



The Messenger

Fairmount Avenue Vision Statement

*To be a joyful, welcoming community
igniting hearts and minds for God's work.*

April 2024

Volume 21, No. 4

March 6 – April 30

Faithful Hospitality

Fairmount Avenue UMC is providing sleeping space for families experiencing homelessness as asylum seekers who have come through our southern US border. In partnership with Interfaith Action of Greater St. Paul, faith communities are offering temporary shelter space to serve as a transitional step as more permanent housing can be secured. This is a beautiful opportunity to be a “joyful, welcoming community.”

Faithful Hospitality is an initiative to provide mobile shelter to help our community deal with an overflow of families experiencing homelessness. Interfaith Action also engages community partners to provide supportive legal, housing, and employment services to families in Faithful Hospitality shelters. The initiative, supported by the State of Minnesota, is designed to alleviate capacity challenges in shelters, decrease costs of serving families experiencing homelessness, and empower interfaith partners to live out their faith values.

In particular this program is providing housing support to asylum seekers. Overnight hosts welcome families as they arrive to the church, offer a light snack (provided by Interfaith Action), provide a welcoming atmosphere, and sleep overnight in the church building in a private room in case emergency support is needed.

Two volunteers are needed every night. Sign up by scanning the QR code:



Sunday - Tuesday and Thursday volunteer shifts are 7:00pm - 7:00am.

Wednesday volunteer shifts are 7:30pm - 7:00am.

Friday - Saturday volunteer shifts are 7:00pm - 8:00am.

In kind items can also be donated by placing items in a bin in the Wesley Room.

Items being collected:

- toilet paper/Kleenex
- feminine supplies
- toys for kids
- school supplies
- power strips
- phone charging cords
- restaurant gift cards
(for holidays or when the cook is away)
- bus tokens
- shower supplies
(shampoo, bar soap, conditioner, body wash, loofahs)
- bathroom towels
- laundry detergent
- garbage bags
- hygiene kits

Many of you know that our friend, Steve Rosenberg, was a personal friend of mine for many years before I came to Fairmount to be his successor as music director. I was very touched to learn, a year after his passing, that he had left his musical instruments to me in his will, including a fine Yamaha upright piano.

When I began at FAUMC, Pastor Jin noticed my piano ability, and tried to find a used grand piano for the church. I checked out several pianos he had found and told me about, but none of them were suitable for our space, being not in good condition. It also became clear that a grand piano in our space would not be something we could easily reposition for different musical purposes, and it would permanently get in the way of our need for flexibility for other musicians.

It finally occurred to me that Steve's upright piano, which had become mine, may be the right answer. It is a fine piano which Steve maintained in excellent condition, and a distinct upgrade from our current church piano, which we have lovingly used these many years. I already have a grand piano at home, and no space or need for another. So I mentioned it to Pastor Shawna, offering FAUMC a first chance at it, before selling it anywhere else. She referred the matter to Church Council, which voted to purchase.

Our current piano, given as a memorial of the Eaton family, has been relocated to the Wesley room, where it can continue to serve for years to come. The piano from the Wesley room, which we received from Mindy Way-Johnson, has moved to the education wing, where we are happy to have it for use with the children.

This is a wonderful upgrade to our resources for our music program and church life. I will play a piano recital at church sometime this May, both to dedicate the “Rosenberg Piano” for its new life among us, and to offer an opportunity for any who would like to support its purchase by Fairmount Avenue UMC. I am excited to play this piano for us worship! -- Mike Ferguson

Pastorings



I am so grateful for the many ways our community is committed to doing “all the good we can,” while also deepening their connection to God and one another. This spring we will continue to host Faithful Hospitality, but that’s not all we are doing to serve our community. A team from Witness ministries is “hosting” refugee families through the Minnesota Council of Churches, providing rides to important appointments, taking families shopping to learn about stores in the United States, and partnering with local agencies to find supplies as needed for families settling in the Twin Cities.

We still need volunteers to assist with maintaining our storm drains to protect our water ways. We continue to collect food and household hygiene items for Keystone Community Services, our local food shelf. And teams continue to volunteer at Provincial House (formerly Project Home,) and Simpson Housing Services.

