



The Messenger

Fairmount Avenue Vision Statement

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

February 2024

Volume 21, No. 2

Looking Ahead to Lent

"Bread of Life: The Spirituality of Bread"

Lent begins with Ash Wednesday and Jesus' temptation in the wilderness. While in the wilderness, Jesus is fasting and is asked to turn the stones into bread. Jesus' response: "Man does not live by bread alone."

The night before Jesus dies, he sits with his disciples and offers them bread, saying, "This bread is my body, take and eat." After Jesus is resurrected, he sits on the shore while his disciples are out fishing. After their miraculous catch, Jesus prepares a breakfast for them of fish and bread, grilled over a coal fire. In between, Jesus multiplies the loaves, Jesus preaches about bread, Jesus teaches us to pray for bread, Jesus invites people to the table, Jesus worships with bread. The bread is the story as much as it is in the story.

I love that Jesus uses bread to talk about God, because bread is so ordinary. Almost every culture has a form of bread. It has been a staple of most diets throughout history. It is so ordinary that we often take its presence for granted. Jesus' spiritual use of bread was not an accident. It was rooted in tradition and its lessons easily taught and retaught; accessible at every dinner table, every kitchen, every neighborhood.

This Lent and into Easter, we will spend time reflecting on the "Bread of Life: The Spirituality of Bread."

On Sundays we will explore scriptures related to bread and we will share in communion weekly.

On Wednesdays Pastor Shawna will lead a devotion around bread while we make bread together and learn new bread recipes. (Gluten free options will be available as requested.)

There is something so lovely about making bread and eating homemade bread. The rhythm of making bread is slow and physical. It requires patience and grace. Sometimes it comes out, sometimes it doesn't.

Often, the temperature, climate, and season dictate the kind of bread possible and its success. But the beauty of bread, is that the ingredients are often so simple. This Lent, invite your friends and neighbors to come break bread together. — Pastor Shawna

Ash Wednesday Worship: February 14

Ash Wednesday is a thoughtful worship service that invites us to embrace the temporal nature of life with gratitude and intention. This service is for all ages and includes an imposition of the ashes.

Wednesdays Evenings in Lent: Baking Bread

Join us 6:30-7:30pm on Wednesdays for a meditative journey into baking bread. Each week people from our church will teach a new recipe for bread and Pastor Shawna will give a meditation about the "Spirituality of Bread." Each week we will learn a new recipe, taste a new bread, and most weeks participants will make their own dough to take home to bake.

Registration is very helpful to plan supplies. RSVP to the church office or online by scanning the QR code:



— Mark your Calendars —

<u>Youth Sunday</u> February 4, worship	<u>Midwinter Concert</u> February 11 at 2:00pm
<u>Laity Sunday</u> February 11, worship	<u>Pasta Dinner</u> March 3 after worship

Palm Sunday Worship: March 24

At 10:30am, enter Holy Week with a palm parade.

Maundy Thursday Worship: March 28

Gather at 6:00pm for dinner and communion around the tables. Worship service to begin at 7:00pm, reflecting on the lessons from Jesus' final hours.

Easter Sunday Worship: March 31

Services held at 9:00am and 10:30am, filled with joy in celebrating a resurrection.

Pastorings



When our kids were little, my husband and I baked a lot of bread. Finances were really tight, we were both working on master's degrees, and we had three and then four small children at home. We knew that making our own bread wasn't the thing that would change our financial situation, but it was certainly cheaper and the bread was heartier, healthier, and made our house smell great. For Christmas one year, we received a bread maker from our parents, and it made the process even easier. As our life got busier and more complicated, we made less bread, and now we make bread because it feels good.

This winter break, my husband and children made Swedish rye bread and hard tack, breads that my husband's grandmother made. The process is slow, it takes time to make bread. It requires space in your day to let dough rest, rise, bake, and cool. Time that is not often afforded in our modern life. But as we enjoyed the fresh bread together, I was reminded that this small thing does make a difference.

