

400 5TH AVENUE SW
ROCHESTER, MN 55902
507 289 4019
EMAIL@CUMETHODIST.COM
WWW.CUMETHODIST.COM

April 2021

CHRIST
METHODIST CHURCH
UNITED
Grace, In The City

THE NEW

SPIRIT

Interfaith Community Healers Service April 11, 2021



9am Online worship

- facebook.com/cumethodist
- youtube.com (search **Christ UMC Rochester**)

11am Parking Lot Worship! (East Lot)

Join us for online worship every Sunday at 9am

facebook.com/cumethodist

Archived on YouTube & on our website

<https://cumethodist.com>

www.facebook.com/cumethodist

www.twitter.com/cumethodist

11:30am Sunday Radio Broadcast on

KOLM (1520 AM)

www.youtube.com

"Christ United Methodist Church Rochester MN"

Pastor's Pen

WITH ELIZABETH MACAULAY, LEAD PASTOR



Transitions require immense soul work.

Every day brings transition. Some transitions we anticipate and invite. Other transitions we resist and resent.

Christ UMC is experiencing a transition. After nearly seven years of being led by one lead pastor and associate pastors with defined portfolios, we will welcome the gifts and graces of a new lead pastor and an executive pastor. (See article in this newsletter about how those roles are delineated). Pastor Nancy will remain in her half time position overseeing congregational care.

In this issue of the Spirit you can read about your incoming clergy. Pastors Jenny and Kirkland bring with them years of experience and wisdom. They also bring with them ways of doing ministry that are varied and as unique as each of them is.

That's a good thing.

This transition is one built upon a strong foundation of excellent infrastructure and spiritual work. Our church is strong. We have dedicated leaders, sound financial health and a clear sense of God's calling for Christ UMC to be grace in this city.

I initiated this transition. With five children living in the metro and a growing flock of grandchildren, Cooper and I feel called to locate in a place where we can give and receive support.

That's a good thing.

And, transitions are hard soul work.

Here is what I ask of you: Pray. Pray for Jenny and Kirkland and their children Molly and Nolan. They are stepping out in faith to a new ministry and life setting. Setting out means selling and buying homes, changing schools and learning new communities. It also means bidding farewell to friends and churches, familiar smells and beloved coffee shops. Even as this new appointment is something desired, it is a mighty emotional, spiritual, and physical lift to accomplish.

Pray for Cooper and for me. Our seven years in Rochester have been immense blessing in our lives. While we initiated this move, it comes with the poignant work of grief. We have fallen in love with the community of Rochester and so powerfully we have been so moved by the power of ministry and life shared through Christ UMC. We are packing, bidding farewell and grieving even as we are anticipating newness of life.

I won't be retiring. As details about what is next become available, I will share them.

Through Holy Week we will experience the pain and glory of transition. The shouts of "hosanna" on Palm Sunday become silenced by the ways we step back from full engagement with the promise and pain of God's story. On Good Friday the world becomes shrouded in despair.

And then, on Easter Sunday, the stone is rolled away and hope is set loose and new life begins and the power of God's presence moves in and through the painful and powerful transitions of life.

We are in it together. Present and promised pastors, hopeful church and wanting world, we are all in it together.

Best of all, God is in it with us.

Please find a way to come to church over Holy Week and Easter. See the schedule on Page 2. You will never experience an Easter like this one. We are making Easter Sunday as robustly joyful as a parking lot full of hope-starved people can be. It isn't what we are used to, but it is a far piece better than last Easter, right?????

I've asked you to pray.

I will pray, too. I will pray that God continues to roll away the stones of fear and doubt that keep us bound.

I will pray for this beautiful congregation.

I will pray for Jenny and Kirkland and Molly and Logan and for our church staff and for all who are experiencing the power and possibility present during times of transition.

Happy Easter, beloveds in Christ.

Pastor Elizabeth

Welcoming Our New Pastors!!