There is always room to get involved. And these service opportunities are often an easy way for people new to FAUMC to get more involved. As we spend some time this spring with some of Jesus’ more difficult teachings, we can dig deeper into our mission to do “God’s work” in our world.

Sign up online through our website! All current signups are conveniently located in one place on our website, www.faumc.net. Or reach out to the church office with questions.

In the words attributed to our church tradition founder, John Wesley,

*“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”*

— Pastor Shawna



The DIFFICULT WORDS of JESUS

A BEGINNER'S GUIDE TO HIS MOST PERPLEXING TEACHINGS

April and May Sermon Series

This Easter season we will wrestle with some of the difficult teachings of Jesus, inspired by the book by Amy Jill Levine, *“The Difficult Words of Jesus.”*

During worship we will reflect on some of the teachings of Jesus that can be uncomfortable and/or challenging. We will consider the cultural and historical contexts as we seek to understand more deeply why Jesus might have made these statements.

April Worship Schedule

- April 7** — Mark 10:21
“Sell What You Own?”
- April 14** — John 8:44a
“Your Father the Devil?”
- April 21** — Mark 10:44
“Slave of All?”
- April 28** — Matthew 10:5b-6
“Nowhere Among the Gentiles?”

Looking Ahead

- May 12** — Ascension Sunday and Mother’s Day
- May 19** — Pentecost and Teacher Appreciation
- June 2** — Staff Appreciation
- June 9** — Graduation Recognition
- June 16** — Father’s Day
- June 23** — Followers Mission Trip Blessing and Send Off
- June 30** — Pride Sunday

Midweek Bible Study

Join Pastor Shawna online every Wednesday at noon for a time of discussion, prayer, and connection. No homework or preparation required. Drop in when you can!

Zoom Code: 86287164931

Currently, we are reading through the John’s Gospel.



Intergenerational Sunday School on April 14

All people aged 5 years - 100!
Join us for fun songs, games, and activities all flexible and adaptive to all ages and comfort levels of moving! See upcoming Monday Meditations and Sunday bulletins for more information.

Davanni’s Pizza Fundraiser Monday, May 6, 4:00-8:00pm

Treat your family and friends to some delicious pizza (or pasta, hoagies, garlic bread, etc.) while also supporting the Followers youth summer mission trip!
Remember to mention FAUMC or the Followers when ordering dine-in or take-out so that our youth receive a portion of the profits.

APRIL



- 1 Pamela Vitulli
- 2 Emily Gill
- 3 Lois Wogen
- 4 Roger Bombeck
- 5 Jayden L.
- 6 Corrin Wendell
- 12 Sarah Waterworth
- 13 Robert Koontz
Tim Jenum
Ashton Pappas
- 14 Bruce Finger
- 15 Thomas Vitulli
- 16 Jeff Bryan
Brett Mangnuson
Wyatt N.
- 18 Trippy Bhanu
- 19 Jesse Nitzchke
- 20 Natasha Radtke
- 21 Kathy Mangnuson
- 22 Dustin Enquist
- 23 Naren Bauer
Murray Thurston
- 24 Janice Boyd
Taylor Noble
Tristan Noble
- 25 Owen Hall
Elizabeth Behmler Busch
- 27 Isabella H.
- 28 Peggy Mahle
- 29 Tom Ihlenfeldt
Matt Van Fleet
- 30 Alex S.

*full names of those under the age of 18 are not shown to protect

Be a birthday caller!

<https://tinyurl.com/4pup5bud>
Contact Cindy (651) 641-0745.

Minnesota Reconciling Congregations Spring Social:

Saturday, April 13

Fellowship 11:30am - 12:00pm

Potluck Meal 12:00 - 1:00pm

Program 1:00 - 2:30pm

Hennepin Ave UMC 511 Groveland
Ave Minneapolis, MN 55403

You are also welcome to attend
virtually at [facebook.com/
MNReconcilingCongregations](https://facebook.com/MNReconcilingCongregations)

Join us for a conversation about
General Conference 2024 with
members of the Minnesota
delegation and for a time to
connect with United Methodists
in Minnesota!

Pride Month Volunteer Coordinator Needed!

