



# The Messenger

## Fairmount Avenue Vision Statement

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

**March 2025**

**Volume 22, No. 3**



### Lent 2025

#### Mark Your Calendar for Lent and Easter Special Services

##### **Ash Wednesday**

March 5 at 6:30pm

##### **Palm Sunday**

April 13 at 10:30am

##### **Maundy Thursday**

April 7: Dinner at 6:00pm  
Worship at 7:00pm

##### **Good Friday**

April 8 Details TBA

##### **Palm Sunday**

April 13 at 10:30 am

##### **Easter Sunday**

April 20 at 9:00am and 10:30am

### Lent Sermon Series

This Lent season we will be reading "This Beautiful Life: We Rise." Inspired by the book, "Trauma Stewardship," we will be reading the story of Jesus' last days from the perspective of the secondary trauma endured by the family, friends, and community around Jesus.

All of us have had personal experiences that have been hard or could be labeled as traumatic.

This season we will be looking at the ways the trauma around us effects our heart, mind, body, and soul.

From watching friends and family struggle with illness and disease to the grief associated with current affairs, the trauma others experience can take a toll on our faith and mental health.

We will consider how grief, stress, anxiety, and trauma impact our daily lives from a faith perspective, embracing the hope of resurrection in the midst of the suffering.

### March Worship Schedule

**March 2:** Luke 9:28-36

Rev. Shawna, preaching

**March 5:** (Ash Wednesday)

Matthew 6:1-21

Rev. Shawna, preaching

**March 9:** John 12:1-8

Rev. Dr. Bruce Forbes, preaching

**March 16:** Matthew 26:36-46

Rev. Shawna, Preaching

**March 23:** Matthew 26:47-56

Rev. Shawna, preaching

**March 30:** Luke 22:54-62

Rev. Shawna, preaching

### Adult Sunday School:

During Lent, we will look at the story of Jesus' last days from a mental health perspective. **With guest teacher, Rev. Leah Challberg LICSW,** for three Sundays, we will be guided to think deeply about grief, stress, and trauma in our own lives.

**March 16—** "Emotions, Stress and Chronic Stress:

**March 23 -** "Trauma"

**March 30—**"Grief and Loss"



### **Pastoral Change Information Inside...**

In February, Pastor Shawna announced the Bishop's intention to appoint her to Brooklyn UMC in Brooklyn Center. Read more inside.

# Pastorings



Dear Beloved Community,

This year I have been preaching on “This Beautiful Life,” understanding **that** God has made “all things beautiful in it’s time.” (Ecclesiastes 3:10) It is with a heaviness of heart for the change ahead and gratitude of spirit for our shared ministry, that I write this letter.

As a United Methodist clergyperson, part of my work is to itinerate as directed by the Bishop, trusting that the Holy Spirit is working in and through the Bishop and the appointive process.

One of the most beautiful and unique parts of our faith tradition is that we “share” our clergy. This deepens our connection to one another, and it unites our work. It is in this spirit that I offer the following announcement:

“Bishop Lanette Plambeck intends to appoint the Reverend Shawna Horn to the Brooklyn United Methodist Church and I have affirmed this decision. The new appointment will begin July 1, 2025.

Our Conference Superintendent will use information from our church’s profile and past consultations in order to assist the Bishop and Cabinet in making a new pastoral appointment. If necessary, Conference Superintendent Michelle Hargrave may consult further with our SPRC

Chairperson or Committee members.”

I have been so blessed to be your pastor over these (almost) eight years. We have done important and beautiful ministry together and I am confident that you will continue your calling to be a “joyful, welcoming community, igniting hearts and minds for God’s work” with your new pastor.

Please join me in praying for one another, our Staff Parish Relations Committee, the District Superintendent, and the future pastor of Fairmount Avenue UMC as we prepare for this transition. You are an incredible community of faith and I am so excited to see how God works through you in your next season of ministry.

Holding It All In Prayer,  
Pastor Shawna Horn



## Lent Adult Sunday School:

During Lent, we will look at the story of Jesus’ last days from a mental health perspective. With guest teacher, Rev. Leah Challberg LICSW, for three Sundays, we will be guided to think deeply about grief, stress, and trauma in our own lives.