Christ UMC is excited to have Revs. Jenny and Kirkland appointed to serve as our Lead and Executive Pastors. Our Leadership Board proposed the hiring of an executive pastor in early 2020 but put those plans on hold during the pandemic.

The Board's vision is for the Lead Pastor (Jenny) to focus on ministry and relationship building. This includes establishing a vision for Christ UMC – incorporating the aspects that make us who we are: passion for social justice, reconciling church, a love for the arts, music and our environment, as she preaches on Sunday and builds relationship with the congregation, our downtown neighbors, and leaders from other churches.

The Executive Pastor (Kirkland) will work hand in hand with the lead. We envision he will lead the day to day operations of the church, including supervising our staff team. He will also support the lead pastor in worship planning, preaching, small groups, and communication.

Specific responsibilities will continue to evolve as they learn more about Christ UMC.



From left to right: (front) Nolan, Molly,

Holy Week, Easter, and Beyond with Christ UMC

Maundy Thursday, April 1 - 7:00 PM Facebook Live & In-Person by Reservation

Good Friday, April 2 - 7:00 PM Facebook Live & In-Person by Reservation

Saturday, April 3 - 10:00 AM We will join together to decorate the outdoor worship space with crafted beauty. Skilled sidewalk chalkers and paper flower makers needed; all welcome!

EASTER Sunday, April 4th -

9:00 AM Facebook, Youtube, and call-in worship

10:00 AM Parking Lot Worship - East Lot

10:45 AM Community Celebration of Creation - West Lot

Party after worship! We'll set up socially distanced and outside in the West Lot with animals and joy!

Reserve your spot by calling the office (507) 289 - 4019

Services Live at <https://facebook.com/cumethodist>

Archived at <https://www.youtube.com/christunitedmethodistchurchrochestermn>

Phone in LIVE ~ call (507) 215 - 8816



Sanctuary In-Person Services Require Reservations via Phone. Call 507-289-4019

Maundy Thursday, April 1st 7:00pm
Sanctuary In-Person and Livestreamed on Facebook

Good Friday, April 2nd 7:00pm
Sanctuary In-Person and Livestreamed on Facebook

Easter Sunday, April 4th
9am Online Worship
10am Parking Lot Worship

Interfaith Service of Healing April 11th
9am Online Worship
11am Parking Lot Worship

Sunday, April 18th
9am Online Worship
9am Sanctuary In-Person Worship

Sunday, April 25th
9am Online Worship
9am Sanctuary In-Person Worship and Service of Confirmation
11am Parking Lot Worship

Services are weather and COVID-19 rate dependent

Please call the church at 507-289-4019 for weather related updates on the day of outdoor worship services

See page 3 for a full list of what safety measures will be in place, and what you can expect as we return to Sanctuary services

What to Expect for In-Person Sanctuary Worship

- Masks and distancing will be required *regardless of your vaccination status*.
- Phone in your reservation by calling 507-289-4019.
- Leave the date and time you're reserving, your name, how many in your party, and your phone number (much like a restaurant reservation!).
- You will not get a callback unless we have a question about your reservation.
- Enter at the 5th Avenue Main West Entry.
- An usher will check off your name from the reservation list. This is how we are contact tracing if someone gets sick.
- The next usher will seat everyone front to back, every other pew, filling as we go. Please do not request a special seat.
- After the pastor exits, the ushers will dismiss the sanctuary from back to front to minimize passing by others. Please wait until an usher dismisses you.
- Exit through the Narthex.



Meeting Christ Fellowship

We hold Meeting Christ Fellowship to welcome those who are new and nearly new to our church! Our next meeting will be May 16th! If you or anyone you know are interested in joining the church have them send us an email and join this introductory fellowship!



Grace@cumethodist.com

Nursery Update

As we prepare to welcome our congregation back into our space, we have an exciting update to share! In an effort to practice immaculate hospitality, we are moving the nursery to the east side of the sanctuary hallway as to hold our youngest parishioners to the highest degree of safety and care.