It makes a difference in our finances (it's small, but small matters) and it makes a difference in our connections to one another and our food. Sitting around enjoying warm bread with butter, making toast in the morning, and later having the ends to make homemade croutons for the casserole elevates our joy. There is something about the simplicity of flour, water, yeast, and salt, or flour, water, salt, and an egg, or corn meal, water, and salt, or whatever it is that you use to make bread.

Lent is like baking. It requires us to slow down, simplify, and wait. And in the waiting, is transformation that nourishes. It is a transformation that literally gives life. It's no wonder that Jesus declared himself to be the bread.

— Pastor Shawna

Current Worship Series: Becoming the People of God

"We begin the new calendar year in the season of Epiphany, a time when we focus on the revelation that Jesus is fully God and fully human, God Incarnate among us. This year, we are using the season between Epiphany and Ash Wednesday to explore becoming the people of God. Notice that we do not say "become" or "became" or "will become." Rather, we are on a constant journey of becoming as we travel a path that we share with faithful followers in the Old and New Testaments, guided by the divine Light who forms us individually and communally into the people of God."

— from umcdiscipleship.org

February Worship Planning

February 4 — Youth Sunday

Ephesians 4:29-32

Followers Youth

February 11 — Laity Sunday

Mark 9: 2-9

Phill Gill

February 14 — Ash Wednesday

Matthew 4:1-22

"By Bread Alone"

Rev. Shawna Horn

February 18 — John 6:15

"Bread of Life"

Rev. Shawna Horn

February 25 — Women's Retreat

Psalms 84:1-7, Luke 10:38-42

"All Life that Matters"

Revd. Greg Renstrom

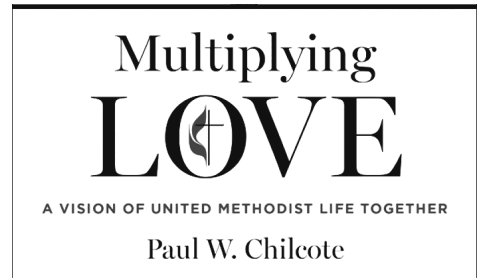
Midweek Bible Study

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.



Adult Sunday School

Adult Faith Formation meets weekly at 9:00am on Sundays.

Now through February 11, we are learning about refugees, in support of FAUMC's family through the Minnesota Council of Churches.

One way the Methodist Church has been making the news lately has been through stories about the number of churches that disaffiliated in 2023. For many of us, that hasn't been a surprise--

there have been strong disagreements about gender and sexuality among other issues for years. Yet this turmoil may leave us with a question: what will keep us together? Wesleyan scholar and pastor Paul Chilcote has written a short book called *Multiplying Love: A Vision of United Methodist Life Together* to help us start to answer that. Along with other churches in the Minnesota and Dakotas Annual Conference, Fairmount Avenue will be reading and discussing this book during Lent. We invite you to join Adult Faith Formation on Sunday mornings starting February 18 and throughout March. Each week we will discuss one chapter (about 10 pages) so it should be manageable! The church will order some copies of the book; contact the church office or Brad Neuhauser soon to reserve a copy.

Midwinter Concert

Sunday, February 11 at 2:00pm

Join us for our annual gathering of music presented by our talented vocal and instrumental choirs of all ages. Featuring a variety of musical styles, this program of joy and centering can be enjoyed by the whole family!

Collecting for Followers' Online Silent Auction

The Followers' Online Silent Auction will run again March 3-10, but donations are needed beforehand! Paper and e-forms will be available February 4. Paper forms will hang by the doorway of the upstairs education office; e-forms, watch for information in Monday Meditations, Facebook Online Community, and church website. Contact Cindy Radtke, Director of Youth Ministries at cindy@faumc.net for more details.

THANK YOU

A huge thank you to all who brought donations for Folwell Community School! The clothing and winter outerwear are being enjoyed by the students and your generosity has allowed them to participate in outdoor recess during the cold winter weather. Your kindness is being appreciated by many!

