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July 2023

CHRIST
METHODIST CHURCH
UNITED
Grace In The City

THE NEW

SPIRIT



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

[Facebook.com/cumethodist](https://www.facebook.com/cumethodist)

[YouTube.com/ChristUnitedMethodistChurchRochesterMN](https://www.youtube.com/ChristUnitedMethodistChurchRochesterMN)

Office Hours M-F 9am-5pm & Sunday 9am-12pm | 507-289-4019 | [cumethodist.com](https://www.cumethodist.com)

Pastor's Pen

WITH PASTOR JENNY

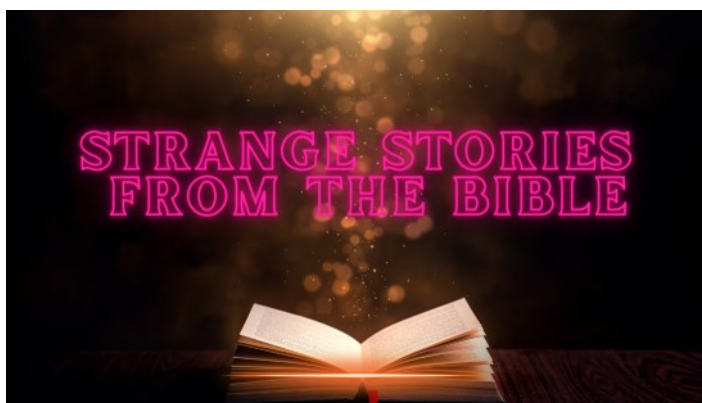


I spent a summer as a counselor at a United Methodist Camping and Retreat Ministry, much like the one our campers recently returned from at Northern Pines. As part of our program each week, we would create a skit based on a passage that was randomly selected from the Bible. And while I grew up going to church, it was this experience that first led me to discover stories like Balaam's talking donkey from Numbers 22 or the young Eutychus falling asleep and out of the window during Paul's sermon in Acts 20. It wasn't that these stories had been kept from me, they just weren't part of my children's story Bible or the subject of Sunday School songs. And as I continued to study the Bible in my own personal life and in seminary I went on to discover even more strange and fascinating stories that were part of scripture. Many of them were humorous, some were eerie or even a little scary. Others were hard to understand and caused me to wrestle with how they fit into my understanding of God and the Christian faith.

The Bible is made up of many genres- poetry, narratives, histories, apocalyptic literature... just to name a few. And not all of the stories or images in scripture have a neat and tidy message. In fact some are downright disturbing. But they are part of our shared history and tradition and reflect people of faith with questions about God, Jesus and God's relationship with creation. And over time I've come to embrace these strange stories as part of the legacy of our faith. In fact sometimes these quirky stories can even have surprisingly relevant and poignant insights into human life and our experience of the divine.

This summer we'll be delving into several of these strange stories of the Bible including Daniel and the Floating Hand, Eutychus' Epic Nap, Elisha and the She-Bears and more. We won't try to explain away the hard stuff or soften the rough edges, but we will consider how these stories might offer interesting perspectives to the story of our shared faith. Join us each Sunday in person or online to find out where these stories are found in scripture and how they might speak to our life today.

July 2 The Handwriting on the Wall (Daniel 5)
 July 9 Eutychus Falls Asleep (Acts 20)
 July 16 ASP Sunday & (The Book of Revelations)
 July 23 Elisha and the She-Bears (2 Kings 2)
 July 30 Moses and the Back Side of God (Exodus 33)
 Aug 6 The Naked Guy in the Garden (Mark 14)
 Aug 13 Balaam's Donkey (Numbers 22)
 Aug 20 Jael and the Tent Stake (Judges 4)



Peace,

Pastor Jenny



Church Office July 4 Observance

On July 3, the church office and building will close at 1pm. The church office and building will be closed on July 4. Our regular hours resume on Wednesday, July 5. Contact the church office at 507-289-4019 or email@cumethodist.com for more info.

Theology on Brew at Little Thistle on July 13

Join Pastors Jenny & Kirkland and others from CUMC for conversation and fellowship at Little Thistle starting at 6:30pm. Be sure to check our Facebook page for any necessary weather updates.



All Church Campout: August 18-20 at Whitewater State Park

We're again camping at Whitewater State Park and our meals and group activities will take place near the Cedar Hill Campground. Unfortunately, all camping sites are booked at Whitewater State Park. Contact the church office to make arrangements if you are interested in joining the camping group for a day-trip on Saturday.

New Information about Door and Building Access

The Front Door project is came to a successful end in late June!