Volunteer Spotlight!



VOLUNTEER SPOTLIGHT - Churches run on volunteer power!

Greeters and Welcome Center Volunteers Needed - As we return to the church, we need the friendly faces to welcome us back in the building. Greeters stand near the front doors to open doors, say hi, and help answer questions from 8:30-9:00 on Sunday mornings. It's a fun way to get involved and a great opportunity to get to know church members. Email grace@cumethodist.com to get involved.

Ushers - Ushers are needed for in-person and parking lot worship. Ushers facilitate seating, parking, and safety before, during, and after worship services. They serve on Sunday mornings from the time folks are arriving for services to just after they have cleared the sanctuary or parking lot. Contact Jerry Blaisdell for more information.

Photographer - We are seeking willing and skilled photographers to help take photos of Confirmation, Parking Lots Worship, and other key church events. Please bring your own camera! Email grace@cumethodist.com to volunteer.

Zoom Coffee Hour Hosts - Each Sunday after online worship, the Zoom hosts poses a question to a small and casual group of worshippers on Zoom Coffee. This is the chance to check in with each other and reflect on the service for folks worshipping online. Contact grace@cumethodist.com if you wish to host.

Children's Ministry

P.O.L.O. (Parents of Little Ones) April!

We will be meeting April 5th and April 19th at 8:00 pm over Zoom. <https://us02web.zoom.us/j/86572641556>

We have fun connecting over Zoom and learning about how we

all are surviving in our "bubbles". We miss connecting with each at church. We hope you can join us so we can learn more about your family and you can meet some new friends.

Wonderful Wednesdays in April

Join us each week on Zoom as we read a bible story together and explore faith through: I wonder questions, conversation, and connections to life. We welcome, embrace, and celebrate all children and the ways in which they are spiritual children of God.

5:00-5:30 pm Ages PreK-Second Grade ~ 5:30-6:00 pm Ages Third-Fifth Grade

Zoom: <https://zoom.us/j/91492399465>

Parents and Play - Sunday, April 11th - 10:40-11:30 am

We would like to provide an opportunity for parents to connect and children to play. Open to families with children of all ages. Let us gather for fellowship and fun at the Church/Thrive Playground.

CONFIRMATION IS APRIL 25th

Shaun Wysocki, Claire Siems, and Harriet Hansen will be confirmed in the Sanctuary at 9am on April 25th.

Please join us in celebrating the spiritual work and study this compassionate and brilliant young Christians have done the past two years.

Easter Decorating - Saturday, April 3rd, 10am-11am

Help make paper flowers to adorn the flatbed trailers of Parking Lot Worship. You can make flowers in advance and bring them with you or join us on Saturday to make more flowers. CUMC will provide crafting and chalking supplies on Saturday as we beautify our outdoor worship space for Easter! Please wear a mask and keep 6 feet between households.

CELEBRATE CREATION PARTY - Saturday, April 4th, 11am-Noon

In the West Lot after Parking Lot Worship on Easter Sunday

Come and celebrate the joys of creation with us. We will have live animals, planting stations, and outdoor activities. A big thanks to O'Malley Farms for their four-legged guests! Please mask, social distance, and avoid crowding.

Youth Ministry

Ready for Camp!

May 1st at 7-8pm

Join us in the labyrinth for a socially-distanced bonfire as we learn about this summer's camp opportunities. You can ask questions and sign up for upcoming camps.

United Methodist Summer Camps, Youth Trip to the Boundary Waters, and the all-church camping trip

Bring your own chairs and masks, but we will provide the popcorn and s'mores!





Faith → Life: Learn from Christ's Teachings ~ 2021

"Community is not a goal to be achieved but a gift to be received." Parker J. Palmer

The Faith→Life Team is offering a variety of Zoom groups to help you stay connected with your church family. Our hope is that everyone finds at least one group of interest to grow their relationship with others and deepen their relationship with God. Contact Kathy Estry at rk.stry@gmail.com or Grace Glover at grace@cumethodist.com if you have an idea or would like to host a Connect Group.