This special Sunday school guest speaker is made possible by a grant from the FAUMC Endowment.

March 16— “Emotions, Stress and Chronic Stress:

March 23 - “Trauma”

March 30—“Grief and Loss”

## Confirmation for Adults

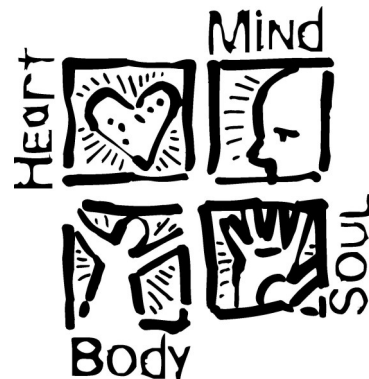
This Wednesday all are invited to dig deeper into the core teachings of Christianity and faith practice as a United Methodist. Whether you were confirmed years ago or never at all, this class will offer opportunities to think deeply about your faith. We will meet Wednesday evenings from 6:30-7:30, come when you can.

## Sunday Night Bible Study

Sunday Evenings at 6:30pm we will meet in church for a Bible study led by Pastor Shawna. This Bible study will meet in person and we will go through books of the Bible together. Led by Pastor Shawna, this group will meet every Sunday except for the first Sunday of each month. This Bible study has something for the first-time Bible all the way to the seasoned scholar. Come when you can to join the conversation.

## Sunday Night Quiet

Every first Sunday come for contemplative spiritual practice in the Sanctuary featuring a variety of contemplative practices including meditation, healing sounds, and scripture reading. Participants will be invited to sit in pews or on the floor as they are comfortable. This quiet time is meant to offer rest and renewal and will be led by Pastor Shawna.



## February was Fun!



Above: Sunday Crafternoon  
Below: Puzzle Race winners, Team  
"Slow and Steady"



### Wednesday School Dinner Volunteers Needed!

Volunteers needed to help prepare, serve, and clean up Wednesday dinners. Sign up online!



### Spanish Classes Sundays at 2:00pm

Join a conversational, all ages Spanish language class every Sunday afternoon. A \$25 suggested donation to help cover the instructor fee is appreciated.

### Marck Your Calendar for Some Family Fun!

**Community Easter Egg Hunt**  
April 19 at 10:00am  
For kids up to age 12.

### FREE FAMILY WORKSHOP Make a Wearable Art Car for the MayDay Parade with ArtStart

Sat, April 26, 2025  
1:30-3:30 pm

Be in the Minneapolis MayDay Parade with the ArtCars and ArtBikes! Work with artists Tara Fahey and Kallie Melvin to create a fanciful structure from cardboard – from batmobiles to spaceships. Some artful reuse materials will be available to decorate, and you will get a 10% discount code to purchase any additional materials you want at the nearby ArtScraps store. Then join the parade on Sunday, May 4 for a celebration of spring and community. Register Online at [www.artstart.org](http://www.artstart.org) by April 21.

#### A Note from Finance:

We love all the ways that individuals and families provide financial support to Fairmount. Thank you! However, we have a couple of requests to help our volunteer-led financial processes run smoothly and to assure your gifts are credited according to your wishes:

1. If you are making a donation against your pledge by check, it's helpful if you indicate the intended pledge fund on the memo line of your check, such as "Operating", "Building" or "\$x Operating and \$y Building". Our counters do not have access to your confidential pledge information and so cannot otherwise verify your intentions.
2. If your pledges or other donations are made from your IRA (a "Qualified Charitable Distribution"), or from a Donor Advised Fund ("DAF") please verify that the financial institution's mailing adequately identifies you as donor and specifies your intentions for the gift. Critically, there have been instances where such checks do not identify the donor and where the institution cannot reveal that information. Given how difficult those orphaned checks are to resolve, we would appreciate if QCD and DAF givers would provide the office with the name of their financial institution and any automated schedule that may have been established, so we can make those connections if needed.

*-The Finance Team thanks you!*



### T.G.I.W. for Lent

There is so much to explore and discover during Lent. This season, we will learn about a few of the stations of the cross and explore how Jesus' life and sacrifice can impact the way that we live our lives.

