



The Messenger

Fairmount Avenue Vision Statement

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

October 2022

Volume 19, No. 9

Being Community

Small Group Opportunities

Small groups are a great way to be in community and grow in faith. In October we will be launching a variety of opportunities to get involved. As we find new ways to be in community, to reengage in God's work, small groups offer flexible ways to lean into your faith and connect. Reflect on what type of small group might work for you and watch for the Small Group Launch Day on October 16.

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.

Adult Sunday School

Join us on Sunday mornings at 9:00am in the Wesley Room for a time of learning and faith formation. We begin our year of spiritual journey embracing various traditions and teachings on the concept of peace and happiness— starting in the home, exploring the ideas of

Shalom, Hygge, Sisu, Kurashi, and Ubuntu. Come when you can and join the conversation.

Wednesday Noon Bible Study

The weekly Wednesday Bible Study is back! Join pastor Shawna for a Bible study over Zoom. This fall we will be reading the Gospel according to John. Grab a Bible, and sign on. All are welcome. Come when you can and join the discussion.

Wednesday Bible Study Zoom Meeting ID: 862 8716 4931

Fairmount Serves

Community service is a spiritual practice that creates space for generosity, compassion, and connection. In October we will be launching a new small group opportunity that will offer monthly service opportunities, beginning with a service opportunity on Tuesday, October 4 from 7:00-8:45pm at Feed My Starving Children.

T.G.I.W. Adult Program: Wednesday Conversations

"Thank God It's Wednesday!" As we embrace the importance of home, while the kids are doing their "thing," adults are welcome to join for a time of relaxed conversation around the tables. Designed to be a time of reconnecting, each week will have a theme or conversation starter to encourage us all to deepen our friendships, learn about one another, and reengage in community.

Thank God It's Wednesday!

Wednesday evening programming for all ages has returned!

Modified Wednesday Supper

We are so excited to gather around the table together again on Wednesday evenings. Supper will look a little different this year as we continue to make adjustments for Covid and as we are mindful of our volunteer capacity.

On days where Ramsey County is "low risk" there will be no restrictions on the Wednesday meal. When it is "medium risk," we will encourage households to eat together in household groups, but ultimately, will encourage families to make their own choices.

Because of a volunteer shortage, we will start the year asking families to consider bringing supper in for their household. The church will also provide pizza weekly, with salad and lemonade.

T.G.I.W. Schedule

5:30-6:00pm

- Joyful Ringers: Youth Bell Choir

5:30-6:30pm

- Wednesday Supper
BYO food or pizza will be available

6:30-7:30pm

- Explorers Program: Children
- Followers Program: Youth
- Wednesday Conversations: Adults
- Heritage Ringers: Adult Bell Choir

7:50-9:00pm

- Adult Choir

Pastorings



This week I caught the tail end of a program reflecting on 9/11. In the midst of the business of the start of the year, this anniversary often sneaks up on me. It's hard not to remember how that day felt or the days after. And at times, it's hard to remember what it was like before. When I tell my children that our youth group did a service trip to Chicago when I was a teen, and one of the evening activities was riding the train to the airport and doing a scavenger hunt in O'Hare, they stare at me in disbelief. Or that when I was waiting for a friend to return from Colorado after she had moved, we waited for her plane to come in, just on the other side of a fence near the runway.

There was a before and an after for 9/11. I think someday we will have enough perspective to do the same for the Covid-19 pandemic. But we aren't quite there yet. In some ways, we are still finding out who we are now and who we will become.

Welcome Emmanuel Good Family!

On September 18, the great great grandchildren of Emmanuel Good joined us for worship. If that name sounds familiar, it's because the Christ window in our sanctuary was given in memory of Emmanuel Good more than 130 years ago! It was such a joy to share in worship with this family, whose legacy has inspired generations of worship in our church.



Recently we had the joy of worshipping with the great great grandchildren of Emmanuel Good, the namesake of the memorial in the Christ window in our sanctuary. Looking at the window with them reminded me that this church has seen so much over the years. This building has had 105 years of "befores" and "afters." This faith community has had 170 years of "befores" and "afters."

And still, we remain. We are here. Proclaiming that faith practice in community matters. I expect church and faith practice will continue to evolve. But what a gift it is to be the ones who carry it forward for the next generation and the generations after that.

This is our calling. We are the ones who will steward this church for those who come after us. We are the ones who will fan the flame of faith, hope, and love for each other and for our children and for our children's children. For a more whole and more healed St. Paul, we will continue to serve, give, and shine God's light into the margins of our cities.

