



The Messenger

Fairmount Avenue Vision Statement

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

October 2023

Volume 20, No. 8

Charge Conference— Tuesday, October 24 at 7:00pm via Zoom

All church members are invited to attend as the charge conference votes to formally endorse Pastor Steve Nuessle in his candidacy for ordination. The Staff-Parish Relations Committee has interviewed Pastor Steve, and voted unanimously to recommend him for appointment.

The Zoom link may be found online or in future bulletins.

October Worship Schedule

- October 1** — Ruth 1:1-5, 15-18, 22
“Recommended Reading: The Book of Ruth”
Rev. Greg Renstrom
- October 8** — Acts 12:1-10
“Peter's Dramatic Escape”
Rev. Greg Renstrom
- October 15** — Luke 9:1-6, Philippians 1:1-11
“The Difference People Make”
Rev. Greg Renstrom
- October 22** —
“Facing West”
Rev. Greg Renstrom
- October 29** — John 14:25-27, Philippians 4:1-9
“Paul's Decisive Inner Peace”
Rev. Greg Renstrom

Adult Sunday School

“**The Gift and Power of Story**” Throughout history, stories have been used to entertain, teach and help listeners understand even the most abstract concepts. Stories told well can make ideas more accessible and memorable. Jesus was a skillful storyteller and shared countless powerful messages through parables recorded in the scriptures. Join in this **4-week series held at 9:00am Sunday mornings** to explore the gift and power of stories that help us better understand how to apply this divine guidance in today's world.

This series will be facilitated by Amy Dauplaise, long-time member of FAUMC. Amy received her Master of Arts in Theology and the Arts in 2017 from United Theological Seminary (UTS) and will be returning to UTS this Fall to pursue studies in Spiritual Direction.

In just a few days, the first week of November, Pastor Shawna Horn and her family will be returning from their four-month renewal leave. And we all wish them well as they ‘re-enter’ life at Fairmount Avenue United Methodist Church. Autumn is filled with great activities and great opportunities for service that make it a wonderful time to return and start a new church year. They will all be in our prayers each day for a season that is fulfilling in every way.

It also means that I will soon be finishing our ‘interim’ time together. And it has been wonderful. I have thoroughly enjoyed these weeks working with your church staff, leading worship, preaching, attending staff prayers and meetings, getting aquatinted with new Fairmount folk, and become reacquainted with people who have been at Fairmount for years, including a few who have graciously remembered my family and me.

What a gift it was been. Your ministries to the congregation and wider community where you serve have been exciting to see and experience. You live out in so many ways the words of Jesus,
‘A new commandment I give to you, that you love one another.’

What a gift is has been to be a part of your ministry these past few months. I am extremely grateful to you. Know that you all will remain in my prayers for your life and work together. Thank you.

— **Rev. Greg Renstrom**

Trustees' Fall Workday

Save The Date! Our fall all-church work day will be after worship on Sunday, October 15. Wear work clothes to church, stay for lunch, and help tackle Trustees' fall work list. Tasks will be available for all ages and skill levels. Thank you for being committed stewards of our church building and grounds!



"You Can Count On Me!"

Look for the goldenrod colored insert in your bulletin! Included each week in worship, this form highlighting needs for volunteers for various church tasks and functions. A variety of ways to volunteer are available. Weekly needs like ushers for Sunday worship, ongoing opportunities like book drives or helping with children's or youth programs, and seasonal or specific event needs like helping to rake neighbors' lawns or serving at UMW's annual ice cream social will all be listed.

CROP Walk: October 8

Fairmount Avenue UMC has been involved with the CROP Hunger Walk for over 25 years. This is run by Church World Services and 25% of funds raised go locally to The Department of Indian works. Bruce Stemme has created a walk team for Fairmount UMC. For more information, visit <https://events.crophungerwalk.org/2023/event/saintpaulmn>.

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 late October or early November.

T.G.I.W. for Adults

Saving Grace is a UMC-developed curriculum designed to teach Wesleyan principals of managing resources, using and eliminating debt, and setting goals to achieve a sustainable financial life. We will focus on creating a firm financial footing to help us live faithfully and be ready for God's calling, wherever it may lead.