**March 12**—Jesus carries the cross, and Simon of Cyrene helps him to carry the cross

**March 19**—Jesus prays for forgiveness and promises the Kingdom to the penitent thief

**March 26**—Jesus dies on the cross  
*April 2—no TGIW; SPPS Spring Break*

*April 9—TGIW movie night*

*April 16—no TGIW; Holy Week*

**April 23**—Jesus rises from the dead!

**There is no TGIW on Wednesday, March 5, for Ash Wednesday.**

**Looking ahead—Save the date for VBS!**

Mark your calendars for August 4-7 for VBS 2025; Theme and more details to be announced soon



### Sunday School We're "Changing Gears"

We're "changing gears" on Sundays in March; Changing Gears takes us through Jesus' ministry and all the ways that Jesus' ministry changes us and our world.

Explorers (PreK-5<sup>th</sup> Grade) Sunday School is on Sunday mornings from 9-10am. Bell choir rehearsal follows at 10am.

Register for Sunday School online at [faumc.net](http://faumc.net), or email Ashton Pappas, Director of Children's Ministries, at [ashton@faumc.net](mailto:ashton@faumc.net).

During Lent and Easter we remember all that Jesus gave for us, and so we give to others. Explorers, bring in your loose change or a bit of allowance you would like to contribute to our Lent collection. You and your family can also follow this calendar, reflecting on the blessings you have as you collect coins and share blessings with others.



### Each Sunday of Lent, bring: **March 9**

A coin for every pair of shoes in your house



### **March 16**

A coin for every jar/can in your kitchen



### **March 23**

A coin for every book on your bookshelf



### **March 30**

A coin for every game you own or every time you turn on the TV



### **April 6**

A coin for every room in your home



### **April 13**

A coin for every person in your family



Photo to left: Children raising the Epiphany star.





## Cindy's Corner

### Thanks for Listening to our Young People!

What a great Youth Sunday on Feb 16! The service really sounded like the youth and that is the best kind of feedback to hear. Truly the youth picked the prayers, the additional reading, the songs, and the creative response to worship.

In planning this worship, the youth really showed us how to refresh our worship. The question to the youth is "What would make worship more meaningful to you?" In different forms, they all said "more interactive" and "less passive." And they kept some traditions, like some organ (or "it doesn't feel like church") and the traditional Lord's Prayer. What a lesson for all of us, to pause, reflect and innovate within the core of what we are doing.

As we continue to listen and respond to God's call as a community of faith, I challenge all of us to ask all-year to ask: What do we keep? What do we need to let go of? What do we need to add?

Thank you to our senior/junior leadership (Evelyn, Maizie, Ava, and Marais) and all youth (both those who were present on 2/16 and all who had input). We are also grateful for the Youth Sunday Breakfast crew (Josiah,

Kirsten H., Amy W., and Matt A.); Dave Hokanson (teacher and usher trainer); soundbooth (Meg & Tyler), and all staff, especially Pastor Shawna and Mike Ferguson.

Come often; Come as you! Won't you join us? We are welcoming for both groups throughout the year—as our programs and events stand-alone.

*P.S. Followers, Follower Parents/Guardians and Y.A.M. Young Adults: Please keep connected with our e-newsletter from the S'More platform. Email Cindy if you are not receiving these.*

---

### All Visitors & Church Go-ers! Follower Youth Spring Online

### Gertens Plant Sale is OPEN!

*Follower Youth Receive 30% from plant orders and special April 5 event; 10% from Gertens gift cards. All proceeds go to our Mission Trip Designated Fund for 2025 and 2026 Service-Mission Trips.*

Plants are available until they are sold out, so get your order in early. Orders close at 10 PM on March 31, 2025.

Steps to Order:

1. Go to [www.gertensfundraising.com](http://www.gertensfundraising.com) or to this QR code



2. Enter Store ID code for The Followers: **211**
3. Just enter youth for "who is

selling."

4. Place your order and pay online. **Please put the email address you use.** It is just for us!
5. Pick up your plants from the church front lawn on Friday, May 9, between 4:30 - 6:00 PM.