To the end that our "after" might be brighter than our "before." That our "after" might be more resolute than our "before."

May it be so.

— Pastor Shawna

Fall Sermon Series: *Homecoming*

Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. —Acts 2:46-47

The early Jesus-following communities gathered for worship and then generously offered one another their lives, invited one another into their homes, shared meals, and talked about new faith practice really impacted their lives. This fall, we will be exploring the lectionary Gospel texts, or teachings of Jesus, looking for insights that might remind us of core practices of faith that will ultimately, help us to find our home in God's love.

Home is a concept that is complicated for many. But the idea of home, a place where you might feel safe, comfortable, and loved, is a universal idea that every culture understands. And while place can be defined as a physical location, it can also be defined by what is present— the people, the things, the feeling. Our fall sermon series, *Homecoming*, is an opportunity to return to a faith practice that centers us, roots us, and grounds us in the security, comfort, and love of God.

October Worship Planning:

Sermon Series: Homecoming

October 2 — Luke 17:5-19

October 9 — Luke 17:11-19

October 16 — Luke 18:1-8

October 23 — Luke 18:9-14

October 30 — Luke 19:1-10

COVID-19 Protocols

We continue to watch the CDC risk assessment levels that are updated weekly. When Ramsey County is “low risk,” masks will be welcome, but not required. When Ramsey County is “medium risk” or “high risk,” we will return to masking in the church building.

With vaccines now more available for all age groups and other interventions available, we hope to return to communion practices of coming forward to receive the elements (still no shared cup,) passing the offering plate, and the return of Fellowship Time between Sunday School and worship.

As always, we appreciate your patience as we continue to do our best to “do no harm,” in the practice of our faith. If you are experiencing any symptoms of Covid-19, please plan to worship from home.

From the Flames

The FAUMC Fairmount Flames concluded another St. Paul Recreation Softball season with a thrilling last-inning victory, 16-14, on Wednesday, September 7th. Thanks to Bill Overby for managing again this year, and also to the many loyal fans who showed up week to week to cheer for the team. We always enjoyed the fellowship before, during, and after the games. Up to 20 players contributed to the team this year.



Trustees' Fall Workday

Mark your calendar! Sunday, October 16 will be our all church fall workday. Stay after worship for lunch and then we'll tackle the building maintenance list together. Some examples of tasks that need to get done include outdoor fall maintenance like reeling in hoses, covering the air conditioner, etc., as well as indoor work such as preparing our new history room for painting, and resetting outdoor light timers. There will be tasks for all ages and individual skill levels. Look for a link to sign up in the Monday Meditations email or contact the church office.



OCTOBER



- 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
Alison Olmstead
- 12 Bruce Stemme
Liz Kramer
- 13 Debra Johnson
- 14 Ashley Joyce
Lynn Farris Lindholm
- 16 Jackie Selvig
- 17 David Currie
- 18 Barbara Korf
- 19 Jeffrey Howe
- 21 Phill Gill
Dmitri 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 H. Bruch-Looney*

Sign up to be a birthday caller!

<https://www.signupgenius.com/go/10c0a4aa8a922a6f49-birthday>

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



Celebrating Water on Wednesday

Wednesday nights in October begin with service and finish with Halloween (trick-or-)treats:

October 5— Waterways! Learn about the need for service to God's creation right in our neighborhood through Adopt-a-Drain. We will do our part in protecting clean water with a trash walk around Fairmount Ave. and Saratoga St.

October 26— Wear a costume for trick-or-treat games and activities!

Join the fun on Wednesday evenings, 6:30-7:30pm. Register online, or email Ashton Horsley, Director of Children's Ministries, at ahorsley@faumc.net for more information.



Let us do good to everyone, and especially to those who are of the household of faith.

Galatians 6:10 (NIV)

Followers' Winter Plant Sale

Support the mission work of our youth and decorate your home with beautiful holiday greenery and flowers at the same time! A variety of holiday flowers, greenery, and plant cards available for purchase. Place your order at www.gertensfundraising.com. To access our group page, enter 211 when asked for the store ID.

Orders must be completed by Thursday, October 20 at 10:00pm.

No late orders will be accepted.

Order pickup will be held Saturday, November 19.



There will *not* be T.G.I.W. activities on Wednesday, October 19, and *no* Sunday School on October 23, the week of MEA.

