



The Messenger

Fairmount Avenue Vision Statement

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

November 2023

Volume 20, No. 9

Thanksgiving with St. Alban's— Sunday, November 19

Join us as we gather again with St. Alban's Church of God in Christ for a Thanksgiving worship and potluck supper. Hosted by Fairmount Avenue United Methodist Church, worship will be held in the sanctuary at 6:00pm with our shared supper to follow in the Fellowship Hall.

More information will be shared as details are finalized, including signups for worship and supper.

November Worship Schedule

November 5 — Matthew 5:1-12	<i>All Saints' Sunday</i>
November 12 — Psalm 78:1-7	
November 19 — Psalm 121	<i>Pledge Sunday</i>
November 26 — Psalm 100	<i>Christ the King Sunday</i>

All Saints' Sunday: November 5

On Sunday, November 5, we will celebrate All Saints' Day during our 10:30am worship service. On this day, we remember, reflect, and give thanks for all of those who have gone ahead of us to eternity. We wish to remember especially those members and the loved ones of members from Fairmount Avenue who have died since November 6, 2022. Let this service be a gentle time of remembrance for us all.

Updating our Online Directory

The Health Team and many additional volunteers have been working on calling people to update information on the church's online directory. There are some people we have been unable to contact. If you are one of these people, please let Nita Hanson know whether you have any changes. Nita's contact information is nitahanson@gmail.com.

A special thanks to Nita who has input all the information collected by the callers.

Also, thanks to all those who assisted with the calling: Phoebe Bode, Karen Caron, Fran Furstenau, Judy Faber, Carol Gregorson, Elaine Lee, Carol McCarty, Cindy Bevier, Marge Riemenschneider, Mark Seeley, Meg Kasting, and Muriel Olson.

Several people have asked about getting a paper copy of the directory. If you would like one, please contact the Church Administrator, Elizabeth Herge, at 651-699-1335 or admin@faumc.net.



How does a weary world rejoice?

*An Advent series in
Luke's Gospel*

*Graphic Design by
Rev. Lauren Wright Pittman
A Sanctified Art LLC | sanctifiedart.org*

Advent Theme and Logo Preview

"How does a weary world rejoice? This is a difficult question to image, much less to answer. The world was the first tangible image that emerged from our brainstorming. This theme feels all-encompassing; it feels important to highlight its expansiveness with a visual reference to the globe. The other design problem to solve was how to reference both weariness and joy. How do you visually hold these contrasting emotions together? What feels connective about these emotions is that they are very human. We decided on the image of a comforting embrace, and perhaps in the space between the people, continents and bodies of water come into view. These two people could represent characters we follow this Advent season: Elizabeth & Zechariah, Mary & Elizabeth, Mary & Joseph. Or maybe the figures are more broadly representative of God & humanity or of the personification of joy & weariness. Two people— one radiating joy and the other wading into weariness— hold the world together."

— Rev. Lauren Wright Pittman

NOVEMBER



Thanks from Trustees

A huge thank you to the volunteers who made fall work day a success! Many tasks were completed inside the building, literally on the outside of the church building, and on our beautiful grounds. Exterior light timers were reset for winter hours, window trim on the exterior was secured and caulked, gutters and downspouts cleaned, painting in several areas indoors, storage areas cleaned out and prepped for future deep cleaning, air conditioning units removed for winter, duct covers reinstalled, walls scraped and prepped for repair and paint, and hoses put away for winter. We are a fortunate community to have so many wonderful volunteers! If you were unable to come to the work day but are interested in helping Trustees with continuing projects please talk to Stacey Boucher or Amy Woodward-Trustees would love to hear from you!

2024 Women's Retreat: Save the Date!

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." Please save the date on your calendar and stay tuned for more details!

Wesley Window Update

Trustees have recently received an update about the restoration of our Wesley Window. Work like this is methodical and must be done meticulously. Our window has been photographed, pieces cataloged, and each square inch ensured safe, clean, and repaired. We are looking forward to reinstallation in early November.

Simpson Thanksgiving Coordinators Needed

We are in need a small team of coordinators willing to share the duties of meal planning, shopping, leading prep cooking, and being on site Thanksgiving Day to oversee cooking, serving, and clean up. If you are interested in being a Thanksgiving meal coordinator this year, please contact hokanson.dave@gmail.com or 612-419-9800. Thank you!



College Address Request

Deadline: November 12

Followers Youth will work on mini-care packages mid-November to be sent in time for finals week.