### SILENT AUCTION

### Followers Youth Silent (online!) Auction Extravaganza Facts:

#### Silent Auction:

- The Online Auction opens 3/16/2025 at 9:00 AM and
- Ideally, take home your winnings at the end of the Silent Auction Extravaganza on 3/23.
- **Sunday, March 23, 11:45 AM - 1:30 PM: Silent Auction Extravaganza**
- LIVE Auction Component (if you have \$5, you will be able to participate).
- Online for the rest—bring your devices!
- Donations for Entry (formerly called "tickets") will be on sale beginning March 2.
- Baked Potato Bar Lunch (Vegan, Vegetarian, Meat, Gluten-Friendly) with dessert.
- Live music

Youth Ministry news continues on the next page...



## Followers Youth Ministry Continued...

Followers Youth Section  
Stay up-to-date with the Follower E-news! Click the QR Code for direct link:



**“Thank God It’s Wednesday (T.G.I.W.)” which includes Followers Youth Group. Come often; come as you!**

What to Expect: We will build community through games, activities, acts of service, prayer and worship. And we will explore our theme: Do Good: Act Justly, Love Mercy, and Walk Humbly with God.

•March: Activities, games, video series possibly, outings to local snack and eateries.

•NOTE: No Wednesday Activities on March 5. Come to Ash Wednesday instead.

**Followers Sunday Faith Formation Hour Sundays from 9 - 10 AM in the Youth Room:** Come often; come as you! This year we are looking at our “Do Good” theme – March we are covering the book of James. We have hot chocolate and tea available, play games, and chat around our coffee table! Bring your brains! We love lively discussions! Special Sunday:

•**Sunday, March 2:**

•9:00 AM Coffee Shop (meet in Youth Room and Walk to coffee shop)

•11:45 - 12:45 Youth Council and Mission Trip Meeting (Meet in Fellowship Hall for light lunch and planning). We will start off with Youth Council information, fundraisers, then Mission Trippers will do some preparations.

•2:00 PM - 3:00 PM: Mid-Winter Concert: Youth are teaching the congregation (and playing noise makers) Rattlin’ Bog.

•*No Sunday Faith Formation March 30, 2025 for Followers (SPSS Spring Break).*

•Mark your calendars for **Combined All Ages** Sunday Faith Formation, Sunday, **April 6**, 9-10 AM in the Wesley Room. We will be centering activities around “The Lord’s Prayer.”

## Young Adult Ministry (Y.A.M.)

### Young Adult Ministry (Y.A.M.)

**If you are looking for a fun group** with a focus (Dungeons & Dragons, Magic Cards, theater/fun events); meal and chat; simple service projects; or more, then text/chat with Cindy Radtke, Director of Youth and Young Adult Ministries (Generally phone is on from (2 PM - 9 PM Sunday- Thursdays).

**Bookmark this site to keep up with all things Young Adult Ministries by going to QR Code.**



### Young Adult Ministry (Y.A.M.)

#### Meal & Musings:

**Regular times two (2-3) Sundays a month:**

**Sunday, March 9: Y.A.M. 11:45 - 1:00 PM: Meal (free) & Spiritual Musings** (Wesley Room).

Come often; Come as you! What To Expect: A vegan and vegetarian light lunch. The Spiritual musings will cover a generalized topic for all –bring your brains!

**Sunday, March 16, 11:45 - 1:00 PM Y.A.M. Light Lunch (free) & Spiritual Musings** (History Room).

Come often; Come as you! What to expect: A vegan main dish with additional cheese options, etc. that can be added. The Spiritual Musings will cover a generalized topic for all–bring your brains.

### Y.A.M. Small Group

**Two (2) Sundays/month: 5:30 PM - 9:30 PM, Dungeon & Dragons** current campaign

continued. *What to expect: Just food, fun, and games. Contact Cindy Radtke (cell: 763-321-8077) or Dungeon Master Blake (cell 651-600-4596). For locations.*

### Thanks to the Feb Feed My Starving Children Crew!



## **Public and Prophetic Witness Ministries**

Engaging in acts of compassion, mercy, and justice .



## **Food Security Ministries**

### **First Fruits**

### **March is MN Food Share Month**

March is **Minnesota FoodShare Month!** Between **March 1 and April 6**, all donations of food and funds to food shelves make a bigger impact because the more donated to us, the more support Keystone Community Services receives from MN FoodShare after the month-long campaign ends.