2023 Donation Statements

Statements for all donors should be mailed by the time this newsletter is delivered. Each statement will have an itemized record of all giving, and a total of tax-deductible donations. For those who pledged in 2023, statements will also show pledge total and fulfillment. While every effort is made to provide a correct statement, sometimes errors are made. If any discrepancies are found, please reach out to Elizabeth Herge, Financial Secretary, at (651) 699-1335 or admin@faumc.net.

2024 Women's Retreat: Few Spots Remaining!

We are excited to share that we will be having a Women's Retreat at The ARC from February 23-25, 2024. The focus for this year's retreat will be "Reconnecting: Mind, Body and Spirit." There are still a few spots open for staying in double rooms or in the cottage. Contact Pastor Shawna for more information, to register, or with any questions. Scholarships are available.

Davanni's Pizza Fundraiser Monday, February 5, 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.*

Special Worship Services

Ash Wednesday

February 14 at 7:00pm

Palm Sunday

March 24 at 10:30am

Maundy Thursday

March 28: Dinner at 6:00pm,
Worship at 7:00pm

Easter Sunday

March 31 at 9:00am and 10:30am

Pasta and Silent Auction

Sunday, March 3 after worship

Join the annual Followers youth Pasta Dinner Extravaganza after church and start your bidding in the Online Silent Auction! More details to come.

Spring Plant Sale

Ordering will open mid-February. More details to come.

FEBRUARY



BIRTHDAYS

- 1 Meg Kasting
- 2 Ann Eaton Johnson
Mackenzie Mazhari
- 4 Bonnie Beverly
Matt Anderson
Adam Wogen
- 6 J. McCallson
- 7 Ashley Ting
- 8 Barry Sullivan
- 11 Curt Bergmann
- 12 Paul Howe
- 13 Maureen Stemme
Heather Ferriere
- 14 Doug Snyder
- 15 Alison Thompson
- 16 Linda Snyder
- 17 Luke Almquist
- 19 Judy Faber
Jill Roesler
- 20 Ehren Stemme
- 22 Audrey Benjamin
- 23 Joan Miller
Lia Cousin
- 24 Gerald Hoistad
Bruce Southward
- 25 Adam Clift
- 26 T. Barnes
Robert Karsten
- 27 Megan Herkenhoff
- 28 Jill Holmes
Emily Miller

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

Be a birthday caller!

<https://tinyurl.com/4pup5bud>

Contact Cindy Bevier with questions (651) 641-0745.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Afternoon Circle** will be meeting on Monday, February 19 at 1:00pm via Zoom. We will discuss the first chapter of *“Words of Life, Jesus and the Promise of the Ten Commandments Today.”* For the Zoom link, contact Muriel Olson.

The UMW-UWF **Book Group** will meet on Monday February 25 at 7:00pm via Zoom. We will discuss *“The Last Circle of Love”* by Lorna Landvik. For more information contact Marge Langer.

Prayer Shawl Ministry

Join us this month on Monday, February 12 at 7:00pm, and on Sunday, February 25 at 3:00pm via Zoom. Contact Muriel Olson for the link.

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 March issue of the Messenger is **Thursday, February 15**. Please send all materials to the office **no later than the 15th**.

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. We hope to resume coming forward for communion in October.

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: What Can I Do?

What can I do? Anything, with strength from God! Throughout February, read stories from Jesus' early life and ministry and hear that God has exciting plans for your life and work, too.

Meet artists, architects, doctors, and of course, the fishermen that Jesus called to be his disciples. Whoever you are and whatever you do, you can listen for God, trust God's plans, and include all God's people.

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.



Collect Those Coins!

Lent begins this month, and the Explorers will collect change to give to a cause close to them.

Last year, we brought in change throughout Lent and donated \$50 to the MN Animal Humane Society. Explorers— who will we give to this

year? If you have loose change, or you earn allowance that you want to give, bring your offering to Sunday School **between February 18 and March 24**. We will decide where to give this year after Easter.

T.G.I.W.: The STORY of Easter

Explorers' spiritual practices activities ended with creative ways to share stories with others. This storytelling theme will bring us into February and through Lent. Hear new stories, appreciate diverse stories, and discover where to find stories in our community.

