



The Messenger

Fairmount Avenue Vision Statement

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

September 2023

Volume 20, No. 7

Gathering Sunday: Spark Your Faith on September 10

All are welcome at Fairmount Avenue United Methodist Church, and all are invited to join us Sunday, September 10 as we begin a new program year! Gather “around the campfire” to celebrate the beginning of the program year at Fairmount Avenue UMC. We will sing camp songs, play games, and enjoy a time of fun and fellowship. All are invited to start the morning with the intergenerational kick-off— from the youngest of the FAUMC community and their families to all those continuing to explore their faith in the adult group— all ages will gather for fun and games before parting into groups for kids, youth, and adults to each meet their Sunday School leaders. Everyone will then reunite to enjoy snacks and coffee in the Fellowship Hall, before congregating in the sanctuary for worship. We will celebrate after worship with a lunch on the lawn, a bouncy house, music, and lawn games!



9:00am— Intergenerational fun and games in the Wesley Room

9:40am— Sunday School meet-and-greet for all ages:

Explorers Children's Ministries (PreK-5th Grade),

Followers Youth Group (6th-12th Grade),

YAM-Young Adult Ministries (ages 18-30),

and Adult Faith Formation

10:00am— Fellowship Time in the Fellowship Hall

10:30am— Worship in the sanctuary

11:30am— Lunch on the Lawn

Sign up to help on Gathering Sunday!

Use this link to sign up for set up, serving food, clean up, or bring desserts for our Lunch on the Lawn celebration on September 10, Gathering Sunday: https://www.signupgenius.com/go/20F054CA9A72DA4F85-gathering%2F56267112#/. Some have reported the Sign Up Genius link not working, while others have been able to access it— if it doesn't work and you'd like to volunteer, contact Sandra Burrowes at 651-728-1310.

September Worship Schedule

September 3 — Exodus 3: 1-14

“The Burning Bush”
Rev. Dr. Bruce Forbes

September 10 — Acts 1:12-14, Acts 2:43-47

“A Great Year for Church”
Rev. Greg Renstrom

September 17 — Mark 10:32-34, Philippians 3:12-17

“A Theology of Fun”
Rev. Greg Renstrom

September 24 — Ruth 1:1-5, 15-18, 22

“Recommended Reading:
The Book of Ruth”
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 starting September 17** 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.

Missional Goals Update— In the fall of 2022, Church Council lay leaders and staff met to begin discerning missional goals for the next year and next five years. In May, we passed one year and five year missional goals and have now begun the process of strategic planning to support these goals. We have set our vision on being an invitational community that welcomes people from various parts of our community and establishing partnerships with local organizations as we think about how our building can be used as a gathering space for more than just our purposes. Below is a preview of our missional goals for the next year and five years.

Wesleyan Connections: The General Rules ask us to 1. Do no harm. 2. Do good. 3. Attend to the ordinances of God.

Scripture Connections: Mark 2:13-17 (Jesus calls Matthew, a tax collector and sinner), Micah 6:8, Acts 8:26-40 (Philip and the Eunuch), Matthew 19:14 (let children come) , Matthew 26:17-30 (last supper), Matthew 2:1-12 (Wedding at Cana)

One-Year Missional Goals: Building on-ramps to a more invitational community

Signage. Install fresh signage inside and outside the building to make spaces and access more visitor-friendly.

Meet-ups. Establish meet-ups to create opportunities for social connection within the congregation at breweries, parks, coffee shops, concerts, etc. These activities would be hosted so someone from the church is available to greet and make connections for newish people at meet-ups. Newish people are repeat visitors who have not yet made a formal membership commitment to our congregation.

Build and train for invitational ministries. Discern, create and implement invitational ministries to expand our greeters’ ministry, train the entire congregation to be thoughtfully welcoming and invitational to visitors, establish on-ramps or an intentional process to invite visitors into the community to build connections and relationships beginning with the first visit. It is our intention to use worship, video and small group training to build this spirit of invitation in our congregation.

Space planning. Start space planning and work with experts to discern possibilities for kitchen and lower-level renovations, including an audit of how to make our building more accessible for people with special needs.

Partnerships. Explore potential partnerships with Interfaith Action of Greater St. Paul and Emma Norton Services as priority local ministries, as well as potential program partners from community research initiatives.

