

SPIRIT



MAUNDY THURSDAY DINNER & WORSHIP IN
WESLEY HALL
APRIL 6TH AT 5:30 PM

GOOD FRIDAY CROSSWALK IN DOWNTOWN ROCHESTER
STARTS AT 12:00 PM AT CUMC

GOOD FRIDAY WORSHIP WITH CHANCEL CHOIR
APRIL 7TH AT 7:00 PM

YOUTH EASTER LOCK-IN SATURDAY APRIL 8-APRIL 9

EASTER SUNDAY:
9AM TRADITIONS WORSHIP. 11AM ARISE WORSHIP

CARAMEL ROLL SALES AND EGG HUNT THROUGH
THE MORNING

at CUMC

Join us for worship every Sunday at 9am & 11am In-Person or Online

<u>Facebook.com/cumethodist</u> YouTube.com/ChristUnitedMethodistChurchRochesterMN

Office Hours M-F 9am-5pm & Sunday 9am-12pm | 507-289-4019 | cumethodist.com

Pastor's Pen with Pastor Kirkland



A preacher's life can at times feel disorienting. As I write this "Pastor's Column" for the Easter edition of The New Spirit, my desk is filled with materials for worship and programs before Easter, on Easter, and after Easter. Truth be told, we're getting close to when we need to start thinking about Christmas planning!

I am trying to stay focused on the resurrection. I want to keep my feet firmly planted in the surprising hope found with the empty tomb. I want to shout "Alleluia! Christ is risen!" with all the company of saints. But Easter is not the only thing on my mind right now.

It's as if I stand in a lush garden of stories that draw me to other times than the one we are in. I can hear Jesus saying, "Stay alert" for the hour of Easter is at hand, while I reach out for Vacation Bible School stories, backpack blessings, and Christmas Carols.

I want to stay alert. I truly do. There is so much beauty and hope to be gleaned in this season. Staying alert means becoming like Mary, who remained long enough at the empty tomb to meet the risen Lord. Not staying alert risks becoming like Peter and the other disciple who were also at the empty tomb, even looked into it, but missed seeing Jesus. For Peter and others, I wonder if they moved on quickly because they were convinced nothing made sense that Easter morning other than their grief and fear.

Perhaps the Biblical witness of Easter wants to tell us that our experiences with the resurrection and new life will be disorienting. If we're honest, we do not expect life where we presume there is death, whether that's healing, a restored relationship, a church renewed, a flower regaining its bloom, or peace we wrote off many years ago. The advent of such things runs counter to what we expect and realistically hope for. And it can be challenging to reconcile our experiences of faith with the ways we believe the world is supposed to work.

Given the recurring themes of repentance, blowing winds of change, and prophetic justice found throughout the Bible, disorienting experiences should not be surprising. No one, not even Jesus, ever said discipleship guarantees an uncluttered life that is free of doubt and always operates rationally. Instead, discipleship is the means to find new ways forward so we may live abundant lives that surpass expectations.

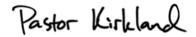
As I look at all the theology spread across my desk I can't help but wonder which Jesus is calling me to "Stay alert." Is it the risen Lord who is not immediately recognized on that first Easter morning? Or is it the baby Jesus whom Mary treasurers and to whom shepherds and wise people travel to see? Or is it the Jesus who invites children to him and reminds the faithful to never become a stumbling block for the youth? Or is it the Jesus who empowers the disciples by breathing the Holy Spirit upon them and who appears in a vision to convert Paul?

The writer of the Hebrews tells us that Jesus Christ is the same yesterday, today and forever (Hebrews 13:8). If that's the case, then it's always Jesus speaking no matter which story about Jesus we imagine is primarily at work. Prophesied Jesus, baby Jesus, young adult Jesus, resurrected Jesus: it's all Jesus.

Stay alert friends and don't miss out on the promise of Easter. Remember, Jesus is with you in this and every season.

Alleluia!

Be well and stay encouraged,





CUMC Now Serving Fair Trade, Organic Coffee

We now serve Equal Exchange coffee. This fairly traded, organic coffee helps us promote social justice, environmental sustainability and fair trading relationships.