As we move into spring, June will
be knocking on our door soon.
We need someone willing to
coordinate Pride month events.
Tasks include:

- Letting the congregation know
details of the Twin Cities Pride
Festival (date/time/location,
sign up opportunities to help at
MN Reconciling booth etc.) All
information will be available on
MN Reconciling website.
- Ordering FAUMC Pride t-shirts
for the congregation (contact
Rebel Ink Printshop on Marshall
Ave who already have the
design by MJ Ryan).

Fairmount Ave UMC has always
had an enthusiastic presence at the
Pride Festival and March and we
want this to continue!

For questions or more information,
please contact:

Nita Hanson: 651-238-1037
nitahanson@gmail.com

Judy Thielen: 651-340-6904
3klsdal@gmail.com

Witness Ministries

Request for Donations: Furniture and Household Items

As we continue planning to
co-sponsor a refugee family
along with the Minnesota Council
of Churches (MCC), we're looking
for donations to furnish the
family's apartment. At this time,
we're unsure of the number of
family members. However, we
will be in need of a kitchen table
and chairs, sofa/ottoman or other
dining room & kitchen furniture,
as well as other lightly used
household items and/or smaller
appliances. MCC will be
providing new beds for all family
members, via Bridging. If you
had planned to donate such items,
please wait as our sponsored
family may need them. Thank
you in advance for supporting
this effort. Please contact Dave
Kroonblawd
(david.kroonblawd@gmail.com 612
-803-6524) for any donations you
might have.

Limited Office Staffing

Two weeks this month, April 8-18,
the church office will be limited in
staffing. The office will be fully
closed Thursday, April 11.

Pastor Shawna will be out of the
state April 8-12, and Elizabeth will
be away April 10-17.

During these periods,
email inboxes will not
be checked regularly
and responses are
not guaranteed.

The office may have a
volunteer to answer the phone
and collect mail during regular
hours (9:00am-3:00pm, Mondays-
Thursdays). If there is a pastoral
emergency, please call Pastor
Shawna at 651-233-4506.



The submission deadline for newsletters has changed!

The deadline will now be the first day of the month prior,
e.g., **Monday, April 1** for the May issue of the Messenger.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Afternoon Circle** will be meeting on Monday, April 15 at 1:00pm via Zoom. We will discuss the Third Commandment. For the Zoom link, contact Muriel Olson.

The UMW-UWF **Book Group** will meet on Monday, April 22 at 7:00pm via Zoom. We will discuss *"The Nature of Fragile Things"* by Susan Meissner. For more information contact Marge Langer.

Prayer Shawl Ministry

We meet the 2nd Monday at 7pm and 4th Sunday at 3pm via Zoom. Contact Muriel Olson for the link. This is one way we share God's love. We welcome new and returning knitters. We do have yarn available to those knitting prayer shawls. Let Muriel know if you would like some.

Monday Meditations

We send out a weekly email newsletter, Monday Meditations, which offers important information about the upcoming week, details about worship, and a devotional thought from Pastor Shawna. If you would like to join the Monday Meditations email list, sign up online at www.faumc.net or email the church office at admin@faumc.net.

Weekly Sunday Schedule

9:00am— All Ages Sunday School
10:00am— Fellowship Time
10:30am— Worship
after worship, fellowship continues

COVID-19 Policy

Our current Covid-19 policy is "masks welcome, but not required." Please stay home if you are unwell and join us for worship online.

Join the Annual Fairmount North Shore Hiking Weekend September 27-29

Whether you enjoy short or long hikes in the woods or wandering around Two Harbors in the fall, join other Fairmount friends for a weekend of fellowship featuring a worship service on the shores of Lake Superior to end our time together. Please secure your lodging as soon as possible as lodging can book quickly. Besides hotels in the area, there are cabins, Airbnb stays, and a municipal campground in Two Harbors. In addition to the hiking and worship, there will be options to gather on Friday and Saturday evenings. Please contact Carol Hokanson with any questions at carol.hokanson@gmail.com. If she can't answer your question, there is a team working on the trip that may be able to assist. Hope to see you on the shore this fall!

Newsletter Deadline

The submission deadline for the May issue of the Messenger is **Monday, April 1**. Please send all materials to the office **no later than end of day on the 1st**.