Join us Wednesdays, 6:30-7:30pm, and contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.



Also on Wednesdays... Children's Choir and Bells

The Explorers meet to rehearse their songs **6:00-6:30pm on Wednesdays** in the education wing prior to T.G.I.W. activities.

The choir will sing during worship on Sunday, February 11, and perform for the Winter Concert, also on Sunday, February 11.

We'll then trade singing voices for **ringing handbells in rehearsals beginning Sunday, February 18, 10:00-10:20am (after Sunday School, before worship) and Wednesday, February 21, 6:00-6:30pm.**

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

There will be NO T.G.I.W. on Wednesday, February 14. Join us instead for Ash Wednesday worship!

Other Fun Church Events

Followers Youth Sunday:

February 4 Worship, 10:30am

Make sure to join this special Sunday worship service led entirely by our Followers youth! There will be music, children's time, and as it's the first Sunday of the month, our First Fruits collection!

Davanni's Pizza Night:

Monday, February 5, 4:00-8:00pm

Enjoy 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.

Midwinter Concert:

Sunday, February 11 at 2:00pm

Come see and hear multiple choirs and musicians share their talents! The Explorers children's choir will sing during the concert as well— to join as a performer see the information to the left, or contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net.

Pasta 'Dinner' Extravaganza:

Sunday, March 3 at 11:30am

Stay after worship with your family for yummy meal served by the Followers youth!

More details to come, but save the date on your calendar and save some room in your tummy!

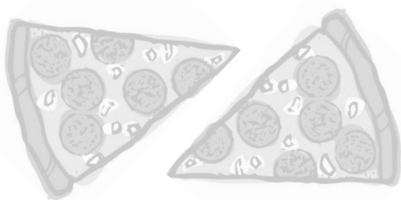


Followers T.G.I.W.

Thank God It's Wednesday, including Followers Youth Group, is held **Wednesdays, 6:30-7:30pm**. Come often; come when you can!
2/21: Followers Stories Retold
2/28: Storytime
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!



Davanni's Pizza Fundraiser

Monday, February 5, 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.

Upcoming Dates

Sunday, February 4:

- Youth Sunday (Reminders: 8:45am potluck continental breakfast. 9:20am prep/sound checks/warmup. 10:00am prayer with Pastor Shawna.)

Monday, February 5

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

Wednesday, February 7:

- T.G.I.W. Nursing Home Visit

Sunday, February 11:

- Midwinter Concert (2:00pm)

Wednesday, February 14:

- Ash Wednesday Worship (7:00pm) **No T.G.I.W.**

Sunday, February 25:

- Youth Council after worship

Saturday, March 2:

- Preparation for Pasta Dinner (more info to come)

Sunday, March 3:

- Pasta Dinner after worship
- Online Silent Auction opens



Collecting for Followers' Online Silent Auction

The Followers' Online Silent Auction will run again March 3-10, but donations are needed beforehand! Paper and e-forms will be available February 4. Paper forms will hang by the doorway of the upstairs education office; e-forms, watch for information in Monday Meditations, Facebook Online Community, and church website. Contact Cindy Radtke, Director of Youth Ministries at cindy@faumc.net for more details.

There will be NO T.G.I.W. on Wednesday, February 14. Join us instead for Ash Wednesday worship!

Mark Your Calendars:

Spring Plant Sale

Ordering for the Followers' spring plant sale fundraiser (through Gertens) will open mid-February. Delivery and Pickup will be Friday, May 10, in time for Mother's Day.

Cindy's Corner

Reflection Topic: *Empowered by the Holy Spirit to "Boldly Go Where No One has Gone Before!"*

With different approaches, we are studying the book of Acts in both Followers' and Young Adult Ministries' Faith Formation. If you are interested, read Acts 2-4 in their entirety. Following Jesus' death, the Disciples were afraid, and rightly so! Once the Holy Spirit came to them on what we now call Pentecost, they were emboldened. Here are some observations that we (teachers, youth, young adults) have noticed:

- Peter went from being an impulsive and somewhat bumbling disciple to being a prolific preacher.
- While Peter and John were healing they were brought before the authorities, then bravely argued their cases in front of lawyers and leaders.
- The number of people following Jesus increased greatly.
- People lived communally as they radically welcomed and supported each other, sharing food and resources.