Equal Exchange is a worker-owned cooperative started in 1986 with a mission to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate the contribution of worker cooperatives and Fair Trade to a more equitable, democratic and sustainable world.

Equal Exchange offers organic, ethically sourced products that you can find in natural grocery stores and cafes. They also offer wholesale case pricing, so stay posted for when we hold a fundraiser where you can gain access on great prices on coffee, tea, chocolate and more. Because Equal Exchange partners with The United Methodist Church's Committee on Relief (UMCOR), 10% of upcoming wholesale pricing fundraisers will go directly to UMCOR's relief work in the US and throughout the world.

Learn more at <u>equalexchange.coop</u> and try a cup of our new coffee during coffee fellowship (10am-11am) on Sundays.

Gather with MN Reconciling United Methodists

You are invited to the Minnesota Reconciling Congregations Spring Social Gathering on Saturday, April 29 from 11:30am-2:30pm at Spirit of Hope UMC in Golden Valley. Bring a dish to share for a potluck lunch, visit with friends and make new ones, then participate in a program with author and theologian Austen Hartke (he, him). Austen will share his experience coming out as a transgender Christian, from his childhood in non-affirming churches to his years in seminary, and now as an educator for faith communities worldwide. For more information, visit mnrcumc.org or contact the church office.

Litter Bit Better Week

CUMC will be participating in the Litter Bit Better campaign on April 23rd at 4pm. This is a campaign inviting groups to adopt areas of the city for litter and recycling collection to help keep Rochester clean. CUMC has adopted a section along the Soldier's Field Bike Path. Meet at the church. Trash bags will be available at church throughout the week for those who want to pick up on their own.

Children's Ministry



Youth Ministry

CU Wednesday Meals

We only have seven more CU Wednesdays before our summer break. If your group would like to prepare and serve a meal in late April or May, talk to Pastor Amanda ASAP! This ministry supports dozens of people each week and allows us to grow discipleship through music, study and community.

Children and Youth Ministry Updates

During the season of Lent our children and youth have been following the church worship theme of the "I am" statements of Jesus. From sheep relay races to seed starting experiments, we have learned more about what it means to know Jesus as light, bread, shepherd, vine and wtl (way, truth and life.)

We will take a pause for Spring Break March 31-April 9. With Holy Week and RPS Spring Break overlapping, we will plan a few special events for children and youth but it will not be as robust as our offerings are in other years. There is a Lock in on Saturday, April 8 to welcome Easter.

Thank You Youth and Children's Volunteers

Our children and youth have had some really great volunteers take time to play and listen and learn with them this year. This time is a gift to our young people and to the volunteers who work with them. Thank you!

Author Anne Lamott writes that "Teenagers are looking for and need--they need adults who have stayed alive and vital, adults they wouldn't mind growing up to be. And they need radical acceptance of who they are, to receive welcome in whatever condition life has left them--needy, walled-off, glowering. . .They want guides, a certain kind of adult who knows how to act like an adult but with a kid's heart. They want people who will sit with them and talk about the big questions without answers, adults who won't correct their feelings or pretend not to be afraid."

We are still looking for volunteers for Sundays and Wednesdays in April as well as with Vacation Bible School. If the Spirit is nudging you to be in ministry with our young people, talk to Pastor Amanda or Jody. You can also sign up at https://tinyurl.com/wintervols

April

March 31-April 9 Rochester Spring Break. No CU Wednesday, Sunday school or Youth Group

- 6 (Thursday) Maundy Thursday Dinner (5:30pm) and Worship (7:00pm)
- 7 (Friday) Good Friday Worship 7pm
- 8 (Saturday) Youth Lock In and ASP Caramel Roll Prep
- 9 Easter Sunday
- ASP Caramel Rolls, Egg hunt between services
- 12 (Wednesday) CU Wednesday
- 16 (Sunday). Youth Group 4:30-6:00

Children & Youth Cont.

- 19 (Wednesday) CU Wednesday
- 22 (Saturday) Youth Group at Saturday Noon Meals
- 26 (Wednesday) CU Wednesday
- 30 (Sunday) Youth Group 4:30-6:00 We will meet at Baihly Meadows Park, 1914 Fox Valley Dr SW at
- 4:30pm. Pick up at Younge Park, 2571 Fox Valley Dr SW at 6:00pm.