Covenant Discipleship Groups

Covenant Discipleship Groups are small groups that meet regularly, often weekly or monthly, to support one another in their personal commitments of faith practice. They are not Bible studies per say, rather peer groups that creates a covenant for each person to practice their faith beyond just Sunday mornings, through personal Bible study, prayer, acts of service and compassion, worship, and other faith formation opportunities. These groups can meet in person or online.



In Person Worship Tips:

We are livestreaming worship. The camera does not focus on worshippers, but if you wish to avoid being on camera, consider sitting in the back of the sanctuary or in the balcony.

We want to pray with you.

Complete a Prayer Card before worship and hand to an usher (mark the box that it can be shared in worship) to be included in our congregational prayer. Or, simply put in the offering box/plate. Be sure to check the box to share the prayer request in worship, otherwise it will only be shared on our email payer chain.

Communion is offered every first Sunday during worship. During Lent this year, most Sundays will feature Holy Communion.

First Fruits food donations are generally collected the first Sunday of every month. Donations support Keystone Community Services, our local food shelf.

If you are experiencing any symptoms of Covid-19, please stay home and join us for worship online.

Online Worship Tips:

Be sure to follow [Fairmount Avenue United Methodist Church on Facebook](#).

Subscribe to [Fairmount Avenue UMC's YouTube channel](#)!. We will be using YouTube to offer other creative learning experiences as well as publishing our weekly worship and Children's Message.

Share our worship services on your social media, inviting others to join!

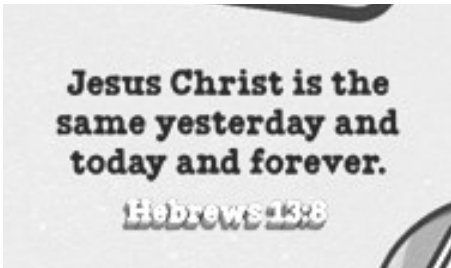


Explorers' Sunday School: Throwback!

Throwback! to Jesus' teachings, which will teach us to be humble, to forgive, to be fair, and to love through action. Jesus will lead us in this, God's way, "yesterday, today, and forever." Join the Explorers for this fun and joy-filled final unit of the program year.

Sunday School for children in PreK-5th Grade is held each Sunday from 9:00-10:00am. Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.

No Sunday School April 7 for SPPS Spring Break



RE-Spark Your Faith: April 14
Join for intergenerational Sunday School fun!



T.G.I.W. Celebrates a Spring Thanksgiving

As we look to the last weeks of this program year, we have so much to be thankful for. Why not celebrate Thanksgiving in the spring? We will give thanks through creative crafts for our church, our parents/grown ups, our faith leaders and graduates.

T.G.I.W. activities for Explorers in PreK-5th Grade are Wednesday evenings from 6:30-7:30pm, with music programs from 6-6:30pm. Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.

**Movie night on April 3 at 6:00pm (no supper)
No T.G.I.W. April 10 for SPPS Spring Break**

Children's Music

Rehearsals continue again Sunday, April 14, and Wednesday, April 17 for a very special Mother's Day music offering. Rehearse before T.G.I.W. activities from 6:00-6:30pm. Can't make it to rehearsal on Wednesdays? Be sure to join us for Sunday School!

Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.

Explorers families— mark your calendars for May 19 and join us for Family Fun Day in Sunday School!
More details TBD.

Save the Dates for VBS:

Join **Mission: Deep Sea Vacation Bible School Monday, August 5 – Thursday, August 8;** a summer dive into God's word and our gifts.



Cindy's Corner

Reflection Topic:

Stories that Bind Us

Since January, we have been exploring stories. With the Followers Youth, we have revisited Bible stories (including David and Goliath— have you re-read that one directly from the Bible lately?!) with a twist of fun; the story of the visitation team in our church, a faith story of an adult leader, and the story of a bread recipe. We are figuring out how to share our Followers story to the upcoming Explorers. In Sunday Faith Formation, we have explored the story of Methodism, the story of denominations, and the continuing story of the early Christians. With the Young Adults, we have shared our own story of music, its influence on us, and the untold stories and facts about church text and tune writers.

One joy of our Followers Pasta Dinner and Silent Auction fundraiser is the stories that are shared: around the table as we eat together; as we teach the new Followers about this event; as we cook the recipe with a new twist; as we set up the space. With the auction, as the objects donated— we have stories! From fun ones "I like to get the free things but never use them" to "these squares were all pre-cut by my mom who passed away some time ago" to "this was my mom's and now I am seeing if someone else will enjoy it." These events bring us together and connect us deeply as we all serve and grow the mission of our church.