Earlier this spring, we had new door operators installed on our handicap door. Hopefully, this has made entering and exiting our church easier. This week we are installing a new security system on our front doors. This will allow people to use either a key fob or a code to enter our building after hours. The Mission Leaders will be given fobs, and those who work under them will be given a code.

Children's Ministry

&

Youth Ministry

What a wonderful and busy June it has been for our children and youth. We celebrated graduates and welcomed our new 6th graders to youth group. We had 10 youth experience discipleship training through Vacation Bible School Safe Sanctuaries training and 10 adults go through intensive Safe Gatherings training for ASP and VBS. We had 8 kids from our church enjoy a week at Northern Pines and experience God, community and nature. VBS was an extravaganza of songs, crafts, stories and friendship. We had close to 45 people involved as participants and volunteers. We also had 2 adults and 4 youth attend a statewide young bell ringers camp.

Whew!

God is at work through our church.

Pastor Amanda Larsen

CU Summer Wednesdays

CU Wednesday July 26

Join your EarthKeepers for a plant based meal at 5:30 followed by watching and discussing the movie "The Biggest Little Farm." This is a great time for an intergenerational meal and conversation.



Children & Youth Cont.

ASP Celebration



Worship at 9 & 11am, fellowship and ASP speaker panel at 10am



Movie Screening: Join us Sunday night July 16 at 5:30 for a viewing of the movie *Normal* which tells the story of a transgender person's journey of self-discovery, transition, challenge and hope. You can find out more at (<https://www.rottentomatoes.com/m/normal>). Following the movie we'll have a short discussion reflecting on the film. We're also exploring the launch of a support group for members, family, friends and allies of our transgender loved ones (see related article above).

Transgender & Allies Group: With many anti-trans laws and policies going into effect around the country, we are particularly aware of the need to provide spiritual support for our transgender and LGBTQ+ loved ones. We're exploring the launch of a small group for members, family, friends and allies of our transgender community. If you would like to know more or be part of this particular community of care or for more information about the movie and support at CUMC, please contact one of our pastors.



The United Women in Faith participated in the Wednesday night dinners this last year. The circles, whether a group or individuals prepared three meals. Menus were Tator Tot Casserole (meat and meatless), macaroni and cheese, lasagna (meat and meatless), green salad and desserts (these were a hit). The ladies (with help from some husbands), enjoyed serving and meeting the Wednesday dinner guests.

Thank you Pastor Amanda for asking us.

Garden Ministry Updates



Please join us as we keep the CUMC flower gardens looking beautiful for all to enjoy. We will meet every Thursday morning from 8:30 – 10:30 to weed, transplant and/or water as needed. You are welcome one time or every time for as much time as you have.

Please contact Mary Schmidt with any questions.

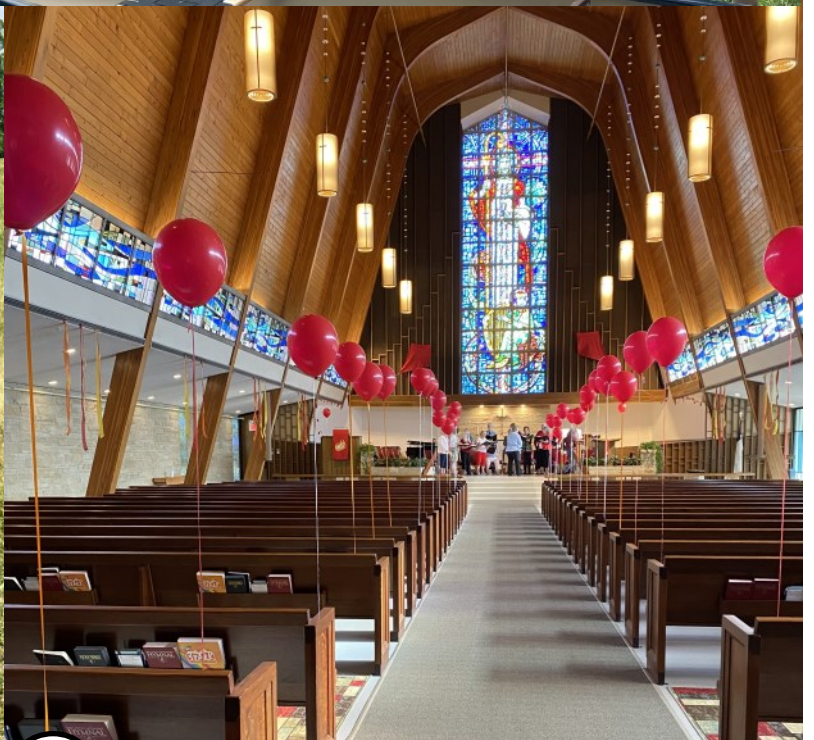
"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - Barack Obama

It passed! We are so excited to share Paid Family and Medical Leave legislation, along with Restorative Justice legislation, passed the Minnesota House and Senate recently, and are on their way to be signed by the Governor of Minnesota to become law.

