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August 2020
CHRIST
METHODIST CHURCH
UNITED
Grace, In The City

THE NEW

SPIRIT

Parking Lot Worship!



400 5th Ave SW ~ East Lot

Christ United Methodist Church



Online Worship

Worship with us online every week at 9am

<https://facebook.com/cumethodist>

<https://youtube.com/christunitedmethodistchurchrochestermn>

~And In Person every other week in the East Lot at 10am~

Pastor's Pen

WITH ELIZABETH MACAULAY, LEAD PASTOR



Woofing At the World
Occasionally,
For no reason I can discern,
My dog Ella will go into high alert.
She'll stand on the dock down by the pond
Or lean out into the woods behind our house
Or perch like the lion king on the edge of our garage roof
(set into a hill so no need for a ladder)
and bark,
Bark deep and low
Resonantly and with gravitas,
Echoing off the hills and surrounding ridge tops.
She sees or senses something is coming
Another dog,
A rangey coyote,
A drop in the barometric pressure
Meaning a storm is on the way.
Woofing at the World as if to say,
"I am here and I see (or sense) you coming."
I am awake. I am fierce with love."
"You will not come over that hill
Undeterred."
These are days when we must
Lift our noses to the wind,
Incline an ear and read the signs,
Pay close attention to small shifts
In tempo or temperature.
It is time to call a truth a truth
And a lie a lie.
To say, "I see the tear gas and unmarked cars"
"I am awake"
"I am fierce with love"
And
You will not come over that hill
Undeterred.

~ *Carrie Newcomer*

(For Portland, Chicago and other beloved cities in crisis)

I head a new phrase today: "Doom Scrolling."

Doom scrolling is that seemingly endless itch to scroll through social media for the latest updates on COVID, or social uprisings, or the economy, or mothers marching or, well, you get my meaning.

Do you feel as though your days are devoted to a version of doom scrolling?

You are not alone. When we are anxious (and yes, these are anxious

days) any kind of information feels life-saving. We are hyper-vigilant about safety for ourselves and for our loves - whether our loves are people or a country or a vision we feel is being threatened by the unfolding of these days.

I found myself doom scrolling before I knew it had a name.

My eldest child was the one who gave my practice a name. We were sharing time in her back yard. We were naming the likelihood that our lives will be disrupted for months and that we can little afford to spend down our energies doom scrolling or obsessive news watching or taking on more of the world's pain than we can afford to carry.

What is it that sustains your soul?

What is it that enhances your hope and creates enough equanimity in you that you can be present but not overwhelmed by the challenges of this time?

Whatever your soul-sustenance is, find a way to nourish yourself because beloveds in Christ, this pandemic and social upheaval is no small thing.

The poem above was sent my way by a church member. Carrie Newcomer is one of my favorite singer/songwriters.

Poetry and song feed my soul. Beauty prompts me to put down my phone and be present to the wonder of now.

Find your soul food. Please.

Here at church we are seeking to provide soul nourishment. In this issue you will see some of the groups we are offering. Your church is gearing up for a soul-sustaining fall. We may not be able to gather in the flesh but our spirits are powerfully connected. We need each other.

Find a way to connect, my friends. We need each other especially when the woofs in the night (see above) sound warning.

We are Jesus people.

We are Jesus people called to be awake and fierce with love.

May God continue to bless you and keep you and your loves well.

Pastor Elizabeth

Pastor Elizabeth

PS - We'll celebrate communion together in the parking lot on August 9th at 10:00 AM. And, we are looking into ways to do Zoom coffee hours after video worship so that we can see each other's faces. Stay tuned!

Ways to Stay Connected

Hello church! We are working hard to keep our worship, fellowship, and community alive amidst these trying times. There are a number of offerings available to help stay connected. As common practice changes, and events get shifted, we will keep our website (www.cumethodist.com) updated with the latest info!

Parking Lot Worship:

August Parking Lot Worship will be held at 10am

August 9 & 23rd

we will be holding parking lot worship in our East Lot.

Current Online Offerings:

Worship - We will be live streaming worship every Sunday at 9am from the Sanctuary. To watch, go to facebook.com/cumethodist
We love to see your comments and prayer requests.

We broadcast a condensed version of worship at 11:30am on the radio station KOLM (1520AM)

You can find all of our worship services archived on our youtube channel. They are posted at 10am every Sunday after the services.
youtube.com/christunitedmethodistchurchrochester

Live Telephone Worship! We understand that not everyone has access to computers. We are implementing a new worship by telephone service. Call the number (507) 215-8816 Sunday at 9am to join us for worship live! Did you sleep in? No problem! Call that number anytime before the next Sunday to hear the whole service.