But why do stories matter? For me, they touch our hearts, they teach, they help us grow in faith and unity. This summer on the Youth Mission Trip, we will be hearing the direct story of our Native American



Siblings and their sacred Bdóte. We hope to hear the stories of the communities we will be serving, the story of where we will be staying, and more.

I invite you to sit with these questions with us: What stories have spoken to you? What stories have grown your faith? What stories do you return to in times of despair? How does the story of Jesus inform your life? What stories do you need to pass on?

Cindy Radtke, Director of Youth and Young Adult Ministries
cindy@faumc.net 763/321-8077

P.S. Followers, Follower Parents/Guardians and Y.A.M. Young Adults: Please keep connected with our e-newsletter from Smore. Please email Cindy if you are not receiving them.

Followers T.G.I.W.

Thank God It's Wednesday, including Followers Youth Group, is held **Wednesdays, 6:30-7:30pm**. Come often; come when you can!

What to Expect: Check-ins, game, activity, closing prayer.

Sunday Faith Formation

Followers youth Faith Formation is held **Sundays, 9:00-10:00am**. We continue our study of the early church community through Acts. Come often; come when you can!

What to Expect: A time to connect and discuss faith formation topics. We will start off with the theme "Building Connection and Community," using teachings of Jesus, Wesley, and beyond!

Re-Spark Your Faith! Intergenerational Sunday School on April 14

All people aged 5 years - 100! Join us for fun songs, games, and activities all flexible and adaptive to all ages and comfort levels of moving! See upcoming Monday Meditations and Sunday bulletins for more information.



Upcoming Dates

Wednesday, April 3:

- Game or movie hang out

Sunday, April 7:

- No Sunday Faith Formation (beginning of spring break for St. Paul Public Schools)

Wednesday, April 10:

- Intergenerational Sunday Faith Formation in the Wesley Room
- ALL MISSION TEAM* Choice A: 10:00am in the Susanna Room during Fellowship Time

Wednesday, April 17:

- ALL MISSION TEAM* Choice B: 6:00am in the Wesley Room during Wednesday Supper
 - *Adult Leaders, Family and Youth who are attending. And there are a few youth who are still deciding; this meeting is for you as well!

Sunday, April 21:

- Youth Council after worship

Monday, May 6:

- Davanni's Pizza Fundraiser (4:00-8:00pm)

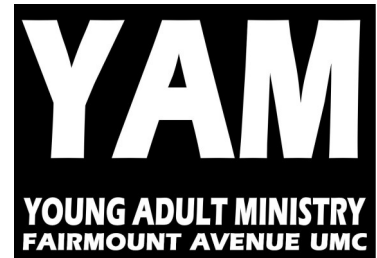
Spring Plant Sale Pick-up Friday, May 10 at the church

We will keep you posted, but it seems like late-afternoon-early evening will be our pick-up window. All who order will get an email from Cindy as soon as Gertens lets her know.

Co-planned Y.A.M. and Followers Service Project for Earth Day

Sunday, April 21 11:30am-3:00pm

Bring a lunch to eat after church just hanging out and getting to know each other. The area of clean-up will be announced after finding out how the City Cleanup went on April 20. We can clear drains and/or pick up trash on other roads. RSVP by texting/calling Cindy at (763)321-8077 or email cindy@faumc.net.



Sunday Faith Exploration

Y.A.M. Faith Exploration is held **each Sunday following worship, 11:45am-12:45pm** usually in the new History Room. Come often; come when you can!

- 4/7:** Dave Hokanson leading discussion as picked by Y.A.M.s
- 4/14:** Join us for Potluck Supper and Role-Playing Game at Blake's
- 4/21:** Church Music and More Weird Trivia
- 4/28:** Coffee time after worship

Tentative Y.A.M. Retreat: July 5-7, Worthington

Contact Cindy at (763)321-8077 or email cindy@faumc.net for more information.

Food Security Ministries

First Fruits

A big thank you to Craig Dawson and Bonnie Beverly who delivered 60 pounds to Keystone Community Services in March! We appreciate all who faithfully contribute needed items to our First Fruits collection on the first Sunday of each month and to those who volunteer to deliver these items.