May

- 3 (Wednesday) CU Wednesday
- 7 (Sunday) Youth Group 4:30-6:00
- 10 (Wednesday) CU Wednesday
- 14 (Sunday) Youth Group 4:30-6:00
- 17 (Wednesday) CU Wednesday
- 21 (Sunday) Confirmation

Youth Group Finale 4:30-6:00

24 (Wednesday) CU Wednesday Finale



Hero Hotline Vacation Bible School June 19-23

9:00-11:45am

When Jesus calls a team of heroes together, amazing things happen. Join us as we celebrate the ways we all work together for the glory of God! VBS is open for potty trained children through 5th grade. (Use the grade you will be entering into Fall 2023.) Youth in grade 6 and up are encouraged to help with VBS and stick around until 3:00pm for service projects, games and training to be a Helper Hero!



Register for 6th grade and up online **HERE**

register for our brade and up orinite rect

H-O-T-L-IN-E

Called Together to Serve God!

COKESBURY'S

Or to volunteer for VBS, even for one day, talk to Jody or email her at jody@cumethodist.com



Our team of 12 is excited for the 40th trip through the Appalachia Service Project. We will travel to Kentucky July 1-10. There are several ways you can help the team.

- Hold us in **prayer**. Andrew, Evita, Harriet, Pauly, Trica, Sam, Amanda, Claire, Royce, Bill, Theo and Shaun are preparing for a life changing experience.
- Share your ASP **memories and stories**. We are working on reaching out to ASP alumni to help our church celebrate this 40th trip. Contact Amanda if you'd like to share a story or three.
- Buy caramel rolls on Easter! The first ASP caramel roll sale was in 1981 and Rev Duane Gebhard helped

make the rolls. Support the team and help us sell out!

Mark your calendar for **trivia night**! The ECC at church will be transformed on May 7 from 7:00-8:30 pm for this new fundraising event!



Earthkeepers Update

The EarthKeepers ministry team is excited about several projects rolling out over the next few months at our church. Our youth are preparing public service announcements about some of the updated recycling options at church. Green bag liners will be making their way into our recycling stations to ensure our recycling gets to where it needs to be. A work group is finalizing plans to begin some composting on site as our gardens get ready for spring. The church library has a new shelf dedicated to nature and stewardship materials.

We encourage everyone to check out the Rochester Earthfest events calendar on earthfestrochestermn.com. Our EarthKeepers ministry is a supporter of this organization that provides year-round ways for people in Rochester to access environmental stewardship events and classes. The EarthFest Expo this year is April 23 at the Northrup building.

EarthKeeper Deb Jensen was able to work on planting seeds with our youth group. As the youth chart the seeds growth, they are practicing the prayer "Holy Spirit" by Kari Jobe and staying connected to the vine—one of the I Am statements of Jesus.

Let us become more aware of Your presence

Let us experience the glory of Your goodness



You are invited to the United Women in Faith Tea. Our theme is Tea at the Palace on April 29. The time is 2pin to 3pin in the Commons. The cost remains at \$20 per person. Tickets will be on sale in the Commons on Sundays April 2nd and April 16th.

The palace encourages all guests to wear festive hats. Fascinators, Tea at the Palace on April 29th. The time is 2pm to 4pm in the Com-

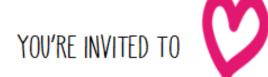
cocktail hats, and derbies all welcome. Rumor has it that online stores have positively scrumptious selections for under \$10. "How will I ever choose?" you might be wondering. Get one for every outfit. A lady can never have too

many hats. Wear your favorite to the palace and invent an occasion for the others.

The present is a present so be presentable for it.

Have questions or would like to help? Ask the committee: Marjie Blaisdell, Kathy Lawson, Deedee Odell, Jane Schmidt, Mary Schmidt, Daphne Soleil.





HOUSE

AT THRIVE!

Join us on Sunday, April 30th 10-11 am

Come tour Thrive, chat with teachers and board members and see the amazing space that CUMC helped





Saturday Noon Meals

The Saturday Noon Meal program appreciates the support from our CUMC and Rochester community. We have been serving 35 to 45 meals each Saturday at noon in Wesley Hall.