Fill out an online form: <https://forms.gle/7BBRcYY9MFoKP3o57>



Remember to "Fall Back"

This year, Daylight Savings Time ends Sunday, November 5.

- 1 A. Vojtech
- 2 Midge Olsen
Sam Bell
- 3 Kelsey Bredesen
- 4 Kathryn Coquemont
H. Stemme
- 5 Dan Southward
Norma Cox
- 6 Frederick "Bill" Mackey
- 8 C. Pickart
- 9 Keith Ives, Jr.
- 11 Lauren Graves
- 12 Lauralee Johnson
I. Senaratna
- 13 Sandra Burrowes
- 14 Scott Wendell
- 16 Bill Carter
- 17 Andrew Lubar
Steven Weber
- 18 Rachel Erlandsen
Thomas Johanson
- 20 M. Anderson
- 21 Erik Olmstead
Taylor Southward
- 24 Nate Woodward
- 25 Ian Hall
E. Stemme
- 26 Karin Trail-Johnson
- 27 Emma Ausen
- 28 Susan Rose
Chris Kelley
- 29 Vicki Flowers
Cindy Olson-Tuma
- 30 Elliot Tuma

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

Be a birthday caller! <https://tinyurl.com/3k3cvnv> Contact Cindy Bevier with questions (651) 641-0745.

Food Security Ministries

First Fruits

As we head into the upcoming holiday season, we are grateful for God's many blessings in our lives. While food is often a large part of our holiday celebrations, for those experiencing food insecurity, this isn't always the case.

At Fairmount Avenue United Methodist Church, we have the opportunity to share what we have been given with our neighbors. At the beginning of each month, usually the first Sunday, we can make a difference by participating the First Fruits Collection. Non-perishable food, non-food items (diapers, toiletries, cleaning supplies, paper goods, etc.) as well as checks made out to Keystone Community Services are collected by our children during worship. All donations are then delivered by Fairmount volunteers during the following week to Keystone (1916 University Avenue, St. Paul.) We are grateful to all who felt called to donate items in October and to Steve Wertz, who delivered 47 pounds to Keystone!

We hope that you will consider being a Keystone volunteer. Presently, we have slots open for December through June of next year. There are also opportunities to volunteer directly at Keystone helping stock shelves or guiding guests as they choose needed items. 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: [https://www.signupgenius.com/go/20f0a4aaba22a57-faumc#/.](https://www.signupgenius.com/go/20f0a4aaba22a57-faumc#/)

Our next First Fruits Collection will be Sunday, November 5!



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 <https://www.signupgenius.com/go/4090c4fada828a2fa7-adopt>. 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.



Sunday School Goes on "Christmas Vacation"

The Explorers are going on vacation this holiday season, to the New Testament, to the stable where Jesus was born, and are working to realize the wonderful world that Jesus' birth promised.

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



Children's Choir

The Explorers choir meets to rehearse on Wednesdays at 6:00pm in the education wing (upstairs). Reach out to Ashton or Paul Howe (paul.howe@hotmail.com) with any questions or for more information.

The Children's Choir will again be singing in worship on November 5.



Explorers T.G.I.W. Thankfulness Challenges

Explorers are challenged this November to earn their feathers by giving thanks for each piece of God's creation: nature, school, friends and family, and more. Sing, play, craft, and remember to give thanks in all things this Thanksgiving.

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

There will be **NO** T.G.I.W. programming on Wednesday, November 22, and **NO** Sunday School activities on November 26 for Thanksgiving.



Children's Christmas Program

Rehearsals will begin on Sunday, November 12, taking place during Sunday School.

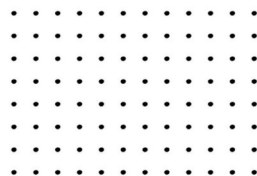
Bell choir rehearsals begin on Wednesday, November 8, in place of Children's Choir at 6-6:30pm.

Saturday rehearsals:

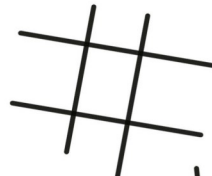
December 2, 10:00am-12:00pm
December 9, 1:00-3:00pm

Performance during worship on Sunday, December 10!

More details coming soon!



I AM THANKFUL FOR...