Evening Prayer - Every night at 8pm one of our pastors live streams evening prayer and meditation: facebook.com/cumethodist

Children - We're building our Sunday School curriculum! Plus, Cu Wednesdays, and ministry teams - **More info on page 4**

Youth - We have many socially distanced youth events and groups! **More information on page 5**

Give Online - Giving online is easy, just head to cumethodist.com, click the button that says "GIVE ONLINE" and follow the on screen instructions.

Thanks Elena!

Elena Shultz has been helping behind the scenes for two years at CUMC. Her knowledge of lighting, sound and projection have helped make the Arise Service, as well as a couple of the parking lot worship services run smooth! She is leaving us to attend college in Wisconsin, and we wish her all the best! She's been a huge part of the worship team and will be missed.

On that front! If you or anyone you know would be interested in learning about our amazing sound and light systems, send an email to oliver@cumethodist.com and you can join our behind the scenes crew and get trained in these skills!

~ Oliver Books, Director of Communications



Connections Spotlight

Ushers Church has left the sanctuary, but we still need ushers for drive-in worship. If you are interested in being a drive in worship attendant, please email Jerry Blaisdell at jblaisdell3@gmail.com. You even get to wear a cool vest.

Sunday School Teachers We are looking for adults willing to facilitate Sunday school activities on Zoom on Sunday mornings. We will need people to work with children and youth from preschool to high school, so there's something for everyone. Email grace@cumethodist.com to learn more.

Facilitators for Faith->Life A new round of classes and connect groups will begin in September and we would love to support you as you host a group around your interests and passions. Is there a book group you want to host or a subject you'd like to share with others? Host a 6 week group around it through CUMC.

~ Grace Glover, Connections Coordinator

Meeting Christ Coffee

Sunday, August 9th at 11am (after Parking Lot Worship) we will be meeting in the labyrinth to hold Meeting Christ Coffee. If you or someone you know is interested in becoming an intentional disciple, you won't want to miss this opportunity to get to know what we're all about here at Christ UMC. You will have a chance to ask questions of clergy, staff and members while we get to know you a little better. **BYOCoffee and chairs!**

Children's Ministry

Looking ahead to fall and Children's Youth, and Family Ministry opportunities. We are currently planning that all our connections remain online. I know I am missing each and everyone of you and wish we could plan to open as usual in September. These are the proposals for online connections.

Sunday School:

Sunday School will be offered over Zoom. We're planning to offer a Zoom class for grades 1-5 and a Zoom class for ages 3-Kindergarten. We will use curriculum from Sparkhouse for both. We have used curriculum from this company before and have researched to pick the curriculum that will be easiest to adapt to online use. We will use "Holy Moly" for grades 1-5 and "Frolic" for ages 3-K. Parents would pick up student materials at church and will be given access to online materials. I will lead each Zoom group through a weekly lesson and children will the chance to ask questions and share their ideas with one another. We plan to offer a Zoom introduction to parents before we start Sunday School so you can know what to expect. Zoom introduction to online Sunday School model:

Monday, August 31 at 6:30 pm (A Zoom link will be sent to you)

Sunday School starts: September 20th

9:30-10:00 Frolic (ages 3- Kindergarten)

10:00-10:30 Holy Moly (Grades 1-5)

CUMC Wednesdays:

Little Angels, Children's Choir, and Bells. We are in the planning stages of how this will look. We would love feedback! Possibly an elementary Ukulele Choir! Interested? Contact Karla Sukov kmaewebb@hotmail.com

Children, Youth, and Family Ministry Team:

We need creative and passionate people to help create ways for us to stay connected and to plan for the future. If you are interested in sharing ideas, please join us. We will meet over Zoom on the first Monday (6:30-7:30 pm) of each month to share ideas, ask questions, and build relationships. Our first meeting will be September 7th.

~ Jody Peterson, Children's Ministry Coordinator

Youth Ministry

Weekly youth group

We are continuing to meet weekly through August. We will meet outdoors if the weather is good or on Zoom if it is not.

Thursdays from 2pm-3:30pm, all youth are invited to join us as we explore faith and community. *We will provide all necessary supplies for activities but we ask that everyone wear a mask.*

- On August 6th we will go on a nature walk at Quarry Hill
- On August 13th we will do papier-mâché in the labyrinth.

ASP

Appalachia Service Project is a weeklong mission opportunity for high school students. We go to rural Kentucky to help make homes warmer, safer and drier for families who would not otherwise have that opportunity. Youth and chaperones from outside of CUMC are welcome to join, so invite your friends.

ASP is booked for summer 2021. We will be gone over the week of Fourth of July, as usual. We will leave on Saturday, July 3rd and return on Monday, July 12th.