All adults are welcome to join us on Wednesday evenings from 6:30-7:30pm in person at FAUMC.

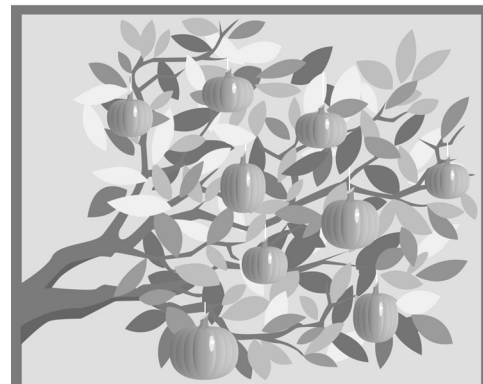


Fall Office Hours

Our regular program year office hours are held 9:00am-3:00pm, Mondays through Thursdays.

If you need to stop by outside of these hours, please email admin@faumc.net to make arrangements, or call 651-699-1335 and leave a voicemail that will be returned once the office reopens. Emails may be checked periodically outside of office hours, but a response cannot be guaranteed.

OCTOBER



BIRTHDAYS

- 2 John Kelly
Amber Clift
- 3 M. McCleave
- 4 L. Herkenhoff
- 5 Robert Thurston
Annika Herkenhoff
- 6 Joann Eichten
- 8 Ardys Heilig
Bill Schuster
Amy Woodward
Wes McCleave
Sabine Graves
- 9 Evan Johnson
- 12 Bruce Stemme
Liz Kramer
- 13 Debra Johnson
- 14 Lynn Farris Lindholm
- 16 Jackie Selvig
- 17 David Currie
- 18 Barbara Korf
- 19 Jeffrey Howe
- 21 Phill Gill
Dee Senaratna
- 22 Robert Boucher
Janelle Kelly
Bob Cress
Analia Kroonblawd
- 24 Jordan Eaton
- 26 Karen Caron
Ben Currie-Walls
Alex Seeley
Tatyanna Southward
- 27 Paul Lindholm
Joyce Bredesen
- 29 Andy Butenhoff
- 30 Hazel Bruch-Looney*

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

Be a birthday caller! <https://tinyurl.com/3k3cvvvnv> Contact Cindy Bevier with questions (651) 641-0745.

Food Security Ministries

First Fruits

Keep the food coming!

Every item helps!

You are needed!

Sign up to volunteer!

Today someone will go to bed hungry!

One person CAN make a difference!

Next collection: Sunday October 8!

Essential items include: non-perishable food, cleaning products, diapers, paper goods, checks to Keystone etc.

First Fruits is an ongoing ministry here at Fairmount Avenue United Methodist Church. At the beginning of each month, we have the privilege of making a difference in the lives of those experiencing food insecurity. Food and other essential items are collected by our children during worship. Those items are then delivered during the following week to Keystone Community Services (1916 University Avenue, St. Paul) by a Fairmount volunteer. Our August contributions weighed 72 pounds!

If you would like to volunteer or need 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#

Thank you to all who have volunteered this year! The December slot is still unfilled and 2024 months are now available on the sign-up genius.



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.



“Lead the Way” in Sunday School

Beginning October 15, embark on the next part of our faith journeys with Moses and the Israelites. As Moses leads the Israelites, we will learn that God leads us and teaches us to lead others; as Moses delivers the Israelites safely out of Egypt, we learn that God leads us to safety and are reminded that we can always count on God.

Register for Sunday School online at faumc.net, or email Ashton Pappas, Director of Children’s Ministries, at ashton@faumc.net for more info.



Children’s Choir

The Explorers choir meets to rehearse regularly again 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 October 15.



Explorers T.G.I.W.

T.G.I.W. is fun for pets, too! Join the Explorers on Wednesday, October 11 for our first service activity of the year. We will make cat and dog toys to donate to the Animal Humane Society, so that pets and animals can have fun, too. Bring a picture of your pet, or your favorite stuffie to share. Join us Wednesdays, 6:30-7:30pm.