We would like to extend a heartfelt thank you to all the members of Christ United Methodist Church congregation for the support. You signed postcards, sent e-mails and attended community events which led to the passage of once in a generation, positive change for all the residents of Minnesota.

Thank you! Thank you! Thank you!

Toni Kay Mangskau, George Romano, Kendall Hughes







Saturday Noon Meals

The Saturday Noon Meal program continues to grow. We are typically serving between 50-60 meals each Saturday to those that who homeless or with food insecurity.

Thank you to all our volunteers that provide many hours each week with meal preparation and serving of the meals. We recently began receiving donations from Red Lobster and appreciate this new food resource. In addition, we appreciate food resources from People's Food Co-op, Thrive, Community Food Response, Salvation Army and Channel One.

We would appreciate ongoing donations of empty food containers and plastic bags.

Thank you so much for your ongoing support of this ministry program. Please contact Kathy Lombardo if you are interested in volunteering.

CUMC Vegetable Garden

The CUMC Vegetable Garden was planted the end of May and has been growing from our warm June weather. We have tomatoes and peppers on our plants and anticipate another successful growing season.

Thank you to Circle 4 for weeding and watering of our gardens. If you are interested in watering - please contact Kathy Lombardo.

Thank you for your support of this ministry program.



CUMC

BY THE NUMBERS

5 Days of VBS

19 VBS "Heroes" (children participating)

11 VBS Helpers (youth)

8 VBS Leaders (adults)

1 Flying Meerkat (puppet) at VBS

13 People Celebrated on Graduate Sunday

9 Kids & Teens Attended Northern Pines UMC Camp

4 Kids attended Young Ringer's Handbell Camp

7 CUMC Leaders at the Minnesota Annual Conference



Caring Ministries

Christ United Methodist Church

From The Ministry of Congregational Care

Save the Date: Golden Member Sunday August 27 Honoring Longtime Members of Christ United Methodist. Celebration Meal and details to follow.

The Christ UMC Medical Closet

We have a small collection of items for lending. They include walkers, canes, wheelchairs, crutches, and commodes. If you would like to borrow something from the medical closet, please notify the office so someone will be able to assist you. Please note that we are not accepting any new donations. We need the storage space for other items. Extra items were donated to Rochester medical missions.

Hope Amidst the Suicide Crisis

In early June, Matthew Stolle wrote an article in the Post Bulletin about the hope that is present amidst the suicide crisis in southeast Minnesota. He noted that, "Mental health has been identified as a top priority for every one of the 10 counties that make up Southeastern Minnesota. The challenge stands out in Olmsted County." We have nearly twice the average rate of MN deaths by suicide and also the national average. "Mental health experts are unsure why Olmsted County's suicide rate is so high."

Zumbro Valley Mental Health has a special case worker assigned to help prevent deaths by suicide. His name is Joshua Jensen. Stolle quotes him: "We want to change the narrative around mental health, but also specifically around suicide; How can we help those who are grieving? How can we encourage people to get help and combat stigma? "

When I read this article, I knew this was something I wanted us to engage with as a church. We want to let people know that having a mental health concern is nothing to be ashamed of, nothing to be embarrassed about. There is help available. So many of us are brought up to be independent and self-reliant and the whole idea of accepting help is next to impossible, especially when we think we may be weak and /or crazy.

"Experts say there is no one single factor to explain the phenomenon of the increase in suicides."

As family members and friends, we can be alert to the signs of depression, the variations of mood, the loss of interest in others and activities. According to Olmsted County, adults with a disability, unmarried adults, and non-heterosexual adults were more prone to report suffering from depression. In addition, the suicide rate among 13 and 14 years olds nationwide doubled from 2008-2018.

The good news: in 2021 the Southeast Regional Crisis Center opened. Located at 2121 Campus Drive SE. Anyone from any of the 10 counties can walk in 24/7 and say, "I'm not doing well and I need some support." Your pastors are here to offer spiritual support. This is in addition to the medical support you may need. We believe in the power of medical treatment and in the power of prayer.