**Our next Keystone collection will be Sunday, March 2.**

With the season of fall deepening, we know the upcoming holidays are close at hand. As we reflect on the abundance of God's many blessings in our lives, we realize that for those experiencing food insecurity, the holidays can be difficult times for many.

At Fairmount Avenue United Methodist Church, we are fortunate to have the opportunity to share what we have been given with our neighbors. At the beginning of each month, usually the first Sunday, we participate in a 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. Keystone also accepts handled paper grocery bags (for food delivery) and empty egg cartons to refill. These items are blessed and then delivered to Keystone (1800 University Avenue W.) during the following week by a Fairmount volunteer.

Our thanks to all of you who brought items, kept this ministry in your prayers and to Rob and Michael Kelley who delivered the donations. Please check out the 2025 First Fruits Collection dates listed in Fairmount's website sign-up genius. If you would like more information or would like help signing up, please contact Linda Hucke (651-598-5226) Judy Thielen (651-340-6904) or the church office.

### **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](mailto:nitahanson@gmail.com).



## **Faithful Hospitality– Hosting Families in February 24 -April 30**

Fairmount Avenue UMC is providing sleeping space for families experiencing homelessness in partnership with Interfaith Action of Greater St. Paul, faith communities are offering temporary shelter space to serve as a transitional step as more permanent housing can be secured. This is a beautiful opportunity to be a "joyful, welcoming community."

Online training is available through the Interfaith Action website, [www.interfaithaction.org](http://www.interfaithaction.org)

This program received a grant that allows them to pay a rent at host facilities of \$5,000 per month. This is one way we can support the larger mission of the church financially and care for our neighbors.

Volunteers are essential to for this program to work. Overnight hosts welcome families as they arrive to the church, offer a light snack (provided by Interfaith Action), provide a welcoming atmosphere, and sleep overnight in the church building in a private room in case emergency support is needed.

Shifts are form 6:30pm to 7:00 am (8:00am on weekend).

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



**Easter Garden**



Help create a flower garden to beautify our sanctuary for Easter. Contributions will go towards the purchase of flowers and other worship materials for our Easter services. Checks should be made out to FAUMC with "Easter Flowers" written on the memo line. Freewill offering, suggested donation \$18 per flower.

**The deadline for Easter Garden orders is Sunday, April 6, 2025.**

Name(s) \_\_\_\_\_

Dedication if any:  
In honor of: \_\_\_\_\_

In memory of: \_\_\_\_\_

**Contributors may take flowers after the Easter worship service to bring home and enjoy.**

**Invite Your Friends and Family for Fun, Service, and Faith**

**Fun**

**March 23** at 11:45 am  
Silent Auction Extravaganza

**April 19** at 10:00 am  
Community Egg Hunt for children up to age 12.

**April 20** at 10:00 am  
Easter Morning Egg Hunt for children up to age 12.

**April 26** 1:30-3:30pm  
Make an Art Car with ArtStart

**Service**

**Feb 24-April 30**  
Faithful Hospitality volunteers needed.

**Marc 2 and April 6**  
First Fruits collections for Keystone Community Services.

**March and April**  
Changing Gears Coin Drive  
Join our children in weekly coin drive

**Faith**

**March 5** at 6:30pm  
Ash Wednesday Worship

Adult Sunday School at 9:00am  
with guest speaker, Rev. Leah Chkallberg, LICSW

**March 16**— "Emotions, Stress and Chronic Stress:

**March 23** - "Trauma"

**March 30**—"Grief and Loss"

**April 13** at 10:30 am

Palm Sunday

**April 20** at 9:00 and 10:30 am

Easter Worship Services





### Congregational Endowment Fund 2024 recap

The Congregational Endowment Fund (CEF) had a very good year in 2024 measured by disbursements made. A recap of disbursements made from the CEF in 2024 is as follows:

Upgrade the church sound system	\$11,575.78	Better sound quality on the live stream for the choir and bells
Keystone Community Services	\$1,000.00	Food Shelf
Second Harvest Heartland	\$1,000.00	Food Shelf
Piano purchase	\$4,000.00	50% of the Rosenberg piano purchase
Wildflyer Coffee	\$500.000	Supports at-risk youth job skill development
Youth Room Refresh	\$2,680.00	Youth room improvements
History Room upgrade	\$1,221.00	Provide a meeting area in the History Room
Total Disbursements	\$21,976.78	

Going forward with the CEF in 2025 it's time to seek requests for funding. Requests can be made for special programs designed for persons in our church community who are in spiritual or economic need; gifts to United Methodist Church colleges, seminaries, institutions and agencies to which the church relates; gifts to members of FAUMC for the purpose of attending church related camping or leadership programs, or participating in such other training that enables the members to grow in Christian faith and service to God's people.