Register for T.G.I.W. activities online at faumc.net or email Ashton Pappas, Director of Children’s Ministries, at ashton@faumc.net for more info.



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There will be **NO** T.G.I.W. programming on Wednesday, October 18, and **NO** Sunday School activities on October 22 for MEA week.

Fall Music Makers

All Explorers are also invited to join the Music Makers fall program, held at Fairmount Avenue UMC on Thursday evenings (time TBD). The fall program will have 10 sessions: October 5, 12, 19; November 2, 9, 16, 30; December 7, 14, 21.

Designed to introduce children to the joys and foundational skills of music, classes will prepare kids to become musical in 3 ways:

1. **Tuneful** – to have tunes in their heads and learn to coordinate their voices to sing those tunes.
2. **Beatful** – to feel the pulse of music and how that pulse is grouped in either 2s or 3s.
3. **Artful** – to be moved by music in the many ways music can elicit a feelingful response.

Classes will be taught by our very own Mindy Way-Johnson, a musician with more than 35 years of teaching experience in public and private schools, church music programs, and private music studios. She has taught musicians from toddlers to seniors. Mindy has also served as organist, choir director and handbell choir director in several churches. In addition to her bachelor’s degree in music education, she holds a Master of Sacred Music from Luther Seminary, and has received training in Kindermusik, MusikGarten, Orff, Kodaly and the Feierabend curriculum for young children.

Registration fee of \$175 includes a music kit with beginner instruments that kids can take home. Scholarships are available.

For more information or to register for the Music Makers fall program, please email admin@faumc.net.



Sunday Faith Formation

Followers youth Faith Formation is held in the youth room on Sundays, 9:00-10:00am. Come often, and 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 (T.G.I.W.) programming, which includes Followers Youth Group, runs each Wednesday night, 6:30-7:30pm. Come often, and come when you can!

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, October 18, and **NO** Sunday School activities on October 22 for MEA week.

Followers Plant Sale

Support the mission work of our youth and decorate your home with beautiful holiday greenery and flowers at the same time! Online ordering has already begun, with a variety of holiday flowers, greenery, and plant cards available for purchase. In partnering with Gerten's, a portion of each purchase will support the Followers' service activities and summer mission trip. Place your personal order online at www.gertensfundraising.com. To access our group page, enter 211 when asked for the store ID.

Orders must be completed by Monday, October 23. Order pickup will be held Friday, December 1.



Followers "Late-Over"

Mark your calendar for our Campfire and Game Late-Over at the church **October 13, 6:30-11:00pm.**

What to Expect: Pizza, campfire with smores, board/card games, and ditch game. RSVP via Followers E-news, Monday Meditations, online at tinyurl.com/4c33a6an, or reach Cindy: (763)321-8077 or cindy@faumc.net.



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 the "new" Susanna Room (end of the hall from sanctuary). Come often, and come when you can!

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

Hybrid Option Available: 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.)



**United
Methodist
Women**

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Mission Team** will meet on Saturday, October 10 at 10:00am via Zoom.

The UMW-UWF **Afternoon Circle** will meet on Monday, October 16 at 1:00pm via Zoom. We will discuss "If God is Sovereign, Why Pray?" Contact Muriel Olson for the link.

The UMW-UWF **Book Group** will meet Monday, October 23, 7:00pm via Zoom. The book *The Personal Librarian* by Marie Benedict will be discussed. Contact Marge Langer for more information and Zoom link.

Rummage Sale Wrap-up

The rummage sale was again a success. Our sale total was \$1,200 which is on par with previous sale totals. The leftover items were taken to multiple organizations and businesses for reuse including: Goodwill, Bridging, Half Price Books, Joseph's Coat and The Enchanted Florist. Thank you very much for your generous donations of items that make this sale possible!

Peanut Brittle Brigade

We will be making peanut brittle again on Saturday, **October 14, 9:00am-12:00pm**. As part of our candy making process, we pull the brittle after pouring it, so the pieces are thinner and easier to munch. This results in scorched fingers and much laughter. No prior experience is necessary and all are welcome. Please contact Holly Hugart if you plan to help so we can gauge the number of people in the kitchen.