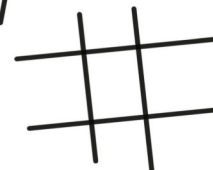


NKUPIMP _____

EALF _____

OCNR _____

LAFL _____



HUNFALKT _____



©CRI | www.ChurchArt.com



Sunday Faith Formation

Followers youth Faith Formation is held in the youth room on Sundays, 9:00-10:00am. 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!

Followers T.G.I.W.

Thank God It's Wednesday, including Followers Youth Group, runs each Wednesday night, 6:30-7:30pm. Come often; come when you can!

What to Expect: We will build community through games, activities, prayer, and worship. We will explore our faith in action!

Raking and Hot Cocoa

Saturday, November 4 from 9:30am - 12:30pm.

What to Expect: Gather at church to get leaf bags and meet with your

team assigned a congregation member's yard to rake with two (2) adult volunteers. Then, return to church at noon for hot cocoa!

College Address Request

Deadline: November 12.

Followers Youth will work on mini-care packages mid-November to be sent in time for finals week.

Fill out an online form: <https://forms.gle/7BBRCYY9MFoKP3o57>

Upcoming Dates

Sunday, November 19:

- Creative Arts in worship
- Youth Council Meeting

Friday, December 1:

- Winter Plant Sale Pick-up (Followers help unload and organize; time TBD)

Sunday, December 10:

- Children's Christmas Program (Followers support)

What to Expect: We will build community through games, activities, prayer, and worship. We will explore our faith in action!

There will be **NO** T.G.I.W. programming on Wednesday, November 22, and **NO** Sunday School activities on November 26 for Thanksgiving.

Cindy's Corner

Reflection Topic: Taking a Breath/Pause

As we have been learning in Sunday Faith Formation and Exploration, a word for the Holy Spirit is pneuma/breath/wind. In Genesis 1, a "wind" from God swept over the waters on the first day of creation; God breathed into Adam's nostrils the breath of life. One can search for all references, but to jump to our studies in Acts 2, "a rush of violent wind" brought the flames of the Spirit to the disciples gathered.

Here are some ideas on how to ground, pause with the breath, to tap into God and listen.

1) Breath prayer. Take a Bible verse or phrase-- say half breathing in and half breathing out.

2) Take a Psalm or poem-- read a verse, then sit with it, meditating on a word/image/focus that spoke to you. Then, continue on with this for a few more verses.

3) Meditate on a picture.

Above all, rest in God's light and love that is already in each one of us, listening for the Holy Spirit to guide and heal. Blessings,

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. Email Cindy if you are not receiving them.

YOU ARE A MIRACLE

YAM

**YOUNG ADULT MINISTRY
FAIRMOUNT AVENUE UMC**

Sunday Faith Exploration: All young adults (post high school age through age 30) are invited to join! Y.A.M. Faith Exploration is held each Sunday following worship service, 11:45am-12:45pm in Susanna or Wesley room. Come often; come when you can!

What to Expect: Building a small group together, time for questions, learning about early church community, and faith in our daily lives.

Hybrid Option Available: Zoom Meeting ID: 81239500489 Passcode: 048277
Contact Cindy, Director of Young Adult Ministries, at (763)321-8077 or cindy@faumc.net for link. (Also Monday Meditations or Y.A.M. E-news.)

Holiday party with White Elephant gift exchange date TBD.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Afternoon Circle** will be meeting on Monday, November 20 at 1:00pm via Zoom. We will conclude our study of the Lord's Prayer.

The UMW-UWF **Book Group** will meet Monday, November 27 at 7:00pm via Zoom. The book *The Code Breaker: Jennifer Doudna, Gene editing and the future of the human race* by Walter Isaacson will be discussed. Contact Marge Langer for more information and Zoom link.

Walker "Give a Little Gift"

The Walker Auxiliary has a number of ways to support their residents. One is the "Give A Little Gift" Fund which we have supported in the past. This fund allows their team to create small care packages or gifts for the residents during the holiday season. This year they prefer cash donations. These donations are due Friday, December 1. Make checks payable to Walker Methodist Foundation with the memo "Give A Little Gift." Send checks to: Walker Methodist Corporate Office, 11055 Wayzata Blvd. Suite 200 Minnetonka, MN 55305.



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.

Prayer Shawl Ministry

Join us this month on the 2nd Monday at 7:00pm and the 4th Sunday at 3:00pm via Zoom. All interested in knitting and crocheting are welcome! Contact Muriel Olson for the link.

Weekly Sunday Schedule

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

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.