We would like to thank Stockholm Pie and General Store for donating pies for our meal on February 25. We have also received donations of popcorn from the Boy Scout Gamehaven Council and Girl Scout cookies from St. Francis Girl Scout troops 47882 and 47962. SNMs also continues to receive weekly donations from People's Food Co-op and regular donations from the Salvation Army and Community Food Response.

Thank you to all of our volunteers for their dedication each Saturday preparing and serving meals to those with food and housing insecurity.

If you are interested in volunteering for the Saturday Noon Meal program - please contact Kathy Lombardo at 507-398-2686 or at kathryn.lombardo@gmail.com.

Thank you so much for your support of the SNM program.

Kathy Lombardo

CUMC Vegetable Garden

As we move closer to gardening season, I will provide information regarding our gardening ministry.

If you are interested in volunteering or learning more about the Vegetable Garden program – please contact Kathy Lombardo at 507-398-2686 or via email at Kathryn.lombardo@gmail.com







Watch for a sign-up the end of April for Summertime Dinner Club and Lunch Bunch groups. Summer groups will offer those who go South for the Winter and those who may find more availability in summer the opportunity to participate. Besides sharing meals in homes and restaurants, the option to picnic together on patios or in parks can be enjoyed. All are invited! Try it out as a great way to get better acquainted with others in our CUMC family!



From The Ministry of Congregational Care

Anointing in the United Methodist Tradition Part II

Last month we began a study of the role of anointing for healing of mind, body, spirit and relationships. It's important we understand that healing is not necessarily curing. Rather, it opens the relationship between the one who is sick and God.

"The greatest healing of all is the reunion or reconciliation of a human being with God. When this happens, physical healing sometimes occurs, mental and emotional balance is often restored, spiritual health is enhanced and relationships are healed. For the Christian, the basic purpose of spiritual healing is to renew...ones' relationship with the living Christ."

Book of Worship

Many people who ask for anointing have health concerns. There are also prayers in the <u>Book of Worship</u> for persons grieving a pregnancy loss, going through a divorce, for persons suffering from addiction or substance abuse, for a person with AIDS, for a person with a life threatening illness and for a person in a coma or unable to communicate.

If you would like to learn more, please contact one of the Pastors or Care Ministers.

SAVE THE DATE Saturday, November 4 from 8am-4:50 pm Mayo Clinic Conference on Brain Health and Dementia for persons with dementias and their loved ones. A group from CUMC will attend.

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Visits in the Hospital

Reminder that if you would like a Pastor or Care Visitor to visit you in the hospital you need to notify the church office. In case of emergency, there is always a pastor on call day or night. After business hours just follow the prompts for the pastor on call.



Faith → Life: Learn from Christ's Teachings

"Spirituality is allowing compassion and love to flourish. When belongness begins, corruption ends." Sri Sri Ravi Shankar, Indian spiritual leader

April Faith-->Life Forum

Every third Sunday (except December) we offer forums given by insightful guest speakers that cover a wide range of relevant topics. *Registration is not required*. You can join in-person or by clicking on the Zoom link provided in the Sunday worship email reminder the day of the forum.

"ISAIAH MN Legislative Update"

April 16, 2023, 10:00 am – In-person Wesley Hall and on Zoom Presenters: Kathryn Lozada and Olivia Bergen, ISAIAH MN

ISAIAH is a, "...multi-racial, state-wide, nonpartisan coalition of faith communities, Black barbershops, childcare centers, and other community based constituencies fighting for racial and economic justice in Minnesota."

Join us for an update on ISAIAH's legislative priorities during this spring, including paid family and medical leave, fully funded education and childcare, democracy and voting rights, clean energy and climate funding, a MinnesotaCare healthcare buy-in, and more. Learn how you can take strategic action to support these initiatives through the rest of the session.

Previous forums are archived at:

 $\underline{https://youtube.com/christunited method istchurchrochestermn}$

Click on our playlists tab, then, "Faith to Life"

Sunday Classes

Contemporary Issues

Host: Joel Charlson

Time: Sundays at 10:00 AM

Place: In-Person (Room 146) and on Zoom: https://us02web.zoom.us/j/832924941?
pwd=VXFEK3l6UVRWeFRObzRjeGR5VUlmQT09
 If you are interested in joining the class, email Joel at joel.charlson@gmail.com to receive the weekly *Wired Word* or just drop in.

