious memories.

With this newsletter I am writing my last "Steps on the Journey" article. We have made many steps together. We have walked along way in the last eleven years. These steps have been filled with joy and laughter; tears and sorrow.

But there are more steps to be taken, more time to travel. But we will be doing them separately. I will be traveling on my journey and you will be traveling on yours. I will be excited to hear about your journey as I read the newsletter and the website. I will continue to pray for you each day as I Have since I came.

Faith Church has been a wonderful place to be in ministry with wonderful people. You have been kind and gracious to me and my family. You have pushed and challenged me to grow and to continue to see the dreams God is laying before us. I can think of no place I would rather have been appointed.

But I am excited about your future. I am excited about the coming of Rev. Marianne Ozanne as your pastor. She brings gifts and skills to help you take more steps on your journey. She will help you dream the dreams God is laying on your hearts and go the places God is calling you.

I celebrate the new possibilities that lay before you. My wish for you has always been and will continue to be that you will be all God is calling you to be.

I hope you feel the feel the excitement and energy that God is bringing forth.

*Peace in Christ,
Gail*



Lawn Mowing Time



It's finally starting to get green outside again! It is time to again think about lawn mowing. Remember, the church has two riding mowers so more than one person can sign up for a week. If you can help mow the church yard this

spring, please contact Mike Schwendinger at vikesfan01@gmail.com or call the church office at 651-457-5686.

New Church Directory

The office is putting the final touches on a new church directory. Our hope is to have it come out by the end of May. If there is any

new information you would like to be in the directory, such as address, phone number, etc. please contact us at 651-457-5686.



Giving

Thank you for your generous gifts during the month of April. Your generosity has helped us enormously. We have been able to pay all our current bills except the apportionments which will be paid in the next couple weeks. Thank you again.



— The Finance Committee

MAKE A DIFFERENCE

diff-er-ence /'dɪfərəns / [dɪf-er-uhns]

Love Offering 2020



THIS YEAR our Love Offering for Missions will go to four different places: Simpson Housing (40%), Emma Norton (40%), Joyce Uptown Food Shelf (10%) and Volunteer in Mission Scholarships (10%). time participants. See the enclosed brochure for more information.

Change agents

A cartoon depicts a man at a podium firing up a crowd. "Who wants *change*?" he shouts. You can almost hear the excitement and urgency. "We do!" the listeners cry, all raising their hands.

But the next frame features a follow-up question: "Who wants *to change*?" The audience is silent and somber, with their hands down.

The gospel Jesus announced and lived out promises monumental change: life instead of death, healing from sickness, hope to replace despair, peace and justice instead of war and oppression. Although God could wave his hand and make the world perfect, he chooses to work through humans. That means we must be willing to change too.

Change can be scary, but God's newness will so transform the world — and us — that we'll never miss our old, broken reality.

—Heidi Mann

May 2020 Worship Schedule

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May 3 — 4th Sunday of Easter — “Comfort Food” Liturgy

Scripture Readings: Acts 2:42-47; Psalm 23; I Peter 2:19-25; John 10:1-10

Sermon title: “Who We Are”

May 10 — 5th Sunday of Easter

Scripture Readings: Acts 7:56-60; Psalm 31; I Peter 2:2-10; John 14:1-14

Sermon title: “Finding the Right Place”

May 17 — 6th Sunday of Easter

Scripture Readings: Acts 17:22-31; Psalm 66; I Peter 3:23-22; John 14:15-21

Sermon title: A Good Lifestyle”

Recognition of our Christian Educators

May 24 — 7th Sunday of Easter

Scripture Readings: Acts 1:1-11; Psalm 68; I Peter 4:12-14, 5:6-11

Sermon title: “The Seasons of Life”

May 31 — Pentecost Sunday — WEAR RED

Scripture Readings: Acts 2:1-21; Psalm 104, I Corinthians 12:3b-13; John 7:37-39

Sermon title: “The Suddenness of Change”

Thank you to and for during April...