Sunday School Takes a "Staycation"

Explorers prepare to take a staycation, spending time with friends and family— Abraham's family, that is. We will read from Genesis, following Abraham from God's calling to him through the first generations of his descendants, God's people. We are after all, God's people, too. Join us at 9:00am Sunday mornings before worship!

Register for Sunday School online at faumc.net, or email Ashton Horsley, Director of Children's Ministries, at ahorsley@faumc.net for more information.



Followers Youth Ministry

This year, the Followers ministry theme is "By Grace Through Faith." We are excited to gather together and to grow in Christ as children of God. As Methodists, Followers will learn about God's will and practice their faith through deeds of praying for each other, reading Scripture, and serving communities. As we believe Grace is the gift of God, we should respond to God's love through our faith. Thank you for supporting our youth and blessing them to being nourished by grace through faith.

At beginning of this season, the youth ministries program will be asking the congregation to participate in several fundraiser events for the summer mission trip 2023. We have not yet decided where we will serve, but will continue to love God and the people of God wherever we may go.



Pieces of Fairmount History

Would you like a commemorative Fairmount anniversary plate? We still have a few! While cleaning the History Room we found a box of 125th anniversary plates. A few have been kept for the History Room, but the rest remain available for any member who would like one, on a first come basis. Plates have gold rims and a beautiful dark red design. Currently, they are available in the Wesley Room.

Below is a closeup of the plate design.



Join the Choir! We are a fun-loving bunch, and want more members, especially for the lower voice parts (tenor and bass), so we can have even more fun! Contact Mike, our music director, if you are interested in joining.

If singing isn't your thing, you might like to **join the Heritage Ringers**, and learn how to play handbells. Contact Mindy to get connected.

If you haven't seen our **new choir room or music office**, stop by sometime to have a look! They have been renovated, and are bright and sparkling for a new impulse of music making.

YOU ARE A MIRACLE

YAM

**YOUNG ADULT MINISTRY
FAIRMOUNT AVENUE UMC**

Young Adult Ministry (YAM) : In continuing our growth and building a faith community for young adults, we are gathering together on Sundays **October 2 and 16**. All young adults are invited to participate in the events and gatherings of YAM. We are expecting to learn more about God's will through Bible study and to have great fellowship in Christ at various places; especially on Sunday, October 16, as we will go to Elizabeth Herge's new apartment to celebrate and rejoice in Christ with fun games. All the young adults appreciate the leadership of FAUMC and the congregation for their generosity and support for the ministry of young people. Please contact Pastor Jin at pastorjin@faumc.net if you have any questions or suggestions.

Giving and Generosity

Your giving matters. As we launch another program year, your giving is sustaining important ministry for one another and for our community.

We did pass a deficit budget for 2022, understanding that projected income was likely to lag projected spending. While staff and lay leadership have been conservative in our spending, we do still need our community to give generously to be able to end the year strong. We are also aware that inflation and potential recession has created leaner margins for many in our congregation.

Looking ahead to our annual pledge campaign this fall, we encourage each household in our community to check in on their regular giving to see that they are on track with their pledge for this year. Personal reminders will be sent following this newsletter. We also encourage those who did not pledge to consider how they might offer financial support of the work

of Fairmount Avenue United Methodist Church and our ministries. There is more information about different ways to give on our website, www.faumc.net.

We are currently able to receive contributions by check, cash, stock gifts, credit card, IRA disbursements, through direct deposit from your financial institution and electronically through PayPal—<https://www.paypal.com/US/fundraiser/charity/2310742>. All donations to Fairmount Avenue UMC are tax deductible.

Also know, that in this time of online shopping, Fairmount Avenue UMC has an Amazon Smile account. A portion of the profits from your everyday shopping will go to the church! Make sure Amazon Smile is turned on for purchases made on the mobile app, and add a bookmark to your computer browser to make it easier to shop smile.amazon.com.

Thank you to those who have set up recurring contributions, those who have already fulfilled their pledge commitment and have continued to give, and to those who know and plan their end of year giving toward Fairmount Ave UMC. Thank you also to those who want to contribute but cannot due to personal circumstances, we understand and we appreciate you.



Steps for mobile app setup below.



Food Security Ministries

First Fruits

We are so grateful to everyone who contributed to First Fruits on Gathering Sunday and to Kristin Matthews Long, our September volunteer who delivered the items to Keystone Community Services.

Each month, usually the first Sunday, Fairmount Avenue United Methodist Church has the opportunity to make a difference in the lives of our neighbors experiencing food insecurity. Non-perishable food and other non-food items, (diapers, toiletries, cleaning supplies, paper goods, etc.) as well as checks made out to Keystone Community Services are brought to our altar and then delivered to Keystone by Fairmount volunteers during the following week. Keystone is located at 1916 University Avenue, St. Paul and has hours to accept food daily Monday-Friday. Their hours can vary, so we suggest calling first (651-917-3792).