Third Sunday Faith→Life Forum

We are offering forums that cover a wide range of relevant topics and are given by insightful guest speakers. There will be a 30 minute presentation followed by an interactive Q&A. No registration required. Join by clicking on the Zoom link provided in the Sunday worship reminder the day of the forum.

"Covid and Mental Health: Lessons from the Pandemic" April 18, 2021~ 10:00 am (after Zoom Coffee)

Presenter: Dr. Mark Williams Mayo Clinic, Department of Psychiatry and Psychology

Zoom Meeting ID: 940 8755 4704 Password: forum -or- Call In: (312)626-6799

<https://zoom.us/j/94087554704?pwd=M2xST0cvSm5jUGcyRDZjVlIKRGNRUT09>

The pandemic revealed significant weaknesses in our overall ability to manage the health of our population as we struggled to slow the spread and deliver a vaccine. We also saw a worrisome rise in depression, substance use, anxiety, and suicide. What do we know about the psychological aftermath of the pandemic and what does it reveal about the weaknesses in our public health approach to mental health?

Previous Forums are archived at: <https://youtube.com/christunitedmethodistchurchrochestermn>

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

Giving Thanks

We give thanks to the many amazing people who have said "Yes" to hosting, leading, and facilitating the numerous Faith→Life groups we continued to offer at a distance from January through March. They have enriched our lives through fellowship, laughter, awareness of other's needs, how to face the everyday challenges of life, stewarding our resources, and growth in our understanding of the way Jesus taught us to live a fulfilling life.

Clergy - Pastor Elizabeth and Pastor Nancy || Our technology experts - Jenny Cordry, Oliver Books, Grace Glover || Covenant Bible Study - Rev. Elizabeth Macaulay || Sunday Classes - Joel Charlson, Ed Shafer, Hank Kliewer || Forums - Marita Heller, Phil Wheeler, Mary Schmidt, Kevin Bright, Grace Glover, Kathryn Lozada || Faith Formation Groups - Gwen Scilley, Ken Bauman, Aileen Williams, Ted Colescott, Gail Flanders, Rose Kliewer || Knit One Pray, Too - Marjie Blaisdell || Men's Coffee Group - Dick Estry || Berry's Ecozoic Age: There's Hope! - Rev. Cooper Wigger || How to Talk to Your Kids About Sex - Rev. Amanda Larson, Lois McGuire || Humor in the Time of a Pandemic - Harvey Bertrand || Financial Peace - Ray Hansen, Grace Glover || Giving During a Time of Crisis - Leah Olm, Stephanie Kilen || America's Unholy Ghosts - Nicholas Wysocki, Bobbi Nichols, Phil and Kathy Lombardo, Jackie Robie, Erin Barreto, Ana Hughes || Methodist 101 - Rev. Elizabeth Macaulay, Rev. Cooper Wigger, Rev. Gary Lueck, Rev. Ted Colescott, Aileen Williams, Rev. Nancy Wheeler Handlon || Affordable Housing in Olmsted County - Judy Plank, Allie Lechner, David Dunn, Jim Miner || "How to Live" book study - Brian and Millie Webb

Ongoing Sunday Classes

Contemporary Issues

Host: Joel Charlson ~ Time: Sundays at 10:00 AM ~ Place: Zoom

Each Thursday Joel emails participants the week's topic from *Wired Word*. Scripture verses and critical questions related to the topic lead to in-depth discussions that apply to how we live our daily lives. If you are interested in joining the class email Joel Charlson at joel.charlson@gmail.com to receive the weekly *Wired Word* or just join via this zoom link <https://us02web.zoom.us/j/832924941> on Sunday morning at 10:00!