Funding. Make a plan for undesignated funds to help Fairmount Avenue UMC achieve its one-year and five-year goals, discerning how the funds might support these goals with an eye towards the future of Fairmount’s faith community.

Five-Year Missional goals: Becoming a more invitational community

Center of Community Connection. Establish our building as a Center of Community Connection (a community hub or hearth) by inviting outside groups and organizations to use our space as a place to gather, inspire and promote goodness for our larger community. We envision:

- Partnering with organizations that align with our values as a church and create space for people to engage in spiritual exploration, life-skill growth, creative pursuits, justice and compassion programs, and healing and wellness.
- Inviting participants in these groups to engage in the larger work of the church by encouraging collaboration where appropriate, using signage in the building to tell our shared story and highlight our initiatives.
- Having established partnerships with community organizations that grew out of our community research.

New community ministries. Create ministry initiatives that specifically meet the needs of a growing retired community, a growing professional young adult community, and growing families with young children in our neighborhood.

Revamp spaces. Remodel lower-level kitchen and fellowship hall to enable more invitational ministry and create plans for updates and accessibility in lower-level spaces that have not yet been remodeled.

Measure our impact. Establish a system to track, recognize and celebrate the good being done in the community through our congregation and community partners, the use of our building and the actions of our members.

Trustees' Fall Workday

Save The Date! Our fall all-church work day will be Sunday, October 15. Wear your 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!



YCCOM Returns

On Gathering Sunday the goldenrod insert will again be included in each worship bulletin, highlighting needs for volunteers for various church tasks and functions. A variety of ways to volunteer will be 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. Look for the goldenrod colored insert in your bulletin!

Fall Office Hours

The church office will be **closed on Monday, September 4** in observance of Labor Day. Our regular program year office hours will then begin again: **9am-3pm, 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.

Bell Choir Resumes

Heritage Ringers Bell Choir will start rehearsals August 30 at 6:30pm. We'd love to have you join us! If bell ringing looks like fun to you, please give it a try. If a weekly rehearsal seems like too much for your calendar, we are always looking for substitute ringers. Contact Mindy Way-Johnson, director, to find out more. 612-719-4232 or mwayjay@hotmail.com.

T.G.I.W. for Adults

Adult Wednesday Programming is back! Starting September 20, we will meet for a six-week program on personal finance. 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.

If you are interested, please let either Scott Wendell or Brad Neuhauser know by August 31 so that we can order a workbook for each participating household.

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>.

SEPTEMBER



BIRTHDAYS

- 1 Thomas Clark
- 4 Ron Ausen
Brian Manguson
- 5 Kirk Jeffrey
Sarah Thompson
- 7 Frances Fuerstneau
Deb Kretman
- 8 Taylor Ausen
- 9 Grant Spencer
- 10 H. Stemme
- 11 Elizabeth Retezan
- 13 Janelle Anderson
Claire Currie-Walls
- 15 D. Bryan
- 17 Jon Enquist
Mathias Horn
S. Coquemont
- 18 Elizabeth Bergmann
- 20 Jack Nelson
Sandy Jenum
- 21 Rodger Kretman
Kristin Erlandsen
- 22 Jane Clark
Erin Bruch-Looney
- 23 Will Kelly
- 24 Craig Dawson
Megan Jacot
S. Neuhauser
- 26 Debra Lindstrom
- 28 Matthew Bell
- 29 A. Stender
- 30 Terry Moores
Maria DeLaundreau

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

Sign up to be a birthday caller! <https://tinyurl.com/3k3cgvnv>
Contact Cindy Bevier with questions at (651) 641-0745.



Gathering Sunday

Gathering Sunday is September 10!

Join us at 9:00am for an all-ages kickoff and celebration. Meet your Sunday School teachers and spend some time getting to know the Explorers Sunday School group.

Explorers interested in singing in the choir this fall will be invited to break off during the second half of Gathering Sunday to rehearse for their first Sunday performance during worship on September 17.



Sunday School begins: "In Your Dreams"

Regular Sunday School lessons and activities begin on Sunday, **September 17**, from 9:00-10:00am. Beginning with "In Your Dreams," a four-week unit on the life and dreams of Joseph, we start the program year with the assurance that: God watches over us; God loves us all the same; God will make things right; we can obey God above all else.