Inquiring Spirits

Hosts: Ed Shafer

Time: Sundays at 10:15 AM

Place: In-Person (Room 145) and on Zoom: https://us02web.zoom.us/j/82253693720. The group is currently reading *How Civil Wars Start: And How to Stop Them* by Barbara F.

Walter. For further information contact Ed at. shaferchurch@hotmail.com

Faith \rightarrow Life: Cont. Classes

Meeting God

Hosts: Ken and Elaine Bauman

Time: Saturday, April 22nd at 8:30 – 11:00 AM

Place: Room 145

The last session in a 3-part series will reflect on scripture. Coffee and a snack provided.

RSVP Ken Bauman (klbauman@gmail.com).

A Disciple's Path

Hosts: Pastors Jenny and Kirkland

Time: Sundays, April 16, 23, 30 at 12:15 – 1:30 PM

Place: Fireside Room

A 3-week study of *A Disciple's Path* by James Harnish. Join us if you're new to the church or simply looking for a way to grow your faith and connection with CUMC. A simple lunch will be provided. Contact the church office (507-289-4019) to join the group. The book is available for \$7 through the church.

Connect Groups

View a complete listing of groups and classes with more information at: cumethodist.com/faith-life

Breakfast Fellowship

Hosts: Amy Humphrey and Dean Swanson

Time: April 12th at 8:30 AM

Place: Charlie's Restaurant at Hillcrest Shopping Center

CU Wednesdays Crossroads

Hosts: Pastor Kirkland

Time: Wednesdays at 6:30 PM

Place: Room 145

Contact Pastor Kirkland with any questions

Dinner/Lunch Club

Sign up the end of April for the Summertime Dinner Club & Lunch Bunch.

To learn about the Dinner/Lunch Club contact Marjie Blaisdell at <a href="mailto:mailt

Hand & Foot Card Group

Hosts: Brian and Millie Webb **Time:** April 16th at 4:00 – 6:30 **Place:** Contact Brian for location

Interested or want further information? Contact Brian at bkwebbus@gmail.com or Millie at

608-212-9706.



Faith → Life: Learn from Christ's Teachings

Knit One Pray, Too

Host: Marjie Blaisdell

Time: Wednesdays 10:00 AM - 12:00 Noon

Place: WebEx

Contact Marjie at <a href="mailto:mai

Men's Coffee Group

Host: Dick Estry

Time: Thursdays at 8:00 AM

Place: In person (Room 145) and on Zoom: https://us02web.zoom.us/j/89503377386?

pwd=czVQNzlxTTE1eHdvdmgzZlBXdmsxZz09. Contact Dick at rk.estry@gmail.com for further

information.

Tea and Tacos

Host: Armanda Vanderheiden

Time: Saturdays, April 1, 8, 15 at 10:00 AM-12:00 Noon

Place: Narthex

A scared and safe space for women of all generations, backgrounds and beliefs to do life

together. Childcare available. No need to register; drop-ins welcomed.

Saturday, April 29 the group will be attending the Women of Faith Tea at 2:00 pm at church. Childcare available upon request

Theology on Brew

Hosts: Pastors Jenny and Kirkland **Time:** Thursday, April 13 at 6:30 PM

Place: Tap House West

Contact Pastors Jenny and Kirkland with questions.

All Church Read - After Easter

"Rest is Resistance: A Manifesto"
Tricia Hersy

Instant New York Times Bestseller

In this book Tricia Hersy, aka The Nap Bishop, encourages us to connect to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice. The book is rooted in spiritual energy with Hersy's captivating storytelling and practical advice all delivered with her deep experience in theology, activism, and performance arts. It's a manifesto for all of us who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture. If you are interested in joining a study group using this book, contact Kathy Estry (rk.estry@gmail.com). Current study groups may want to use this book.