- **Thank you** to our April newsletter assemblers: Pat & Pat Williams,



This year for the food drive to support Minnesota FoodShare, Faith Church set a goal of “\$2,020 in 2020”. The final numbers are in, and we raised the equivalent of 2,277 pounds of food (113% of our 2020 goal, or \$257 over our goal). THANK YOU!

Christian Symbol

OLIVE BRANCH—

The olive branch is a symbol of peace, harmony and healing. Olive trees provide shelter, as well as oil used for ointment and consecration. The olive branch also represents deliverance from hardships and anxiety because a dove brought an olive leaf back to Noah’s ark after the flood ended (Genesis 8:11).



Sat., 5/2	8:00 a.m.	Men's Breakfast (via video)
Sun., 5/3	9:30 a.m.	Worship (via video)
Wed., 5/6	6:00 p.m.	Board of Trustees (via video)
Sun., 5/10	9:30 a.m.	Worship (via video)
Thurs., 5/14	6:00 p.m.	Finance Committee
	7:00 p.m.	Church Council
Sat., 5/16	8:00 a.m.	Men's Breakfast
Sun., 5/17	9:30 a.m.	Worship (via video)
Mon., 5/18	12 noon	Faith Study
Sun., 5/24	9:30 a.m.	Worship (via video)
Sat., 5/30	8:00 a.m.	Men's Breakfast
Sun., 5/31	9:30 a.m.	Worship (via video)
Sun., 6/7	9:30 a.m.	Worship
Sat., 6/13	8:00 a.m.	Men's Breakfast
Sun., 6/14	9:30 a.m.	Worship



Men's Breakfast

The Men's Breakfast Group will meet **via video conference at 8:00 a.m. on the Saturdays of 5/2, 5/16 and 5/30**. All men are invited to join us in video conferencing! For more info, please contact Bill Short at bill.short26@gmail.com or 651-552-0736 to help get set up.

♥♥♥ Need a day brightener or thought provoker? ♥♥♥

Dial up *Ideas for Positive Living!* Every Thursday Gil Kinnunen provides an uplifting phone message. So call 651-602-2176 each Thursday for a weekly picker-upper!

Church Office Hours

Susan will be in the office Mondays, Thursdays and Fridays from 11:30 a.m. until 5:00 p.m.

Pastor Gail is in the office Mondays, Wednesdays and Thursdays most weeks. Tuesdays and Fridays are Pastor Gail's regular days off. Please call her at home (612-703-1296) if it is an emergency and you need to reach her.



EARTH AND ALL STARS

Earth and all stars, loud rushing planets,
sing to the Lord a new song!
O victory, loud shouting army,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

Hail, wind, and rain, loud blowing snowstorms,
sing to the Lord a new song!
Flowers and trees, loud rustling dry leaves,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

Trumpet and pipes, loud clashing cymbals,
sing to the Lord a new song!
Harp, lute, and lyre, loud humming cellos,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

Engines and steel, loud pounding hammers,
sing to the Lord a new song!
Limestone and beams, loud building workers,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

Classrooms and labs, loud boiling test tubes,
sing to the Lord a new song!
Athlete and band, loud cheering people,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

Knowledge and truth, loud sounding wisdom,
sing to the Lord a new song!
Daughter and son, loud praying members,
sing to the Lord a new song!

*He has done marvelous things.
I, too, will praise him with a new song!*

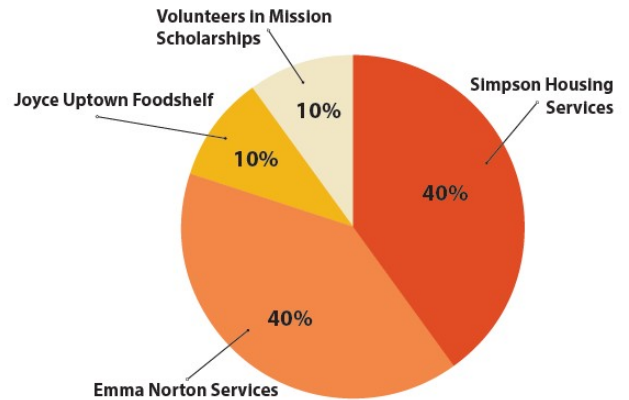


*Text: Herbert F. Brokering; Tune: David N. Johnson
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LISTEN here! <https://youtu.be/4cnfpOQU8Ws>



Where the Love Offering will go



Each year, churches in the Minnesota Annual Conference take a Love Offering for missions. The offering is brought to annual conference session—a gathering of United Methodist clergy and laity from across the state.