How do we, in our small groups and as the church support and embolden each other?

For youth and young adults, we:

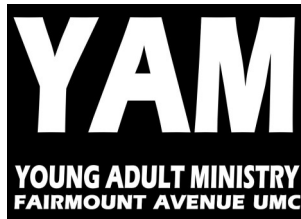
- Regularly meeting to discuss and study scripture.
- Make time to chat with one another over tea, coffee, or hot cocoa.
- Share our stories of God and our Spirit moments.
- Explore fun activities together.
- Serve together.
- Attend “business” meetings of the church like Youth/Church Council and town halls.
- Celebrate and support each other’s gifts.
- (Youth) set up a communal snack bin and process they agree on.
- Have celebration and downtime; Christmas Parties, game nights, coffee outings, etc.
- Go on retreat.

Let’s continue to remember, as Pastor Shawna reminded us on 1/7, that we are God’s beloved. And with this, the Holy Spirit will embolden us to go and do what God calls us to do. We just need to continue to nurture our Holy space and be ready to answer the call.

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.

Spaghetti and Scripture Chat
Sunday, February 25, 5:00-6:00pm, upstairs kitchenette/Wesley Room. Come for conversation, vegan spaghetti (optional cheese/meat), and a chat around scripture. 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 Susanna or Wesley room. Come often; come when you can!

2/4: Create Take-n-Bake; those who signed up will receive details

2/11 and 2/18: Early Trials and Conflicts (Conversion of Saul)

For hybrid link or questions text/call Cindy at (763)321-8077 or email cindy@faumc.net.

2/25: Coffee outing

3/3: Join the rest of the church and attend the Followers youth Pasta Dinner Extravaganza!

Other Things Coming Soon

Meditation and Prayer: Let’s explore options already around us!

Serving a meal at the Provincial House: Sunday, March 24.

Game Night: To be scheduled!

Other Ways to be Involved

Adult Sunday School

Adult Faith Formation meets weekly at 9:00am on Sundays. One way the Methodist Church has been making the news lately has been through stories about the number of churches that disaffiliated in 2023. For many of us, that hasn't been a surprise--there have been strong disagreements about gender and sexuality among other issues for years. Yet this turmoil may leave us with a question: what will keep us together? Wesleyan scholar and pastor Paul Chilcote has written a short book called *Multiplying Love: A Vision of United Methodist Life Together* to help us start to answer

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Special Worship Services

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Palm Sunday

March 24 at 10:30am

Maundy Thursday

March 28: Dinner at 6:00pm,
Worship at 7:00pm

Easter Sunday

March 31 at 9:00am and 10:30am

Food Security Ministries

First Fruits

Your contributions to this ongoing and vital ministry **DO** make a difference! Keystone Community Services' annual 2022 report shared the following statistics:

- **42,252 people received food** support from Keystone in 2022 through food shelves, Food Mobile, Grocery Delivery Program, and Community Distribution Program
- **\$154,215 in crisis funds were distributed** to support families during emergencies
- There was a **70% increase in food shelf visits** compared to the overall participation during the previous year.

Lynn and Tom Ihlenheldt were our January volunteers and delivered pounds of food from Fairmount Avenue United Methodist Church to Keystone. Our participation in this ministry depends on the generosity of our members to give as well as deliver food.

Our next First Fruits Collection will be Sunday, February 4!

Non-perishable food, non-food items (diapers, toiletries, cleaning supplies, paper goods, etc.) as well as checks made out to Keystone Community Services will be collected by our children during the worship service.

The much anticipated new site for Keystone is now open at **1800 University Avenue, St. Paul!**

We hope that you will consider being a Keystone volunteer. If you are interested in signing up or would like more information, please contact Linda Hucke (651-698-5226), Judy Thielen (651-340-6904), the church office or visit the following URL: <http://tinyurl.com/msyumbkv>.