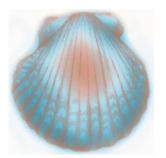
In Memoriam



Mary Jo Reich
November 3, 1936- February 28, 2023



Rev. Earl StephanMay 16, 1930- March 15, 2023



Celebrating the Sacrament of Baptism

Carl Nolan Feddersen son of Grant & Kimberly Feddersen on January 15th

Saturday	1 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 10am Tea & Tacos	7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 9:30am Easter Flower Set Up 10am Tea & Tacos 6:00pm Youth Lock In 7:00pm Carmel Roll Prep	15 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 10am Tea & Tacos	22 7:30am Saturday Noon Meals (Serve @ 11am) 8:30am Meeting God (Room 145) 9am Thrift on Fifth Open 9:00am Youth Group at SNM 10am Tea & Tacos	29 7:30am Saturday Noon Meals (Serve @ 11am) 8:00am Foundation Board Meeting 8:00am UWF Tea Setup 9am Thrift on Fifth Open 2:00pm UWF Tea
Friday		7 7pm Good Friday Service 12:00pm Good Friday Crosswalk	14 10am Rug Hooking Group 10am Women & the Sacred	21 9:30am UWF Book Group	28 10am Rug Hooking Group 10am Women & the Sacred 11:00am RMG Listen & Learn Event
Thursday		6 8am Thursday Men's Group 8:30am Covenant Group 9:30am UWF Planning Meeting 1pm Women's Connect Group 4pm Arise Band rehearsal 5:30pm Maundy Thursday Dinner & Worship	8am Thursday Men's Group 8:30am Covenant Group 9:15am Care Visitors 1pm Women's Connect Group 1:30pm Ruth Circle Meeting 3:00pm Caring Conversations 4pm Arise Band rehearsal 6:30pm Theology on Brew	8am Thursday Men's Group 8:30am Covenant Group 8:30am Covenant Group 8:30am UWF Circle 2 10:30am UWF Circle 8 1pm Women's Connect Group 4pm Arise Band rehearsal 6:00pm Leadership Board Meeting 7:00pm UWF Circle 4	8am Thursday Men's Group 8:30am Covenant Group 1pm Women's Connect Group 4pm Arise Band rehearsal
Wednesday		5 10am Knit One Pray, Too 1:30pm Women's Connect 4pm Thrift on Fifth Open (till 7pm) 6:30pm Chancel Choir Rehearsal 8pm Online Devotional	12 8:30am Breakfast Fellowship 10am Knit One Pray, Too 1:30pm Women's Connect 4pm Thrift on Fifth Open (till 7pm) 5pm CU WEDNESDAY 7pm Chancel Choir Rehearsal 8pm Online Devotional	19 10am Knit One Pray, Too 1:30pm Women's Connect 4pm Thrift on Fifth Open (till 7pm) 5pm CU WEDNESDAY 7pm Chancel Choir Rehearsal 8pm Online Devotional	26 10am Knit One Pray, Too 1:30pm Women's Connect 4pm Thrift on Fifth Open (till 7pm) 5pm CU WEDNESDAY 7pm Chancel Choir Rehearsal 8pm Online Devotional
Tuesday		4 1pm Covenant Group	11 8:00am Easter Flower Delivery 10:30am Staff Meeting 1pm Covenant Group 1pm UWF Quilters 7pm Thrive Board Meeting	18 1pm Covenant Group	25 10:30am Staff Meeting 1pm Covenant Group 1pm UWF Quilters
Monday		3 11:15am Men's Book Study & Mutual Support	10 Church Office Closed 11:15am Men's Book Study & Mutual Support	17 11:15am Men's Book Study & Mutual Support	24 11:15am Men's Book Study & Mutual Support
Sunday	April 30 8:30am Sunday Nursery Open 9:00am Traditions Worship 10am Thrift on 5th Opens 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship 12:15pm A Disciple's Path 4:30pm Youth Group	2 Communion Sunday Palm Sunday 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship 4:30pm Jesus Revealed Small Group	9 Easter Sunday 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Contemporary Issues 10am Easter Egg Hunt 10:15am Inquiring Spirits 11am Arise Worship	16 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 11am Arise Worship 12:15pm A Disciples Path 4pm Hand & Foot Card Group	8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thriff on Fifth Open 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship 12:15pm A Disciples Path 4:00pm Litter Bit Better Clean Up

Christ United Methodist Church 400 Fifth Avenue SW Rochester, MN 55902 507-289-4019 email@cumethodist.com

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