Outreach beyond our congregation may include, but need not be limited to: missions or worthy Christian organizations that provide for individuals in need within our neighborhood. Capital improvements may include, but not be limited to: modernization and major maintenance or repair of the property, facilities or equipment of FAUMC not contemplated in advance by the church, and which would require borrowing of funds and/or create an undue burden on the annual operating budget.

One restriction stated in the resolution that created the CEF is that 10% of disbursed funds must be spent outside of our congregation. Disbursements are made by using 50% of any profit the fund realizes in a calendar year. By only using 50% of profits the fund is not depleted. The fund is managed by Wespeth Institutional investments, the same organization that manages other United Methodist investments.

The CEF is always looking to increase the fund with donations. Donations may be in the form of a one time gift or by a bequest after someone passes. If a donation is made, please assure it gets to the fund by writing Congregational Endowment Fund on the memo line of your check.

Requests for funds can be found in the CEF mailbox in the hallway west of the sanctuary. Or by emailing or calling Dick Riemenschneider, Congregational Endowment Fund Chair at [dmriemen72@gmail.com](mailto:dmriemen72@gmail.com) or 651-487-9993.



### **Afternoon Circle**

The afternoon circle will meet on Monday, March 17 at 1:00 PM on Zoom unless the weather is conducive to meeting in person. We will discuss Chapter 8, "We Are All Thieves" from the book "Words of life" - Contact Muriel Olson for more information.

### **UMW-UWF Book Group**

The UMW-UWF Book group will meet on March 24 at 7:00 PM on Zoom. We will discuss "An Unforgiving Place National Parks Mystery #2 by Claire Ketts. Contact Marge Langer for more information.

**The next UMW-UWF Mission Team meeting will be on Sat, March 1 on Zoom.**

### **Birthday Ministry**

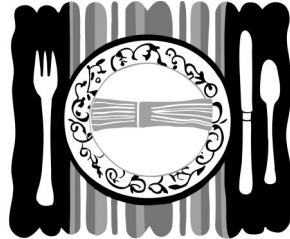
Volunteer for 2023 birthday calling! Look for the link in the Monday Meditations or contact Cindy Bevier

### **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](http://www.faumc.net) or email the church office at [admin@faumc.net](mailto:admin@faumc.net).

### **Prayer Chain Ministry**

We are a church who prays for one another. If you would like to participate in praying for our congregational prayer requests, please reach out to the church office and we will add you to our email prayer chain.



*People Who Lunch*

### **People Who Lunch**

The next outing for "People Who Lunch" will be on Friday, April 4 at 11:30. We will meet on Andiamo's Italian Ristorante 80 Snelling Ave N. Text or call Cindy Bevier at 651-210-2329 to reserve your spot.

### **Newsletter Deadline**

The submission deadline for the March issue of the Messenger will be **Wednesday, March 15**. Please have all materials to the church office by 9:00am on the 15th.

### **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.

### **Grief Group**

Immanuel Lutheran Church will be hosting a weekly grief group starting in March. Let me know if you are interested. I will forward more information when it is available.



**Blood Pressure checks** will be offered in the Susanna Room on Sunday, March 2 from 10:00 - 10:30 and following the worship service.

**Grief Share is a grief recovery group to provide support, direction and guidance on how to make it through.** There will be a video seminar, group discussion and a personal workbook. It is being offered at Immanuel Lutheran Church 104 Snelling Ave S. starting on Tues, March 11 thru May 27. The time is 7:00 to 8:30 PM. Contact, Jody Cahll [dahljoak202@gmail.com](mailto:dahljoak202@gmail.com) 651-206-8311. Register at [ilcsp.org/griefshare](http://ilcsp.org/griefshare).

**All of us have experienced grief** at some point in our lives. It may be the death of a loved one, loss of a job, a possession, a relationship, losing the ability to do the things we used to do or want to do, etc.