Inquiring Spirits

Hosts: Ed Shafer and Hank Kliewer ~ **Time:** Sundays at 11:00 AM ~ **Place:** Zoom

Group members suggest theological topics or books of interest to study. The group is currently reading "To Life! A Celebration of Jewish Being and Thinking" by Harold Kushner.

New participants are always welcome. For further information contact Ed at shaferchurch@hotmail.com.

Connect Groups ~ View a complete listing and register at cumethodist.com/faith-life

Knit One Pray, Too

Host: Marjie Blaisdell **Time:** Wednesday 10:00 AM – 12:00 Noon **Place:** WebEx

Contact Marjie at mablaisdell@gmail.com to receive a link to the WebEx meeting. The group is knitting prayer shawls and scarves and hats for winter.

Men's Coffee Group

Host: Dick Estry **Time:** Thursdays at 8:00 AM **Place:** On Zoom

Whether you are a long-time member, new to CUMC or looking for a men's fellowship group, you are invited to join for coffee and conversation. To receive a Zoom invite email Dick Estry at rk.stry@gmail.com.

What's it all About? Methodism 101

Hosts: Rev. Elizabeth Macaulay, Rev. Cooper Wiggen, and Rev. Carol Zaagsma ~ **Time:** April 10 at 10AM

Place: Zoom <https://zoom.us/j/99566614830>

For all who are interested in the United Methodist Church General Conference to be held in 2022. **Moving Into Our Future: What are the Challenges and Opportunities for the United Methodist Church.** Discussion with panel of previous hosts.

Computer and Internet Basics Workshop

Host: Kristen Hansen ~ **Time:** Tuesdays April 6 - May 4 at 7PM ~ **Place:** Zoom <https://zoom.us/j/97282648102>

This workshop offers a series of 5 stand-alone classes that are designed to help you feel more comfortable on your mobile devices, laptops, and desktop computers. Kristen, a member of CUMC and former ELI intern, is working for a nonprofit to offer digital literacy to adults and help ease them into the digital world we are living in.

April 6: Computer Basics – This class features a tour of different parts of your device and keyboard.

April 13: Internet Basics – This class breaks down how the Internet functions, provides a tour of an internet browser and shows you the available tools.

April 20: Internet Security

April 27: Introduction to Google Apps (part 1) – Kristen will offer an in-depth tour of your Google Account and its privacy and security features. Google calendar and its functions will also be covered.

May 4: Introduction to Google Apps (part 2) – This session is on Google Drive and Google Docs. We'll review how to upload files onto Google Drive, organize and share files with others, and how to attach files to email.

A Biblical Faith Vision Statement: Two Foundational Texts

Host: Rev. Cooper Wiggen ~ **Time:** Thursday April 8 at 6:30PM ~ **Place:** Zoom <https://zoom.us/j/93186369647>

This class will explore how Luke 10: 25-37 (Great Commandment & Good Samaritan) and Matthew 5: 1-11 (Beatitudes) provide Christians with the vision to live as people of Biblical faith & of Earth Sustainability.

Ongoing Faith Formation Groups

Because the church is closed all groups are meeting by Zoom

10:00 am – Monday – Women's Book Discussion Group || 11:15 am – Monday – Men's Book Discussion Group || 1:00 pm – Tuesday – Covenant Discipleship Group || 8:30 am – Thursday – Covenant Discipleship Group || 4:00 pm – Thursday – Women's Group || 10:00 am – 2nd & 4th Friday – Women and the Sacred

Watch the Wednesday Connections email, the New Spirit newsletters, and the Sunday worship reminder for updates on offerings as they become available! Also check out cumethodist.com/faith-life for a complete listing and registration information.