Simpson Housing Services



Simpson Housing Services' mission is to house, support, and advocate for people experiencing homelessness. It began as an emergency overnight shelter in the basement of Simpson UMC in 1982. Simpson has since become

a leading nonprofit providing assistance to people experiencing homelessness. In response to unmet community needs, its programs have grown to include emergency shelter, supportive housing, and developmental and educational services for children. It works across the Twin Cities metro area, partnering with landlords and developers to find affordable housing for all families and individuals. At any given time, Simpson provides supportive services to 100 individuals and 210 families. The 2020 Love Offering will support the construction of a new shelter on the property of the old Simpson UMC building. Learn more at www.simpsonhousing.org

Joyce Uptown Foodshelf



Joyce Uptown Foodshelf is committed to serving anyone experiencing food insecurity in a large area of South Minneapolis. Its mission is to distribute food to those in need with respect and dignity, as an expression of the love of

God. The foodshelf, started 50 years ago by the former Joyce UMC, is now a ministry of Lake Harriet UMC and relies on its many partners who donate time, food, and money. In 2019, Joyce Uptown Foodshelf served 12,684 individuals, 4,358 of whom were children. In 2020, the foodshelf is focused on improving its physical space for its clients. Part of living out its mission of serving with respect and dignity is becoming a fully accessible space. An improved space will also provide participants the ability to choose their own food options, as they might at a grocery store. Learn more at www.joyceuptownfoodshelf.org

Emma Norton Services



Emma Norton's mission is to provide transformational housing for women and families on their journey of recovery, along with wrap-around services. It serves homeless women, individuals, and families who have the additional

challenges of mental health, chemical dependency, and/or a chronic health condition. Emma Norton helps nearly 300 individuals and children each year through its permanent housing facilities in St. Paul and Maplewood, a scattered-site housing program in the community, and its SOAR (Social Security Outreach, Access, and Recovery Technical Assistance) Program. It also serves nearly 80 children through home visits, after-school programming, social emotional learning, and tutoring. Learn more at www.emmanorton.org

Volunteers in Mission Scholarships



Mission trips change the lives of participants by giving them an opportunity to grow in faith and gain a new perspective of the world. Through the United Methodist Church's Volunteers in Mission program, teams spend

up to two weeks working on mission projects domestically or abroad. Most teams from Minnesota are engaged in hands-on projects that build infrastructure to ensure that nutritional, medical, and educational programs in developing countries become sustainable and locally run. Team members pay their own way, and the Love Offering helps to offset the cost for first-time participants.



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May 2020



Sunday Worship Schedule

ADDRESS SERVICE REQUESTED

During May when we will not be worshipping as a gathered community, please join with us via the materials you receive by mail or email, or by visiting our website at www.faithumcmn.com

Facebook Page

Remember to like the Faith Facebook page at:
<http://tinyurl.com/FaithUMCmn>

UMCmarket

Check out the UMCmarket! With the increase in online shopping during the stay-at-home days, you can support Faith through your purchases! Shop through the UMCmarket portal/website and a percentage of your purchase can be designated to Faith UMC. Signing up is free. Most churches are already listed on UMCmarket. When you go to UMCmarket.org, you will click on the get "Get Started" button, then simply sign up with your email or through Facebook, find your church, and start shopping and donating. Giving couldn't be easier. Last year we received a check in January because of the use of the UMCmarket.



Graduates

If you know someone who is graduating from high school, community college, 4-year college, technical school or graduate school, please let the office know. They will be recognized in the June/July newsletter.



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