

United Methodist Church Newsletter

Office hours
Tues-Thurs
9am –3:00 pm
754-4247



SEPTEMBER

2023

stpaulneunitedmethodistchurch.com



Staff

Rev. Dr. Susan Murithi

Church Secretary
Carrie Hancock

Custodian
Integrated Life Choices
Call Office

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UWF
Charlene Craig
Carol Phillips

Education
Nancy Harrington

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Larry Hurlburt

September 2023 Newsletter Healthy Inside Out

I love taking evening walks. You meet people and have random conversations with both strangers but also with neighbors and friends. On other days, you meet no one, and so you have your thoughts and musings to yourself. It is a wonderful time for reflection and deep observations about life. Recently, I took a walk in the neighborhood one evening after a recent storm here in St. Paul. There were tree leaves and branches everywhere. Although people had tried to clean up, there were still areas with larger branches that had not been attended to.

At some point along our route, something grabbed my attention. Lying on the side of the road was a huge tree branch, leaves, and all. It had cracked from the main tree trunk and had caused an obstruction on the road; some people must have pushed it to the side. In the middle of this tree, at its core, was decaying substance that looked like foam. It turns out that the tree had been decaying on the inside even though the leaves did not quite show it. Things seemed alright until there was a storm, then everything came crumbling down. The tree could not withstand the pressure from the strong winds and heavy rain.

I passed the scene wondering how such a seemingly good tree could have been totally shattered by the night storm. Gradually a spiritual lesson started forming in my soul. I saw some resemblance between this scenario and the Christian life. Sometimes, people's appearance on the outside looks great while something terribly dangerous is brewing in their inside. Just like the tree continued to offer shade to playing children and shelter people from wind, one could seem to be doing well, offering a good deed here and there and answering to the name Christian when asked about their faith, but the reality inside could be shaky.

Tree experts note that when your tree begins to deteriorate, it may be a result of tree rot – more commonly referred to as heart rot disease. The fungal disease affects mature trees, literally rotting your tree from the inside out as it starts in the center of the trunk or branches. In human beings, sin is like the heart rot disease. Once it has invaded our core we are left helplessly decaying in the inside. We need Jesus to medicate us and cleanse us so that we can thrive again.

The path to restoration is saturating yourself with prayer, study of the word and fellowship with other believers. It might be a wise thing for every Christian to join a small group for study and fellowship, or a prayer group, or a Bible study, or a Sunday school to strengthen your inner core. Many times, people get comfortable with just the appearance. They are seen to be proper and pious from the outside, but on the night of the storm, they fail.

A healthy tree draws water from its roots and absorbs nutrients from the leaves. The inside is strong with no hidden disease. During a storm, it might shed a few leaves, but ultimately it will be intact. Likewise, a healthy Christian draws life from prayer, study of God's word, and fellowship with other believers. They have no worms inside (read unrepented sin), they are relying on the holy spirit to lead them in the right paths and repenting any sin in their lives. With God as their chief gardener, they flourish and thrive. This month, I want God to be my gardener that I may be authentically healthy and thriving, you?

Pastor Susan

New members

On August 20th, 2023 we had 3 new members join the church. Brian Sack, Melissa Butt, and Kingston Sack are now members here at St. Paul UMC. If you haven't already, please take some time to welcome them into our church family.

Also pictured: George Sack and Pastor Susan



Howard Greeley County Food Pantry



When: Saturday September 23rd

10- 11am

Where: 4th and Kendall

Equal Opportunity Provider

Kunene Special School

After worship service on August 27th, 2023 Pastor Susan gave a presentation on her visit she had to the Kunene Special School in Kenya in June 2023.

We are so grateful she was able and willing to actually visit this ministry that we have been able to help in the past. We are looking forward on continuing this ministry and seeing how it grows to help those kids/adults with special needs.



Above: Pastor Susan prays with a group of special needs students



Above: Students at the Kunene Special School going through the clothes donated by Pastor Susan

August Attendance

August 6th:	43 In-person 56 Views/FB
August 13th:	48 In-person 22 Views/YouTube
August 20th:	68 In-person 10 Views/YouTube
August 27th:	54 In-person 13 Views/YouTube

August Offering Totals

August 6th:	\$4,319
August 13th:	N/A
August 20th:	\$534
August 27th:	\$707

Adult Sunday School will begin on **September 10th**. This is held every Sunday before worship service at 9am. Any adult is encouraged to be a part of this study. If you are interested in joining, please let Darla Voigt or Mary Ann Rickertsen know.

A **Fall Bible Study** will begin on September 27th from 7:30-8:30 pm and will be led by Pastor Susan. This study will begin with Genesis and will help increase your biblical knowledge and grow your faith. If interested in being involved with this study please see the sign up sheet in the Narthex of the church.

SEPTEMBER

3rd	Worship 10 am	16th	UMC helps at Food Pantry 9-11 am
6th	Young Families Group meet 6:30 pm Choir meet 8:00 pm	17th	Adult Sunday School 9 am Worship 10 am Children's Sunday School— after Worship
10th	Adult Sunday School 9 am Worship 10 am Children's Sunday School— after Worship	20th	Youth Group 6:15 pm
12th	UWF meeting— 10am Trip to Genoa Indian Museum	24th	Adult Sunday School 9 am Worship 10 am - Baptism today! Children's Sunday School— after Worship
13th	Youth Group 6:15 pm	27th	Youth Group 6:15 pm Fall Bible Study begins - 7:30-8:30 pm



Sept 1	Connie Nickel	Sept 22	Delaney Jennings
Sept 5	Bob Rasmussen	Sept 24	Kyle Thomas
Sept 7	Angela Jameson	Sept 27	Angie Eytcheson
Sept 8	Sue Nielsen	Sept 29	Brenda Thompson
Sept 8	Stacy Vogel	Sept 29	John Gebhardt
Sept 9	Tatum Jo Syring	Sept 30	Tom Powell
Sept 12	Marian Odabasi		

Happy Anniversary

Sept 8	Brandon & Jennifer Mitteis
Sept 10	Damon & Kylee Poss
Sept 18	Kyle and Carrie Thomas

Want to join the Prayer Chain?