Our next Keystone collection will be Sunday, April 7th.

Keystone Community Services is one of area's largest providers of food for those experiencing food insecurity and the number of households served by Keystone continues to grow. Keystone's newly opened facility on University Avenue houses their "Basic Needs Programming" which consists of their food shelf, their mobile program (including grocery delivery) and individuals from Ramsey County's Navigation team to help guests with applications for SNAP assistance, MNSURE etc. It is hoped that, in the future, Keystone will also be able to bring in additional resources like job fairs.

Items needed by Keystone include: non-perishable food, non-food essentials (toiletries, cleaning supplies, diapers, paper goods etc.), checks made out to Keystone Community Services, and **NEW**

REQUESTS: EMPTY EGG CARTONS AND PAPER GROCERY BAGS WITH HANDLES. Keystone receives eggs in bulk which they can then transfer to individual cartons.

The paper bags are used in their grocery delivery program. These items can be brought to church with other donations for Keystone.

Please consider filling one of our monthly volunteer slots to help deliver contributions. Find them out on the church website or call Judy Thielen (651-340-6904) or Linda Hucce (651-598-5226).



Serve at Provincial House

Project Home is looking for help serving meals as a part of its weekend meal teams. There are 4 shifts available every weekend. This opportunity is great for groups of 3-6 people. Currently the way it works is for one person to sign up for the shift and then bring another 2-5 others with them to help. The link for more information and to sign up: <https://tinyurl.com/PHMealTeams2023>. Questions? Steve Wertz (sdwerts@msn.com) has previously signed up for the dinner shift on Saturday evenings and would be happy to answer questions. If new to serving at Provincial House, Steve can join your group for an informal first-time orientation. If you have already helped there and need another person to fill out your team and he is available, Steve can join your group to serve.

Other Ways to Volunteer

Adopt-A-Drain

We are in need of volunteers to clean the storm drains near the church: 3 at the corner of Fairmount and Saratoga and 2 on Fairmount just east of Snelling. Volunteers are asked to simply pick up trash, leaves and debris to allow water to drain. Sign up for a month at <http://tinyurl.com/vnm2p9yc>. Email Nita with any questions at nitahanson@gmail.com.

In Worship

We need volunteers to assist with worship, in-person and online! For in-person worship, we are looking for volunteers to greet, serve as liturgist (read scripture and liturgical prayer in worship,) and assist in the A/V Booth to run the screens in the sanctuary and assist with the livestream, (training provided.) We also need online greeters to keeping our community connected while we worship online. Online greeters also receive a "script" with helpful posts to put in the comments during the livestream worship service.

We know that not everyone is ready to volunteer. For those who have feel like they can help with worship, please contact the Church Office.



**Every Wednesday,
join us at 5:30pm in
the Wesley Room!**

To sign up as a helper, visit tinyurl.com/mryr4wxc, contact Terri Ausen, or email admin@faumc.net.



Blood Pressure checks will be offered in the Susanna Room from 10–10:30am and following worship on **Sunday, April 7.**

“Scams: What to be Aware of” will be presented by Jacob Hugart on **Thursday, April 4 at 6:30pm in the sanctuary**, sponsored by the Health Team. Attendees are invited to participate in a **potluck meal in the Wesley Room at 5:30pm.** In order to plan how many tables to set up, we are asking attendees for the potluck to **RSVP by April 3 to Cindy Bevier** at (651)641-0745. If you didn't respond and find you can attend, you are welcome to attend.

The Mayo Clinic news recently had an article, *“Chronic Inflammation, What it is and Why it is Bad.”*

Inflammation is our body's natural immune response to an infection or an injury. The area may become red, swollen and/or warm. When the injury is healed the response turns off for most people.

When it doesn't get switched off, it may persist for months or years. This is called chronic inflammation and can damage tissues. **It can affect every part of the body** and is a precursor to chronic diseases like diabetes, cardiovascular disease, gut microbiome imbalance, some types of cancer and more.