If you are new to Fairmount or haven't yet participated in First Fruits, we hope you will join this vital and ongoing ministry by donating food, praying for those who are in need, or volunteering to deliver our First Fruits during 2023. Thanks to our volunteers who have signed up through December 2022!

Our next First Fruits Collection will be on Sunday, October 2, 2022. If you have questions, need more information or would like to volunteer, please contact Linda Huckle (651-698-5226), Judy Thielen (651-340-6904), the church office, or via the following website: www.signupgenius.com/go/20f0a4baa22a57-faumc.

Simpson Thanksgiving 2022

Fairmount Avenue UMC will once again be serving Thanksgiving dinner at Simpson Housing Service's shelter in Minneapolis. Mark your calendar now if you'd like to be part of this tradition that's been ongoing for well over 20 years. Specific information will come closer to Thanksgiving. For more information about volunteering contact Dave Hokanson via email at hokanson.dave@gmail.com.



Volunteer in Worship

We need help! If you have been inspired by the many people participating in leading worship, consider joining our team that help make worship happen. From musicians, to greeters, to people to forward the slides or run the camera for the livestream, to setting up the treats for fellowship time, it takes an entire team to create a meaningful worship experience.

If you are interested in helping out with worship, please contact the church office and we will find a place for you to serve.



Weekly Sunday Schedule

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

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 will 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 our weekly worship.

Share our worship services on your social media, inviting others to join!



Emma Norton Fundraiser

Fairmount Avenue United Methodist Church's Housing and Homelessness Witness Ministry team and United Methodist Women are working with Emma Norton to raise funds for their new building development in Highland Bridge: Restoring Waters.

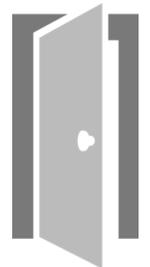
Emma Norton has served women and families for more than 100 years providing trauma-informed supportive services, and the Emma Norton Residence has served the St. Paul community for over 50 years.

But after so many years, Emma Norton and the women and families it helps need an to see an upgrade beyond the old facility, one that continues to provide safe and affordable housing, but that also supplies supportive services that help residents recover from trauma.

The Restoring Waters facility will provide safe, transformative housing for 60 individuals and small families, along with a full spectrum of services in recovery and transformation: restoration of dignity and independence for residents, safety and privacy, inviting spaces, and a sense of stability and security.

FAUMC has begun collecting funds to support this effort. Approved by Church Council, we hope to raise at least \$5,000 to support this important new housing initiative. Council also approved a separate donation of \$10,915, 10% of the Cleveland Avenue Fund, to accompany our congregational support in honor of our fifteen year anniversary of welcoming Cleveland Avenue UMC into Fairmount Avenue UMC.

You can give your donations on Sundays in person, mail a donation to the church, or donate through our website. Make checks out to Fairmount Avenue United Methodist Church, with "Emma Norton fundraiser" in the notes, or through the church's PayPal account.



Emma Norton

The **Afternoon Circle** will meet on Monday, October 16 at 1:00pm via Zoom. We will continue discussing "Who Can We Be Together." Contact Muriel Olson for the link.

The **UMW Book Group** will meet via Zoom on Monday, October 24 at 7:00pm. We will discuss the book, "*The Lakota Way: Stories and Lessons For Living*" by Joseph M. Marshall III. Contact Lynn Ihlenfeldt for the meeting link.

The next **UMW Mission Team** meeting will be Tuesday, October 11 at 7:00pm via Zoom. All who are interested are welcome to join. Contact Muriel Olson for the link.

The **Minnesota Conference United Women In Faith (UWF)** will hold their Fall Gathering on Saturday, October 1, 9:00am–2:30pm at First UMC in Waseca. Guest speaker will be Nancy Beaulieu on why we are all treaty people and why protecting treaties and indigenous ways is sacred and fundamental to protecting our environment.

Church Women United of St. Paul will hold **World Community Day** at Centennial UMC on November 5 at 10:00am. Cost is \$15. Registration deadline is October 28.

Faith Talks are conversations held monthly with United Women in Faith nationwide and hosted by Jennifer R. Farmer. They explore themes and resources that empower us to put faith, hope and love into action. To register go to <https://uwfaith.org/event/faith-talks-2022-9521>.