Because our 2020 trip was canceled meaning the Class of 2020 would miss their final trip, we are welcoming those who graduated high school in 2020 to join us in 2021.

Email grace@cumethodist.com for more information.

Boundary Waters

We have booked our youth Boundary Waters trip for summer 2021. We will be going July 25-29. We will leave after church on the 25th and spend one night in group camp before going out into the Boundary Waters in smaller groups. This trip is open to middle school and high school youth as well as our trusty adult chaperones.

Email grace@cumethodist.com for more information.

Confirmation

Confirmation is starting soon! We are inviting everyone in 8th and 9th grade to join us as we learn about what it means to be a member of the United Methodist Church. We will be holding Confirmation on Zoom for the time being.

~ Grace Glover, Youth Coordinator

are welcome; personal distancing is practiced while visiting, eating and discussing Richard Rohr's *The Universal Christ*. For further information contact Ed at shaferchurch@hotmail.com

Connect Groups

Breakfast Fellowship group is **not** meeting during the pandemic.

Gardening Ministry

Host: Mary Schmidt **Time:** as determined **Place:** CUMC Grounds
The Garden Ministry Team has been busy weeding, planting, trimming bushes, and mulching. Help care for CUMC's piece of the Earth. Bring your own gloves and gardening tools if you have them. Contact Mary at oronocombs@yahoo.com if you are interested in being notified of opportunities to weed, mulch, and plant!

Knit One Pray, Too

Host: Marjie Blaisdell **Time:** Wednesday 10am – Noon **Place:** **Knitting at home at this time** Contact Marjie at mablaisdell@gmail.com to learn what items are needed.

Men's Coffee Group

Host: Dick Estry **Time:** Thursdays 8am **Place:** On Zoom
Whether you are a long-time member, new to CUMC or looking for a fellowship group, you are invited to join for coffee and conversation. To receive a Zoom invite just email Dick Estry at rk.stry@gamil.com.

Circle for Black, Indigenous, and People of Color

Host: Nicole Nfonoyim-Hara & Stephanie Low **Time:** Thurs 7:30 – 8:30pm **Place:** Zoom
Please join us for a safe space for BIPOC in our church community to connect, discuss, support and learn together during this time of unrest and in the ongoing struggle for black lives. Small group meetings will be held on Thursdays at 7:30-8:30pm via Zoom. If you are interested in joining please email Nicole Nfonoyim-Hara at nicole.nfonoyim@gmail.com.

Looking for Hosts for Fall Connect Groups

The Faith→Life Team is going to continue offering Connect Groups this fall via Zoom. We will need hosts for the Congregational Read book that is selected, Bible Study groups, or other topics you may be interested in hosting. It is our goal is to keep you connected to your church family during these uncertain times, have a variety of offerings, and keep our everyone healthy and safe.

Ongoing Faith Formation Groups

While the church is closed these groups are staying connected!

10:00 am – Monday – Women's Book Discussion Group/Cook Park weather permitting or 3:00 pm on Zoom.

1:00 pm – Tuesday – Covenant Discipleship Group/Zoom

8:30 am – Thursday – Covenant Discipleship Group/Zoom

4:00 pm – Thursday – Women's Group/Zoom

10:00 am – 2nd & 4th Friday – Women and the Sacred/Zoom

Congregational Read

Watch for a new book selected in the Fall

Watch the Connections email and the New Spirit newsletters for updates on offerings as they become available!



Family Nights are Thriving!

Our family nights have been put on hold since March but that doesn't mean our Family Resource Center team has not

been busy! They have been busy creating videos to send home to parents, delivering bags of fun to families at home and this week they planned a COVID friendly family night!

Each family and staff member were able to pick up a frozen pizza that was graciously donated by Mr. Pizza North on Thursday night. The Family Resource Center team created a video for parents on the importance of family mealtimes to complete the "family night". We may not be able to gather together for our traditional family nights but it was fun to think about all of our families gathered around their tables enjoying pizza together!

We are so thankful for Mr. Pizza North for making this generous donation to Thrive! This event wouldn't have been possible without Jen Hazelton and her group of Family Resource Center volunteers! They are an amazing group of people who are always there for the Thrive families and staff!

Photos from Thrive Family Night!



Notes from Nancy

Workshop: *Hope in the Midst of Loss Session on Grief*

Time: Tuesday August 18th at 6:30pm

Location: Zoom (<https://tinyurl.com/GriefClass2020>)

In this unusual pandemic time grief is all around us. There are the losses of connection, losses of employment, losses of health, and many more. Join Pastor Nancy, Minister of Congregational Care, for a one hour Zoom meeting (you will need to have access to a computer with the Zoom meeting app) on Tuesday August 18 from 6:30-7:30. We will discuss ways to respond to grief that will enrich our souls. There will be the option of naming our grief to others and to God. We will close with a blessing prayer. This class is suitable for teens and adults.