Newsletter Deadline

The submission deadline for the December issue of the Messenger is **Wednesday, November 15**. Please send all materials to the office **no later than the 15th**.

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.



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!



Blood Pressure checks will be offered in the Susanna Room from 10–10:30am and following worship on **Sunday, November 5.**

Thanks to all who participated in the Flu Shot clinic, Thanks to Bonnie Beverly and Mark Seeley for their assistance.

We are offering a **by-stander CPR training session** on Wednesday, November 1 starting at 6:30pm. It will consist of a video and CPR practice on mannequins. We will not be doing mouth to mouth.

Loneliness has always affected people and it seems more so in the past few years. One good outcome of the pandemic is that people are more open about it and it is less stigmatized.

An article in a **Blue Zones** (www.bluezones.com) email on October 5 included an article by Mo Perry on “Why Social Bonds are So Important For Our Health.” This includes quotes from Kory Floyd, PhD; Stephanie Cacioppo, PhD; Julianne Holt-Lunstad, PhD. Loneliness is the feeling **of being isolated**. It is defined as a gap between one’s actual and ideal levels of social connection. It is a signal we are not getting the social connections we need. We can experience loneliness even when surrounded by people. Also, a person can be alone and not feel lonely. Everyone feels lonely at times, but is a problem when it produces a lot of negative thinking. A lonely person may develop a sense of hypervigilance combined

with a tendency to misinterpret social signals and feel that people are not accepting them.

Holt-Lanstad states that **loneliness can increase the odds of early death by 26%**. It can affect our immune system and susceptibility to viruses, and impede our ability to heal from an infection.

The good news is that we can change this. What are good social connections may vary from person to person. Some people may need the assistance of a therapist.

Cacioppo has developed a set of strategies to help us overcome fear and consciously enhance our sense of connection. By the use of the acronym: **GRACE**.

G = Gratitude. Write down 5 things that you truly appreciate every day. Your mind is your main social organ. You can choose to feel lonely or grateful.

R = Reciprocity. We need to receive care, but also to give back in order to have a sense of worth. Feeling useful is needed to erase feelings of loneliness. Do a small act of kindness for your neighbor.

A = Altruism. Generously offering your time and resources helps dispel the self- focused rumination that is the hallmark of a lonely mind (Floyd). It is about sharing, not just money– but life experiences, wisdom and direct assistance. Volunteering can be a great way to enhance feelings of connection.

C = Choice. We have some choice about the way we feel. We don’t feel guilty about being thirsty, but if we don’t take a drink– that is our choice. We can choose to work towards a positive mindset. We can control what is controllable.

E = Enjoyment. We can all use a little fun in life. It takes 3 pieces of positive stress to counteract 2 negative ones. Every positive experience we share with those around us, improves our wellbeing and those around us.

One of the most important things we can do is reach out. In person and online is better than digital at alleviating loneliness.

Thanksgiving is a special time to practice GRACE. It is a time to think of all the ways God is good to us. It is a time to care for your neighbor. If they have no where to go, invite them for dinner. We can volunteer to help with the Simpson Meal or one at Project home. Remember it is our choice in how we spend our time and resources. Let us do it with our neighbor in mind. And enjoy what you are doing. Maybe share a joke, go for a walk with someone, attend an event For Jesus’ thoughts on being a neighbor- Think of the story of the Good Samaritan, **Luke 19:25-37.**

~ 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

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.

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.

Fairmount Avenue UMC

1523 Fairmount Avenue
St. Paul, MN 55105

NON PROFIT ORG
U.S. POSTAGE PD.
TWIN CITIES MN
PERMIT NO. 539

ADDRESS SERVICE REQUESTED

TIME DATED MATERIAL 10

Volume 20 No. 9 November 2023



INSIDE This Issue:

All Saints' Day
Advent Theme Preview

Church Staff

The Congregation
Ministers

Rev. Greg Renstrom
Interim Pastor

Rev. Shawna Horn
Pastor (on renewal leave)

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

Mike Kelly
IT Director

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

St. Alban's Thanksgiving Sunday, November 19

Hosted by Fairmount Avenue
United Methodist Church,
worship will be held in the
sanctuary at 6:00pm, followed
by supper in the Fellowship Hall.
More info to come.

"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 November 22*

Newsletter Deadline

The submission deadline for the December issue of the Messenger is **Wednesday, November 15**. Please send all materials to the office **no later than the 15th**.