Prayer Shawl Ministry

All who knit or crochet are welcome to join in this caring ministry. Join us each month on the 2nd Monday at 7:00pm and the 4th Sunday at 3:00pm via Zoom. Contact Muriel Olson for the link.

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.

Prayer Chain

The email prayer chain is an important way that we fulfill our baptismal promises to pray for one another. If you would like to take part in this prayer ministry, sign up online or email the church office.

Fellowship Hall Prayer Wall

As part of our Wednesday Conversations program, a prayer wall will be installed in the Fellowship Hall as a way to share prayer requests and support one another in prayer.

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.



Blood Pressure Checks will be offered in the Susanna Room on Sunday, October 2 from 10:00 – 10:30am and following worship.

The flu season approaches. This year we will be hosting the **flu shot clinic** on Wednesday, October 12 from 5:00-7:00pm in the back of the Wesley Room and the Susanna Room. Both flu and COVID-19 booster vaccines will be available and will be supplied by St. Paul Corner Drug.

Please **register online** to secure your spot. Include the type of vaccine you wish to receive:

Regular flu dose (R), High Dose Flu for people over 65 (HD), and/or the updated COVID-19 booster for ages 12 and up (C). It's recommended

that people who have recently had COVID-19 or have received a recent booster dose wait 2 months to get the updated COVID booster— this maximizes the body's natural immune response. The signup link is available on the church website and in the Monday Meditations, or simply visit the URL below.

<https://www.signupgenius.com/go/20f054ca9a72da4f85-flushot2>

Please bring your insurance and Medicare cards for billing. **Be sure to wear** clothing that allows easy access to your upper arm/shoulder area. Registration and consent forms will be available at the church that evening.

Symptoms of COVID-19, a cold, and the flu are very similar. If you are not feeling well, **the only way to know which you have is to get tested.**

Symptoms to be aware of are:

- fever with or without chills (generally not present with a cold)
- headache (rare with a cold)
- cough
- sore throat
- runny or stuffy nose
- muscle aches (generally not present with a cold)
- fatigue
- vomiting and/or diarrhea (more common in children)
- change in taste or smell (more common with COVID-19)

Each of these **viruses are spread** via aerosols and direct contact, generally from coughs, sneezes, or by talking. They may also be spread by contaminated surfaces, especially the flu and cold viruses.

COVID-19 spreads much more easily and can cause serious illness in some people. The high transmissibility is in large part because, while it may take up to 10 days for symptoms to appear, COVID-19 can be spread 2-3 days before symptoms occur and for 8 days after symptoms appear. The flu virus can be transmitted 1 day prior to and 7 days following the appearance of symptoms.

Notably, both COVID-19 and the flu may be spread by people who are mildly ill and those people who never develop symptoms.

A **person with the flu** should stay home for 24 hours after their fever is gone without use of fever relieving medications. A person

with a known exposure to COVID-19 or possible symptoms should stay home and get tested. **If positive for COVID-19**, the person should remain home for at least 5 days, then **follow the CDC guidelines** on ending their isolation period based on symptom severity. Regardless of the length of isolation, a person who tests positive for COVID-19 should continue to wear a tight fitting mask for at least 10 days.

The **best prevention** is to get the vaccines. The flu shot is recommended annually.

Other means of preventing illness include avoiding contact with people who are ill, always covering your coughs and sneezes, washing your hands often with soap and water, not touching your eyes, nose, and mouth, and cleaning and disinfecting surfaces that may be contaminated with a virus. Wear a mask as directed by the CDC or health department, and **when you are ill STAY HOME** except to receive medical care. This will help to avoid infecting family, friends and those who are higher risk of complications.

Philippians 2:4 says **“Let each of you look not to your own interests but to the interests of others.”** So as we obtain our vaccinations for COVID-19 and the flu and practice other preventive measures, let us remember it will not only be protecting ourselves but our neighbors as well.

~ Muriel S. Olson RN, BS,
Parish Nurse

Fairmount Avenue UMC

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Children and Youth Activities

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Adult Ministries*

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

Ashton Horsley
Director of Children's Ministries

Mindy Way-Johnson
Heritage Ringers Director

Holly Hugart
Joyful Ringers Director

Muriel Olson
Parish Nurse

Mike Kelly
IT Director

Elizabeth Herge
*Administrator
Communications Director*

Newsletter Deadline
The deadline for the November issue of the Messenger will be **Friday, October 14**. Please have all materials to the church office by 9:00am on the 14th.