Hopeful EarthKeepers

Earthfest 2021 Prayer Service April 22 - 7pm

The Hopeful EarthKeepers are planning a Zoom Prayer Service on April 22 at 7pm. This event will be simulcast on the Christ UMC facebook page ([facebook.com/cumethodist](https://www.facebook.com/cumethodist)) and

feature from many different spiritual traditions who will speak about how their faith informs their creation care and work for environmental justice. More info on Earthfest 2021: <https://www.earthfestrochester.org/>



Recycling Medication Bottles

A reminder that empty medication bottles continue to be collected during this time. 1/3 of the bottles are shipped to Haiti, the remaining are sent to a medical warehouse for distribution during disasters. Thank you for removing the labels. Goo Gone, a non toxic product available at the grocery store helps with difficult labels. Please call Jenny at CUMC (289-4019) to arrange a drop off time.



Medical Equipment Loan Closet

CUMC is fortunate to have a large well supplied source of durable medical equipment, thanks to generous donations from members and friends. These supplies are available for your use, short or long term. If you or a family member are planning surgery or have experienced changes in your wellness and need to use these aides please check out the closet. Safety in activities of daily living and falls prevention is provided by using the medical equipment available. With a variety of choices of walkers, bath equipment and more, please call or email Pat Hrabe to discuss the best option.

Email: patriciahrabe@gmail.com, or call 507-288-5379. We appreciate your completing the sign out sheet to assist in keeping a record of equipment loans. Please clean the equipment prior to and following use. Call CUMC at 289-4019 to arrange a time to get the equipment.

Thank you, Pat Hrabe

Durable Medical Equipment and Supplies available to borrow.

Commodes • Shower chairs, transfer bath benches • Front wheel walkers, Four wheel walkers with a seat •

Canes, crutches • Toilet seat risers, toilet safety bars • Wheelchairs (standard and a transfer wheelchair) • Grab bar for tub • Vascular boots (one pair) • Three bags of incontinence pads • Ostomy supplies (an inventory is available to check compatibility) • Device to apply support hose/stockings



Thrift on 5th Sidewalk Sales coming soon!

As the weather keeps improving, we are gearing up to hold another sidewalk sale! Check the Thrift on Fifth Facebook page for updates, and watch the Fresh Spirit.

Thrift on Fifth will be accepting spring and summer clothing donations which can be dropped off during sale days, so STAY TUNED!



Online Worship is fun for all ages! Sundays at 9am
<https://facebook.com/cumethodist>



UMW Book Club Invitation

Each meeting book club members enjoy a short social time. Chatting with and getting to know church members you've seen but not known has been a delightful experience.

In these days of isolation our contact with others has been an important factor in feeling connected. Each person is valued. Listening to and offering support has been a source of pleasure as a member of the UMW book club. I encourage you to consider joining this delightful book club group, sharing your interest in reading and adding to your friendship at CUMC. The book club meets from 9:30 to 10:30 am, the third Friday of each month except July and August.

Contact Deedee Odell for the Zoom link. Email: ddbells@aol.com, or phone 507-281-2755.

Light Yourself on Fire with Passion

Three Rivers Restorative Justice

My inextinguishable calling is to accompany people through the conflicts they confront within and without. Two decades as a federal prison chaplain stoked that fire burning within. However, federal prison staff are required to retire at 57. This meant undergoing a time of discernment to discover the new shape this calling would take. Since I do my best listening when I am walking, I determined to seek guidance on a 100-mile pilgrimage in the land of my forebears, Ireland.

My heart confirmed my calling to use Restorative Justice (RJ) to create healing spaces for men, women and children who had been harmed at the hands of another. My spiritual director affirmed this choice, telling me to listen to my heart and the logistics and funding would follow.

Rochester is the only community of its size in MN that doesn't offer those harmed by crime the healing of restorative conversations instead of the traditional US punitive system. The need for RJ in SE MN was evident to both the class participants and justice system stakeholders.

November 2019, with the encouragement of 16 community members and leaders, including members of Christ UMC, two District Judges and the Olmsted County Attorney, Three Rivers Restorative Justice (TRRJ) was born. Over the past 17 months nearly 150 community members have expressed interest and support for RJ by attending presentations and trainings

However, the one thing TRRJ lacked was adequate funding. We had been denied for grant after grant. Then last fall, we applied for the largest grant yet, a US Department of Justice grant that would almost fully fund operations for 2 years.