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

Explorers T-G-I-W is F-U-N

Thank God It's Wednesday, once again! Wednesday activities are back on **September 20**. Join us for a community dinner at 5:30pm, children's choir rehearsal at 6:00pm, and program activities 6:30-7:30pm.

The Explorers theme for the fall will be F-U-N, FUN. Spend time with God by spending time with friends and just having fun!

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.



Children's Choir

The Explorers choir will meet and rehearse regularly again this fall 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.

Explorers choir will first sing during worship on **Sunday, September 17**.

Are you in 3rd Grade (or older)? Would you like to learn how you can be a part of our worship service as an acolyte? Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more information about becoming an acolyte this fall.

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

“Spark Your Faith” at Gathering Sunday, on September 10! All ages will start off in the Wesley Room at 9:00am, then Followers will head downstairs to the Youth Room.

Regular Faith Formation Hour begins Sunday, September 17 from 9:00-10:00am! Come often, and come when you can! Our wonderful teachers Dave Hokanson and Jeff Bryan will be returning.

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.

Kick-Off Informational Night with Pizza on Wednesday, September 13, 6:00-7:30pm in the Fellowship Hall.

Join us to connect, to review the year and expectations, and to have fun! This is for all youth and parents of youth entering 6th-12th grade.

What to Expect: P izza 6-6:30pm, all age activity and discussion at 6:30pm; parents and youth split at

7:00pm, closing circle around 7:25pm. *If a young sibling activity table or nursery care is needed, please let Cindy know.*

Thank God It’s Wednesday (T.G.I.W.) programming, which includes Followers Youth Group, begins Wednesday, September 20, 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!



Followers Overnight

Mark your calendar for our Campfire and Game Overnight at the church **October 13-14.**

Reflection Topic: Road Maps

Ever been on a road trip to visit family? This summer, my husband, Tom, and I drove to his hometown in North Dakota. After leaving the interstate, we take over half of the trip on a few state highways. While Tom has learned the bends and turns each of these highways and the signs to look out for, I still have to use GPS to know where to go. Otherwise, I miss the signs to stay on the correct road!

What signs have you seen in your life? What ones seemed to have been missed, leaving you adrift? What ones are you looking for? The great thing about joining and creating a faith-grounded community is that we can bond together, listen, pray for, and help one another look for the signs and evaluate the signs God sends.

As we rapidly come up to the new program year, I look forward to the road we will take together!

— 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 Tuesday e-newsletter from the S'more platform. Email Cindy if you are not receiving these.

YOU ARE A MIRACLE
YAM
YOUNG ADULT MINISTRY
FAIRMOUNT AVENUE UMC

Sunday Faith Exploration Hour:

Special time on September 10, “Spark Your Faith” Gathering Sunday, from 9:00-10:00am in the Wesley Room!

Regular Y.A.M. Faith Exploration will begin Sunday, September 17, 11:45am-12:45pm in the Susanna Room (end of the hall from sanctuary). Come often, and come when you can!

What to Expect: Time to connect and explore our faith and what it means in our daily lives. **Please be ready to share and play your favorite music.** We will also discuss topics for fall.

September 17: *What music centers you?*

September 24: *What music uplifts you?*

Financial Update from the Treasurer and Finance Committee

Thank you for continuing to support the ministries of

Fairmount Avenue United Methodist Church. Your giving helps us to worship well, be in community, and serve others. If you have questions, you can always reach out to the church office, our Finance Chair, Aaron Buesing, or our Treasurer, Paul Cousin.