Callers Project

I have been so delighted with the connections church members and friends are making with their church callers. If you do not have a church caller, please contact Grace Glover at grace@cumethodist.com and she will link you up with a caller. These wonderful callers are taking time to call 10-15 people once a week or so to see how you are doing. They aren't asking for anything. They are giving a living connection to your church home while we are apart.

I have heard about the friendships that have developed with these calls. Pastor Elizabeth and I are also the recipients of prayer requests, new addresses, pastoral care needs and more.

One of the things I have asked the callers to do is to ask for emergency contact information. Why would the church want that and how is it being used? So glad you asked! We have a very large church family. It is impossible to keep up to date with every individual. So if we notice that mail is being returned or a person or family has stopped giving or that their caller cannot reach them after many attempts, an emergency contact is helpful to us. This is especially true for people who may be hospitalized, then at a care facility, then out of town while recuperating at a family member's home. Long gone are the days when we could call a hospital or care

facility or even a senior residence and find out where the church member is and how they are doing. It's also very helpful if we are concerned about a member and want to contact the family or other chosen contact. The emergency contact name and phone number is confidential and only available to a few church staff.

If you haven't done so, please thank your church caller for their caring ministry. Hurray for the callers!



Friends of knit one, pray too,

I want to share with you the photo I am submitting to the Annual Conference. Some of us were asked to submit a photo of ourselves with a sign with the words "I am living hope by...." I chose to highlight your wonderful prayer shawls.

These photos from around the conference will be used in worship. The whole conference will be virtual this year.

Thank you for your ongoing ministry of hope and caring.

~ Pastor Nancy

Staffing Updates

Our clergy and staff have shown extraordinary creativity and flexibility in the midst of the Coronavirus pandemic. Usual job descriptions have been informally modified here and there since life has been anything but usual.

A couple of changes in staff alignment are noteworthy. Billy Jo Jenkins (BJ) has been a fine custodian and we have appreciated his punctuality and work ethic. Due to the building being closed, however, we cannot justify his employment at this time, and have had to say goodbye for now.

Our building manager, Kent Nyman's new hours are 11am through 9pm Monday through Thursday. Kent continues to manage the entire building and clean Thrive during these hours.

Our former nursery coordinator, Julie Plunkett, has been reassigned as our weekend host and auxiliary custodian. Julie will assist people with building needs on the weekends, clean Thrive on Friday evenings, and clean the Wesley house as needed.

Please take time to thank our amazing clergy and staff whenever you have the opportunity.

~ Karla Wysocki and Bobbi Nichols, Staff Parish Relations representatives of CUMC's Leadership Board



The CUMC Tree of Life:

Living, Celebrating, & Remembering With You

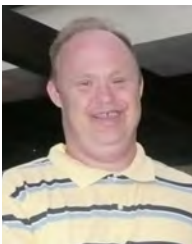


We Celebrate the Baptism of



Serenity Rose Girard

Daughter of Lauren & Jeramy Girard
Baptized in our sanctuary July 26, 2020



In Memoriam

David Spavin

May 21, 1962 ~ July 25, 2020

Thrive Gala ~ Save the Date

We were excited to schedule the Second Annual Thrive Gala for Saturday, October 24th, but we understand that our fundraiser will have to adapt to a socially distanced world.

There will be an online auction to raise money for Thrive scholarships, so please consider what you may be able to donate and what connections you may have that can facilitate donations for Thrive.

Contact grace@cumethodist.com with donations, questions, and volunteer opportunities.



Life with the United Methodist Women

Yesterday I received my copy of Response. The Response magazine is the official publication of United Methodist Women and is published by the national office. Each issue will touch your heart, stir your soul, and challenge your mind.

The magazine is available on a shelf in the church library and on line at United Methodist women response.

This magazine is timely, writing about the COVID-19 pandemic and the Black Lives Matter movement.

The magazine talks about change and transition. None of our lives are what we expected them to be today. What will they be like next month or next year? At this time we have little control over those changes. Will we be able to accept these changes or will we fight all the way?

The pandemic is changing how we deal with our everyday life. Nothing is the same. BLM is changing how we deal with those around us. Neither are easy.

During this time of unknowing we need to keep faith as UMW members as we assist women, youth and children at home and around the world.

As Genesis 31:49 reminds us: Mizpah, may the Lord keep watch between you and me, when we are away one from the other.

~ Deedee Odell

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