Often when we are aware someone is experiencing grief. we **wonder what is the best thing to do to help. The Hospice Foundation has some suggestions.** Remember there is no finish line to grief. Each person is unique. There is no correct way to grieve. Some people are stoic and show little emotion. Some express grief with tears and/or words, may have aches and pains, or may become active in a memorial project.

The **most important thing is an atmosphere of presence.**

Acknowledge the loss by keeping in touch, phone calls, emails, texts and/or make a charitable donation. Being supported can make the grief journey steadier and more tolerable. Being there when needed is the greatest gift

**Listen** when they want to share stories of their loss. Respect their wishes if they aren't ready. If you have good memories of the person, share them. Focus on what they are saying. They may need to share stories repeatedly.

Expect mood changes. Be **empathetic** – we can't truly understand another's feelings, but can share their pain. Be **accepting**. Do not try to judge or change

**Offer help in practical specific ways.** Such as a meal, rides, running errands, invite to have coffee, tea or lunch, help with the obituary, assist with the funeral or memorial service.

You may suggest they continue activities that they have enjoyed in the past, such as walks, having lunch out, groups, volunteer work.

**Be aware of important days,** birthdays, holidays, anniversaries and reach out.

If the grieving person is **having a very tough time** dealing with their grief or they are unable to do daily activities, encourage them to participate in a grief group or talk to a grief counsellor or a therapist.

Suggestions of **what not to do include:**

Compare your loss experience or those of others. We can't know how they feel.

Say the death was for the best; Or they are at peace now.

Ask too opened ended questions, Can ask "what do you plan to do today", vs "How are you feeling?" Ask "What can I pick up at the store?" vs "let me know if you need anything".

Attempt to correct or redirect grief reactions unless they are harming themselves or others.

Insist that they participate in an activity.

Be afraid to laugh with them or imply that their laughter is inappropriate. Humor is helpful and restorative.

Signal that they are in a particular stage of grief. Grief is an ongoing process.

Give unsolicited advice on disposing of the deceased belongings or suggest the right time to do so.

**Most important, DO Listen, be empathetic, be present, be accepting.**

I would like to share a prayer of Mother Theresa.

There is a light in the world, a healing spirit more powerful than any darkness we may encounter.

We sometimes lose sight of this force, when there is so much suffering, too much pain.

Then suddenly, the spirit will emerge through the lives of ordinary people who care and answer in extraordinary ways.

Muriel S. Olson, BS, RN (Parish Nurse)

### **Volunteers Needed!**

We need volunteers to assist with worship, in-person and online! In 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.)

Please contact the church office is you're interested in volunteering.



- 2 Dick Riemenschneider
- 4 Doug Trail Johnson
- 8 Stacey Boucher
- 11 Monique Clark  
Rob Kelley
- 12 Elizabeth Neuhauser  
Theo N.
- 16 Max Griffing
- 18 Ilona Spencer
- 19 Andrew Boucher
- 21 Bob Heilig
- 22 Dave Kroonblawd  
Bjorn Trail-Johnson
- 23 Howard Fisk
- 24 Judy Thielen
- 25 Mike Neuberg
- 30 Mike Kelly
- 31 Aaron Buesing

## Fairmount Avenue UMC

1523 Fairmount Avenue  
St. Paul, MN 55105

ADDRESS SERVICE REQUESTED

TIME DATED MATERIAL 10



Volume 22 No. 3 March 2025

### ***INSIDE This Issue:***

Lent  
Faithful Hospitality  
Adult Sunday School  
Silent Auction

### **Church Staff**

**The Congregation**  
*Ministers*

**Rev. Shawna Horn**  
*Pastor*

**Cindy Radtke**  
*Director of Youth and Young  
Adult Ministries*

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

**Ashton Pappas**  
*Director of Children's Ministries*

**Mindy Way-Johnson**  
*Heritage Ringers Director*

**Muriel Olson**  
*Parish Nurse*

**Kirsten Herkenhoff**  
*Custodian*

**Tom Herkenhoff**  
*Boiler Technician*



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!

### **Newsletter Deadline**

The submission deadline for the March issue of the Messenger will be **Wednesday, March 15**. Please have all materials to the church office by 9:00am on the 15th.