July 2023 Actuals vs Budget

Receipts:	Month			Year-to-Date	
	Actuals	Budget	Variance	Actuals	Budget
Donations	\$ 19,044	\$ 21,500	\$ (2,456)	\$ 187,616	\$ 129,000
Plate Collection	\$ -	\$ -	\$ -	\$ -	\$ -
Holiday Collection	\$ -	\$ -	\$ -	\$ 425	\$ -
Investment & Interest	\$ -	\$ -	\$ -	\$ 1,984	\$ -
Other	\$ 215	\$ -	\$ 215	\$ 1,328	\$ -
Total Receipts	\$ 19,259	\$ 21,500	\$ (2,241)	\$ 191,353	\$ 129,000
Disbursements:					
Conf Apportionment	\$ (3,298)	\$ (3,298)	\$ 1	\$ (23,083)	\$ (23,086)
Administration	\$ (2,202)	\$ (854)	\$ (1,348)	\$ (9,248)	\$ (8,059)
Salaries & Benefits	\$ (22,815)	\$ (21,681)	\$ (1,134)	\$ (173,737)	\$ (166,377)
Nurture Ministries	\$ (686)	\$ (318)	\$ (368)	\$ (9,182)	\$ (10,523)
Outreach Ministries	\$ (237)	\$ (237)	\$ 0	\$ (2,963)	\$ (2,963)
Trustees	\$ (4,406)	\$ (2,275)	\$ (2,131)	\$ (41,679)	\$ (34,989)
Total Disbursements	\$ (33,643)	\$ (28,663)	\$ (4,980)	\$ (259,891)	\$ (245,997)
Cash Increase/(Decrease)	\$ (14,384)	\$ (7,163)	\$ (7,221)	\$ (68,538)	\$ (116,997)

Welcome, Cindy!

The Staff-Parish Relations Committee is delighted to announce that we have hired Cynthia Radtke to be our new Director of Youth and Young Adult Ministries. Even as we bid a fond farewell to Pastor Jin Hur who has so wonderfully filled that position for the past five years, we excited to see how Cindy will continue to grow this program in the future. She comes to us with a wealth of experience working with young people, and exceptional training that has prepared her for this ministry.

She has already planned special events throughout the summer and has plans to get the new program year off to a great start. Congratulations Cindy, and welcome aboard!



Adult Faith Formation

As we turn from summer to fall, it can be an opportunity to reconnect and engage in our church community and our individual faith in many ways. We're planning adult faith formation opportunities to be part of that.

Sunday mornings at 9:00am, adults are invited to a time of faith formation. Come to the Susanna room down the hall from the sanctuary for a time of learning, fellowship, and prayer together. Starting September 20, Wednesday adult faith exploration will kick off with a series on financial

literacy led by Scott Wendell. He will be using the Saving Grace curriculum which helps people of faith create healthy relationships with money and possessions. You'll get more out of it if you can come to all six sessions and use the workbook, so we encourage you to sign up in advance!

Contact Brad Neuhauser (612-532-7305 or brad.neuhauser@gmail.com) if you'd like more information on adult faith formation. There are many other ways to grow in your faith at FAUMC as well— look for those opportunities! And if you have some other ideas (Bible study anyone?) let Brad know about those too.

Food Security Ministries

First Fruits

First Fruits is a vital and ongoing ministry here at Fairmount Avenue United Methodist Church. We continue to see inflation in nearly every aspect of our lives. Individuals experiencing food insecurity are often impacted the most. Food shelves such as those run by Keystone Community Services are a lifeline for many of our Twin City neighbors.

At the beginning of each month, usually on the first Sunday, we can help to make a difference in the lives of those experiencing food insecurity by participating in 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 are collected by our children during worship. These contributions are then delivered to Keystone (1916 University Avenue, St. Paul) by Fairmount volunteers during the following week. Thank you to Steve Wertz, who delivered 97 items (no scale available) in June, 22lbs in July and 67lbs in August!

If you are interested in learning more about this ministry, would like more information or would like to volunteer, 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#/>. **The months of September and December are still available** if someone would like to sign up to deliver First Fruits to Keystone during those months!

Our next First Fruits collection will be Sunday, September 3rd.

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.



Simpson Meal: September 19

The next meal at Simpson Housing Services' shelter is coming up on **Tuesday evening, September 19th**. If you are interested in helping with the upcoming meal by shopping, transporting supplies to Simpson, preparing, or serving the meal, please sign up at (<https://www.signupgenius.com/go/9040F4AAFAA2BA31-september2>). For more information about volunteering, contact Dave Hokanson (hokanson.dave@gmail.com). **We look forward to seeing you there!**

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. **Currently, all remaining months in 2023 need volunteers.** Sign up for a month at <https://www.signupgenius.com/go/4090c4fada828a2fa7-adopt>. Email Nita with any questions at nitahanson@gmail.com.

October Communion Steward

We still need a steward for communion on October 1.

Communion stewards will pick up bread and juice, prepare the communion elements, assist with serving communion in worship, and clean up communion after worship. Detailed instructions will be provided. Thank you!

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.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Mission Team** will meet on Saturday, September 9 at 10:00am via Zoom.