The date when we were told we would hear who received funding came and went with no word. Then, two months after that date, an award letter arrived stating TRRJ had been granted every penny we asked for!

As John Wesley said, "Light yourself on fire with passion and people will come from miles to watch you burn." It's also true they come with what you need to keep the fire going. ~ Rev. Kendall Hughes

The Talk

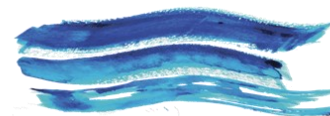
Our church is really good at having hard discussions.

Thanks to Rev. Amanda Larsen, a United Methodist Clergy and real life mom, and Lois McGuire, a women's health practitioner, mom, and grandma; we were able to present three welcoming and affirming conversations to help us understand how faith and medicine advise our choices with sex and relationships. Two sessions for adults around how to talk to your kids about sex and a talk about sex and ethics for youth were held this spring.

We opened up a safe space for people to explore their experiences, beliefs and questions. We explored the notion of a sexual ethic and how our choices are a reflection of our faith. Everyone deserves to have a healthy knowledge of sexuality before they have to make decisions around it or even having conversations around sexuality and everyone deserves to be affirmed and supported in exactly who they are.

Thanks to presenters, attendees, and the bravery they shared in having these big conversations!

We also want to encourage folks to continue having these conversations. If you have questions or need resources, let Amanda, Grace, or Lois know and look for future conversation circles. We are here for you.



Respect · Accountability · Healing

Christ UMC ‘Community Healers’ minister to health care heroes

By: Christa Meland



Minnesota
Annual Conference
of the United Methodist Church

Daphne Soleil wanted to figure out a way to minister to health care workers—who she describes as the “heroes of the pandemic.” As someone with decades of nursing experience, she knows firsthand the demands in the field of medicine, which have increased substantially amid the COVID-19 pandemic. Additionally, the church she attends, Christ UMC in Rochester, is situated literally across the street from the world-renowned Mayo Clinic, so health care workers are a key part of the church’s community and mission field.



Soleil partnered with some physicians, nurses, and chaplains in the congregation and started a new “Community Healers” ministry.

“I imagined us being the roaring crowd that health care providers never had,” she said. “They deserve it more than athletes do.”

The Community Healers team, which came together in late January, is 14 people strong and has a multi-faceted plan underway. Its members developed a “how to love a health care worker” document that they’ve been circulating throughout the congregation. They are also sending a letter of support and encouragement to health care workers in the congregation and community, along with two-inch crocheted “pocket prayer circles”—to serve as a reminder that they are not alone, they have community support, and they can hand their worries over to God. Soleil hopes to do mailings to health care workers every few months; perhaps future ones will include origami cranes or a poem, she said.

The church will have a physical healing garden too. Its courtyard—which includes flowers, various native plants, and a labyrinth—will get new signage inviting staff and patients from the Mayo Clinic and nearby Olmstead Medical Center to enjoy the quiet, reflective space.

“We want to be a bigger resource for all of the medical tourism that flows through Rochester,” said Soleil. “People are in need of healing places and resources.”



The Community Healers ministry will extend to worship, too: Christ UMC has planned an interfaith healers service in its parking lot on April 11 that’s for everyone in Rochester. Representatives from the Jewish, Hindi, Muslim and Native American communities have been invited to participate with a three- to five-minute reading and/or discussion on healing as honored by their traditions.

Attendees will receive cards to write down the people they want to thank, and as they are read at the end of the worship, brightly colored crepe paper representing the various groups named will be unspooled and crisscross the parking lot in a beautiful visual display. The entire service will later be posted to the Mayo Clinic intranet to spiritually buoy employees as an ongoing resource.

Rev. Elizabeth Macaulay, lead pastor at Christ UMC, describes the Community Healers ministry as holy work.