Coffee at Episcopal Homes

On **Saturday, October 21 at 2:00pm** we will gather in the St. Paul Episcopal Homes to share fellowship with our UMW members living in those residences.

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.

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 October issue of the Messenger will be **Friday, October 13**. Please send all materials to the office **no later than the 13th**.

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](https://www.facebook.com/fairmountavenueumc).

Subscribe to [Fairmount Avenue UMC's YouTube channel](https://www.youtube.com/channel/UC...). 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, October 1.**

Our annual fall **Flu Shot Clinic** will be **Wednesday, October 11** from 5:00–7:00pm. Registration is in the back of the Wesley Room. St. Paul Corner Drug staff will administer the shots in the Susanna Room. If the Pharmacist has the latest COVID booster available that will also be offered. Please sign up online at <https://tinyurl.com/y2ym89n6> and indicate which shots you want.

The Health Team is working on getting **information to update the online directory.** Please expect a phone call or email regarding this.

The American Lung Association (www.lung.org) has a lot of information on **lung health.** Here are some thoughts.

Our lungs are vital to our lives but we rarely are aware of them unless we have a problem. The average lung capacity is about 6 liters of air. The lungs reach full maturity around about age 20–25 and then at age 35 the lung function begins to decline gradually. If you notice any great changes, you should see your doctor. The body does have some defenses to keep dirt and germs out of our lungs, but it's important that we also prioritize our lung health.

Signs and symptoms indicating the need to contact your doctor are: Chronic cough, shortness of breath, chronic mucus production (sputum or phlegm) for a month or longer, wheezing, or coughing up blood.

The best way to take **care of your lungs** is to **NOT smoke.** This is the major cause of lung cancer and COPD which includes chronic bronchitis and emphysema. It narrows the air passages making breathing more difficult, causes chronic inflammation or swelling, and over time it destroys lung tissue.

Secondly, **avoid air pollutants.** We tend to spend 90% of our time indoors, especially in the winter. Things to be aware of are secondhand smoke (if someone smokes they should always do it completely outdoors– no standing in the doorway and blowing out), have adequate ventilation when using chemicals (use household, hobby products, and cleaning products that are less toxic), mediate mold and mildew– run a dehumidifier to keep humidity level under 50% (be sure to clean it regularly), seal leaks, fix drips, test for radon, put away food and cover trash, eliminate mice and cockroaches by using bait, avoid burning wood inside, don't use scented candles or fragrances to hide odors, don't store hazardous chemicals in the home, plan ahead to protect indoor air from wildfire smoke.

Other things you can do are **exercise** (if the outdoor air quality is poor, exercise indoors). Also, avoid exercising in high traffic areas. You can check the air quality at www.airnow.gov. **Keep up-to-date with your immunizations**– influenza, RSV, COVID-19, Pertussis (whooping cough), and pneumonia– all help protect your lungs.

Genesis 2:7 “The Lord formed the man from dust of the ground and breathed into his nostrils the breath of life and the man became a living being.” Just as God provided breath for the first

man, Adam, God also provides us with breath. Let us take good care of our lungs so we can use them to give God praise.

Psalm 150:6 “Let everything that has breath praise the lord.” We often use the term **Breath of Life** to refer to something that is essential to our life. Breathing in oxygen and out carbon dioxide is essential for us to live physically, but the breath of the Holy Spirit is essential for our spiritual life.

Let us maintain our spiritual body so that it can receive this Breath.

John 20:22 “Jesus said, ‘Peace be with you as the Father has sent me, I am sending you.’ And with that he breathed on them and said, ‘Receive the Holy Spirit.’”

~ 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.

Weekly Sunday Schedule

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

Fairmount Avenue UMC

1523 Fairmount Avenue
St. Paul, MN 55105

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Volume 20 No. 8 **October 2023**



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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

Charge Conference: October 24 at 7:00pm

All church members are invited to attend via Zoom as the charge conference votes to formally endorse Pastor Steve Nuessle in his candidacy for ordination.
Zoom link to be shared soon.

"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 programming October 18 for MEA*

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