The UMW-UWF **Afternoon Circle** will meet on Monday, September 18 at 1:00pm via Zoom.

The UMW-UWF **Book Group** will meet Monday, September 25 at 7:00pm via Zoom.

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 se, rather peer groups that create 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.

Join the Annual Fairmount North Shore Fall Hiking Weekend September 29—October 1

Whether you enjoy hiking in the woods or wandering around Grand Marais, join other Fairmount members for a fall weekend of fellowship – highlighted by a Sunday worship service on the shores of Lake Superior.

Please secure your lodging as soon as possible as this can book quickly. There is a block of rooms reserved for both nights at the Aspen Lodge in Grand Marais (phone number - 218-387-2500) at a rate of \$149 a night + tax. Ask for the Fairmount Avenue Hiking Group room block when you call. Several have already booked rooms there, at other lodging, or at the Grand Marias Municipal Campground. In addition to hiking, there will be options for meeting on Friday and Saturday evenings in addition to the church service.

If you have any questions, please contact Carol Hokanson via email 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!

There are funds available for anyone who may need financial assistance with transportation or lodging costs. Contact the office for information.

Newsletter Deadline

The submission deadline for the October issue of the Messenger will be **Friday, September 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 9:30–10:00am and following worship on **Sunday, September 3**.

Our annual fall **Flu Shot Clinic** will be **Wednesday, October 11** from 5:00–7:00pm. A Sign Up Genius form will be available later this month. The vaccinations will be provided by St. Paul Corner Drug.

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

Our **AED unit** is located in the hall outside the Wesley Room across from the mailboxes. It is useful in restarting the heart in times of certain irregular heart beats. The AED will tell the rescuer whether a shock is indicated or not.

A **sudden cardiac arrest** causes all heart activity to cease due to an irregular heart rhythm. There is sudden collapse, breathing also stops and the person becomes unconscious. Without immediate treatment, death will occur in a matter of minutes.

Heart attack occurs when the blood flow to a part of the heart is blocked. This can change the heart's electrical activity and lead to sudden cardiac arrest.

Survival is possible with the use of immediate emergency treatment which consists of CPR, shock with an AED, as well as calling 911. Further medical treatment may consist of medications and/or surgery.

Warning symptoms may occur beforehand. These may be chest

discomfort or pain, shortness of breath, weakness, fast pulse or palpitations (fluttering or pounding heart), light headedness, dizziness, fainting or near fainting. If these symptoms are not normal for you, **do not wait, call 911**.

Risk factors include a family history of coronary artery disease which you cannot change and diabetes (for which the onset of type 2 can be delayed with lifestyle changes). Modifiable factors include smoking, high blood pressure, high cholesterol, obesity, and an inactive lifestyle.

So, the **things you can do** are eat healthy (a Mediterranean diet or DASH diet), have regular check-ups, do not smoke, NO use of tobacco, control blood pressure and cholesterol, maintain a healthy weight, regular exercise (150 minutes or more per week), and manage stress. No alcohol use is best. If you do drink, do so in moderation which is no more than 1 drink/day for women and men over age 65 and no more than 2 drinks/day for young men.



The Health Team is organizing a **Bystander CPR class** to be held Wednesday, November 1. Watch for further information.

Along with caring for our physical heart, it is necessary to **care for our spiritual heart**. One will affect the other. Proverbs 14:30a "A heart at **peace** gives life to the body." Where and how can we have this peace?

Psalms 56:4a tells us "In God, whose word I praise, in God I **trust**, I will not be afraid." Trust in the Lord who is always with you and cares for you.

When we pray the Lord's Prayer, we ask God to **forgive** us as we forgive others. We may need God's help in being able to forgive others.

I pray you will each have peace and health.

~ 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

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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

Gathering Sunday: September 10

9:00am— All Ages Sunday
School Kickoff
10:00am— Fellowship Time
10:30am— Worship
11:30am— Lunch on the Lawn

Regular Office Hours Return

The church office will be **closed on Monday, September 4** in observance of Labor Day. Our regular program year office hours will then begin again: **9am-3pm, 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. Emails may be checked periodically outside of office hours, but a response cannot be guaranteed.

Newsletter Deadline

The submission deadline for the October issue of the Messenger will be **Friday, September 15**. Please send all materials to the office **no later than the 15th**.