“The trauma of this pandemic time is lodged deep in all of our bones,” she said. “It has been a privilege to hear how providers—nurses, chaplains, physicians, and the myriad of folk who have provided healing graces—have carried the pain of battling this unseen and powerful virus. Our question in forming has centered around how we as a congregation can reach out, support, pray for, and bless those who are blessing to so many. This aligns with our sense of being Grace in the City... We lean into the power of Jesus as healer of body, soul, and mind and seek to offer grace through tangible and intangible touches. We breathe each other's pain and hope.”

Soleil articulates her goal for the Community Healers ministry and the health care providers it aims to support as this: “I want people to have a sense of strength and well-being and, if that’s too much to aspire to, just not giving up—hanging in there and knowing that not only are there people willing to walk beside them, but that God’s there for them too.”

Originally published on <https://www.minnesotaumc.org/>

Notes From Nancy

New Visitor Guidelines for Mayo Clinic Hospital

Those persons who are inpatient at St Marys or Rochester Methodist are now allowed two visitors, one of whom may be your pastor (Elizabeth or Nancy) or the Parish Minister on Call.

To request an in person visit from the Pastor on Call or the Parish Minister on Call you will need to call the church to request the name of who is on call and ask for a visit. Then you need to tell your nurse so they can chart the name of who will be visiting.

If you prefer that both your visitors are family or friends, there is another way to let us know that you are in the hospital. You may continue to ask that your name be given to the chaplain's department requesting a visit from us by phone.

At admission, inpatients are asked if they are part of a faith community and which one. While this could be missed, you may still request it after admission. You need to do this each time you are admitted.

We check the chaplain's list of persons who have given their name at admission or afterwards. We call three times a week to see who might be on the Christ UMC list.

You may also simply call us or have a family member or friend call us.

Instructions for Reaching the Pastor on Call in an Emergency

If this is an emergency, please notify us when you call the church.

If you reach the answering machine, please follow the instructions to leave a message for the minister on call. Please give us your name and the nature of the concern and if you are calling for someone else, their name. Please note, that when a person is in their last days, a pastor is allowed to visit in hospitals and care facilities.

National Healthcare Decisions Day April 16

Every April 16 is National Healthcare Decisions Day. It is observed to get people thinking about their own Advance Healthcare Directives. The primary goal is for people to take the time to talk with their loved ones about their final wishes and then to write their directives for placement in their medical record.

As a pastor and as a former Hospice chaplain, I have seen firsthand the help that advance healthcare directives have. When there aren't any directives, loved ones can be left with questions and anxiety.

If you are wanting to talk about this important topic with one of your pastors, please know we welcome having a conversation. We can help you think about the values that are important to you in your medical care. If you have medical questions, we can direct you to those who can help. We offer supportive spiritual care.

For more information on National Healthcare Decisions Day, go to NHDD.org or contact Rev. Edward J.Holland, Minnesota Annual Conference Health Ministries Team Leader: ejholland49@comcast.net.



The CUMC Tree of Life: Living, Celebrating, & Remembering With You



Jayne Easley
1/18/1950 ~ 2/24/2021

In Memoriam



Marilyn Hetman
4/11/1924 ~ 2/23/2021

Christ United Methodist Church
400 Fifth Avenue SW
Rochester, MN 55902
Phone: 507-289-4019
Fax: 507-289-3648
E-mail: email@cumethodist.com

Non Profit Organization

U S. POSTAGE
PAID
Rochester, Minnesota
Permit No. 5

Return Service Requested



What's It All About? Methodism 101

The Rev. Carol Zaagsma is the elected clergy delegate representing Minnesota at the General Conference. Rev. Zaagsma will join us for a conversation on April 10th at 10:00 AM via Zoom to discuss: **What is next for United Methodism?**

Please join us for this important conversation.

April 10 at 10:00am

On Zoom <https://zoom.us/j/99566614830>