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 Fellowship Hall!

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, February 4.**

The Health Team invites you to reserve Thursday, April 4 on your calendar for a potluck meal in the Wesley Room followed by the presentation **“Scams: What to be Aware of”** by Jacob Hugart.

Included in this newsletter is a **calendar of health promoting activities** for use during Lent. You may do what is suggested for a specific day or substitute something from another day. We hope you enjoy doing a variety of activities. Maybe try something new!

Guideposts, Your Weekly Inspiration, January 8, 2024 had an article on self talk. This is something we all do at times. It can be either positive or negative.

Positive self talk is the practice of replacing negative thoughts with affirmations, prayers, and more optimistic approaches to stressful situations or challenging life events. **Negative self talk** can be limiting statements, harsh language and/or self-criticism. Using positive self talk is being able to reframe the narrative, take stock of your inner monologue, and evaluate whether it is helping or hurting your overall outlook on life. Positive self talk can improve mood, strengthen relationships and boost confidence.

Suggestions for doing this are:

1. **Identify patterns of negative self talk.** How big a problem is it? We all use this

occasionally. But if it is constant, a person may feel depressed, lonely, and unmotivated. It may be blaming oneself when things go wrong, feeling everything is either right or wrong, only focusing on the negatives, or expecting the worst.

2. **Craft positive affirmations** to reinforce the good in life. Remind yourself of this with notes posted where you will notice them, or creating a vision board of images and sayings you can refer to.
3. **Turn limiting statements into questions.** Rather than thinking “I can’t do this” or “it’s impossible” ask “How can I accomplish this? What can I do to make it possible?”
4. **Journal your self talk.** Carry a notebook with you to record negative thoughts, and at the end of the day evaluate how you handled them and what to do differently.
5. Change your perspective by stepping back and pretending like you are **looking from someone else’s perspective.**
6. **Practice meditating.** Take 5 minutes to back away from a stressful situation and check in with yourself. It may be sitting and tuning in to your body’s rhythm, closing your eyes and focusing on your breathing, clearing your mind, and being at peace with yourself.
7. **Ask for help.** This may be from a professional or could be from a trusted friend, family member, or co-worker. Telling them your goal of practicing positive self talk will help keep you accountable. It also can provide a safety net.

The following is Today’s Prayer, written by Derek Weber; January 11, 2024, UMC Discipleship Ministries.

God of new beginnings, of second chances and start overs, it is hard to admit that all the resolutions in the world can’t help us become the perfect people we sometimes aspire to be. We need something more. We need more will and more grace and more hope and more... I don’t know, just something more. Send your Spirit to be that something more. Move aside my lack of will or stubborn will so that you can open my eyes to a world I don’t really want to see. Open my heart to those whom I have worked to avoid. Open my hands to those who need me to give and to love. Help me, God whose will I pray will be done in and through and sometimes in spite of me. Help me be more like the one I claim to follow in ways that make a difference in this broken but beautiful world. Amen.

~ 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.

Fellowship Hall Prayer Wall

A Prayer Wall is located in the Fellowship Hall as a way to share prayer requests and support one another in prayer.



Upper Room Devotional

The Upper Room Devotional book is available in the Little Free Library in front of the church building or at each entrance. These devotional books are a free resource for you.

Fairmount Avenue UMC

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Church Staff

The Congregation
Ministers

Rev. Shawna Horn
Pastor

Cindy Radtke
*Director of Youth and
Young Adult Ministries*

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

Midwinter Concert

Sunday, February 11 at 2:00pm

Join us for our annual gathering of music presented by our talented vocal and instrumental choirs of all ages. Featuring a variety of musical styles, this program of joy and centering can be enjoyed by the whole family!

"Thank God It's Wednesday!"

Weekly Schedule

5:30-6:15pm — Wednesday supper
in the Fellowship Hall

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 Wesley Room

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

**No programs February 14*

Newsletter Deadline

The submission deadline for the March issue of the Messenger is **Thursday, February 15**. Please send all materials to the office **no later than the 15th**.