It often progresses silently; **symptoms may include** persistent fatigue, difficulty sleeping, joint or muscle pains, depression or anxiety, constipation, diarrhea, acid reflux, weight loss or gain, and/or repeated infections. Symptoms are not a definite means of diagnosing it. If your doctor suspects

inflammation is the cause, they may recommend erythrocyte sedimentation rate or C-reactive protein blood testing.

A person's **diet may either improve or worsen** inflammation. Berries, leafy greens, beets, avocados, whole grains, legumes, ginger, turmeric and green tea **have high levels of antioxidants** which may prevent, delay, or repair some types of tissue damage.

Fermented foods such as yogurt, kefir, fermented cottage cheese, kombucha, and kimchi have been found to decrease inflammatory markers. Just being fermented isn't enough; the food needs to contain “live and active cultures.” These can play a role in reducing insulin resistance and possibly rheumatoid arthritis and stress.

Omega -3 fatty acids play a role in regulating the body's inflammatory process and help regulate pain. Sources include the fish salmon, tuna and mackerel. Walnuts, pecans, ground flaxseed, and chia seeds have lesser amount.

Cut back on red meat which can be proinflammatory. When eating red meat, chose lean cuts such as sirloin and tenderloin or 90% or higher lean ground beef.

Eat less sugar and processed food such as deep fried foods and pastries. Good drink choices are water, plain dairy milk, unsweetened teas, and coffee.

In addition to what we eat, our **lifestyle activities** can also bring a reduction in inflammation.

Aim for **30 minutes of moderate activity** 5 days a week. If you can't do it all at once, break it up into smaller segments of at least 10 minutes.

People who regularly get **proper amounts of sleep** are less likely to

have chronic inflammation. Aim for 7-9 hours a night.

Stress causes the immune system to send out proinflammatory cytokines. Practices such as meditation, yoga and tai chi may help quell this.

Nicotine and cigarettes can trigger inflammation and suppress the anti-inflammatory process, so if you smoke, quit. One resource is quit.com.

By a certain age most people have some inflammation The key is to keep it from becoming excessive.

Even small changes to diet and lifestyle can make a difference.

In **Matthew 7:24-27**, Jesus tells the parable of the man who built his house on the sand and another who built his house on a rock.

When a storm came, the house on the rock survived while the one on the sand did not. This probably refers to our spiritual life in that if **we have a firm foundation in following Jesus's teaching to love God and each other, we can trust that Jesus will help us weather the storms of life.**

Likewise, in dealing with inflammation (when we eat well and have a healthy lifestyle) our bodies can better ward off the inflammatory response when it is no longer needed.

~ Muriel S. Olson RN, BS,
Parish Nurse

Prayer Chain

The email prayer chain is an important way that we fulfill our baptismal promises to pray for one another. If you would like to take part in this prayer ministry, sign up online or email the church office.

Upper Room Devotional

These devotional books are available in the Little Free Library in front of the church building or at each entrance.

Fairmount Avenue UMC

1523 Fairmount Avenue
St. Paul, MN 55105

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Volume 21 No. 4 April 2024



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Pastor

Cindy Radtke
Director of Youth and
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Ashton Pappas
Director of Children's Ministries

Michael Ferguson
Director of Music, Organist,
and Adult Choir Director

Mindy Way-Johnson
Heritage Ringers Director

Muriel Olson
Parish Nurse

Kirsten Herkenhoff
Custodian

Tom Herkenhoff
Boiler Technician

Elizabeth Herge
Administrator
Communications Director

Weekly Sunday Schedule

9:00am— All Ages Sunday School
10:00am— Fellowship Time
10:30am— Worship
after worship, fellowship continues

Intergenerational Sunday School on April 14

Join songs, games, and activities
all flexible
and adaptive
to all ages
and comfort
levels!



"Thank God It's Wednesday!"

Weekly Schedule

5:30-6:15pm — Wednesday supper
in the Wesley Room

6:00-6:30pm — Children's Choir
rehearsal in the education wing

6:30-7:30pm — T.G.I.W. activities
for all ages

6:30-7:30pm — Heritage Ringers
rehearsal in the Sanctuary

7:45-9:15pm — Adult Choir rehearsal
in the Rosenberg Room

**No programs April 3 or 10*

Newsletter Deadline

The submission deadline for the May issue of the Messenger is **Monday, April 1**.
Please send all materials to the office **no later than end of day on the 1st**.