If you would be interested in joining the Prayer Chain, please let Jackie Cook or the church office know. We need you! Please read on page 7 to find out the details of how it works!



FOOD PANTRY



Food Pantry

The United Methodist Church is responsible for operating the Food Pantry every third Saturday from 9-11 am. If you could volunteer to help any one of these Saturdays, it would be greatly appreciated. **September 16th** is the next work date. Precautions are taken to insure the health and protection of both the worker and the consumer.

Thank you, Theda Van Horn



Food Pantry hours

Saturday 9:00-11:00 am
Tuesday 4:00-6:00 pm

February is the month for United Methodist Church to donate to the Food Pantry.

Food Pantry

The **Food Pantry** here in St. Paul is always looking for food donations. Please help us stock the shelves. Any food or paper item is accepted but these items are in high demand every month.

Hamburger Helper	Pudding
Brownie mixes	Jello
Cookies	Canned fruit- any kind
Bar Soap	Cereal
Pork and Beans	Frosting
Crackers(Salad & Soup)	Dish Soap
Laundry Soap	Shampoo/Conditioner
Paper Towels	Toilet Tissue
Flour	Ketchup/Mustard
Juice-any kind	Pie Crusts
Mayo	Pancake Mix/Syrup
Spaghetti Sauce	Toothbrushes/Toothpaste
Salad Dressings(Ranch/Dorothy Lynch)	

United Women of Faith

The United Women of Faith met on August 8th, 2023 at 1:30pm at the church. Charlene called the meeting to order. Devotions were given by Charlene from *The Praying Woman's Devotional* called "When Words Won't Come". Ongoing prayer for Mike and Carol P., Delcene, Harold R., Gary C., Baby Lincoln, Susan Ross, Daylene Fox, Ursula and Claude Sorlie.

The UWF Purpose was read by all.

There were no minutes due to the absence of the secretary. Treasurer Jackie Cook reported the balance on hand as of June 30 is \$1,095.73. The Legacy Fund check has been sent.

Correspondence: A thank you from Assure Women's Center and Heifer International were received and also a recognition certificate. Response Magazine (May-June) is on the bookcase. The July- August issue should arrive soon; sign up sheet to check it out.

District News: Prairie Rivers District Fall meeting to be at the Wood River Methodist Church on Oct. 14.

Wings Epworth Village Spring Newsletter- update on renovation project for their office in the York First UMC.

New general secretary and CEO UWF is Sally Vonner.

Old Business: Lunch Bunch thank you to Mary Ann, Ursula, Theda and Pastor Susan. Bible School thank you to Mary Ann, Becky and Francine.

New Business: Discussion was held on visiting the Genoa Indian School/Museum and lunch at *Fill My Cup Restaurant* on Sept. 12.

Meeting was adjourned.

Dorthea gave a very interesting lesson on her Mission trip to the Midwest Distribution Center in Pawnee, Illinois. May wonderful things were done there as well as having God moments. It is Helping Hands Sharing Christ's Love and empowerment around the world and around the corner.

-Theda Van Horn



United Women in Faith (UMW)

The next meeting of the
UWF will be on
Sept 12th at 10 am.
See above for more info on this meeting.
All ladies are welcome!



Sunday

Worship time 10:00 a.m.

Adult Bible Study

Sunday morning 9:00 am
(Starts Sept. 10th)

Children's Education

Sunday School 11:00 am.
-after Worship
during the school year
(Starts Sept. 10th)



United Methodist Church of St. Paul

MISSION STATEMENT

'Making and Nurturing Disciples'

United Methodist Church Prayer Chain

The purpose of the prayer chain is to offer special prayers for individuals in critical need. The chain cannot be activated without the permission of the family in need. Call prayer requests to the church office 754-4247. The prayer request will be called to the first person on these lists. Each caller then calls the next person on the list. If that person is unavailable, a call should be placed to the following name and contact made with the first party later in the day. Last name on list does not call anyone. We are in need of more people joining the prayer chain. Praying for each other is an important ministry that we can do for our church family.

If you would be interested in becoming part of this mission, please contact the church office. We are in need of more people joining the prayer chain. All you have to do is pray for someone as the requests are made. **Please consider this request to help.**

Marilyn Wall	754-5100	Martha Voigt	754-4666	Jackie Cook	754-9115
Deb Wells	754-5620	Darla Voigt	750-1401	Charlene Craig	754-5503
Nancy Harrington	750-0279	Rose Ross	754-4993	Mary Ann Rickertsen	754-4038
Theda Van Horn	754-4541	Cherri & Scott Klinginsmith	750-0615	DeEtte Lukasiewicz	750-0246
Cleo Edwards	754-4853	Charlotte Rasmussen	308-863-2281	Brenda Starkey	750-7967
Nancy OR Mike McCarthy	750-2117-Nancy (775)-830-9521 -Mike	Vanice Bahensky	754-7873	Lory Thomsen	754-4286

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