Pastor Nancy Wheeler Handlon

Faith → Life: Learn from Christ's Teachings



"John Wesley was committed to more than just the event where he would proclaim the message. He worked hard on developing groups, and then challenged them to engage the world. Wesley did not just preach. He cared about what happened after; he cared about implementing discipleship process." -Simple Church, Thom S. Rainer & Eric Geiger

July 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.

"ASP Alumni Panel"

July 16, 2023, 10:00 am – In-person in Wesley Hall and on Zoom

Presenter: ASP Alumni

Pastor Amanda Larsen recently wrote . . . ASP is described as "a relational ministry with a side of home repair." For over 40 years those who have participated in ASP trips have shared stories of the significant relationships they built with other team members and the families they served.

Join us to hear more about stories of *relationships* and their impact that last a lifetime!

Previous forums are archived at:

<https://youtube.com/christunitedmethodistchurchrochestermn>

Click on our playlists tab, then, "Third Sunday Forum"

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?](https://us02web.zoom.us/j/832924941?pwd=VXFEK3l6UVRWeFR0bzRjeGR5VUlmQT09)

[pwd=VXFEK3l6UVRWeFR0bzRjeGR5VUlmQT09](https://us02web.zoom.us/j/832924941?pwd=VXFEK3l6UVRWeFR0bzRjeGR5VUlmQT09) If you are interested in joining the class,

email Joel at joel.charlson@gmail.com to receive the weekly *Wired Word* or join us on Zoom.

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 *Sophie's World* by Jostein Gaarder. For further information contact Ed at shaferchurch@hotmail.com



Faith → Life: Cont.

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: Wednesday, July 12th at 8:30 AM

Place: Charlie's Restaurant at Hillcrest Shopping Center

CU Wednesdays Crossroads

Will Return in the Fall!

Dinner/Lunch Club

Contact Marjie Blaisdell at mablaisdell@gmail.com if you are interested in the Summertime Dinner Club & Lunch Bunch.

Hand & Foot Card Group

Taking a Summer Break!

Knit One Pray, Too

Host: Marjie Blaisdell

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

Place: WebEx

Contact Marjie at mablaisdell@gmail.com to receive a link to the WebEx meeting.

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=czVQNzlxTTE1eHdvdmgzZlBXdmxZz09>. Contact Dick at rk.stry@gmail.com for further information.

Faith → Life: Cont.

Tea and Tacos

Host: Armanda Vanderheiden

Time: Saturday, July 15th at 11:00 AM-1:00pm

Place: The Workshop Food Hall

A sacred and safe space for women of all generations, backgrounds and beliefs to do life together. No need to register; drop-ins welcomed. The group is currently reading *"The Red Tent"* by Anita Diamant, and will next discuss *"The Book Of Longings"* by Sue Monk Kidd.

Theology on Brew

Hosts: Pastors Jenny and Kirkland

Time: Thursday, July 13th at 6:30 PM

Place: Little Thistle Brewing Co.

Contact Pastors Jenny and Kirkland with questions.

Evolving Faith Conference October 13 – 14, 2023 Minneapolis Convention Center

CUMC's Faith to Life Ministry is gathering a group to attend the 2023 Evolving Faith Conference. The Evolving Faith community seeks to be a place where wanderers, seekers, question-askers, and doubters feel included.

This year the conference will be held both digitally and in-person in Minneapolis, Friday, October 13 starting at 6:30pm and Saturday October 14 from 9:30am to 6:00pm. In Person attendees may plan to stay in a local hotel.

The digital access ticket cost is \$129/person and includes digital access to the conference events and the Evolving Faith online community throughout the year.

In-person tickets are \$230/person and include all online benefits plus an in-person attendance ticket.

We hope to provide partial scholarships to cover the ticket cost or hotel expense. Contact Kathy Estry at 507-288-5938 or rk.stry@gmail.com if you are planning to register or with any questions. **Registration ends August 31st.**

Speakers include Krista Tippet, Dante Stewart, Nadia Bolz-Weber, Rev. Will Gafney, Ph.D., Barbara Brown Taylor and Dr. Paula Stone Williams.

You can find more information at: <https://evolvingfiath.com/conference>.



In Memoriam



Justin Anthony Padilla

June 3, 1978- June 14, 2023

Welcome
New Members

Joined 6/18/23

**Carolyn Gernes; Adrianna Gernes;
Daniel, Janelle & Ellie August**



Adrianna Gernes &
Ellie August

Adrianna Gernes grew up in Rochester, she is a second grade teacher. She loves kids, her niece Ellie, teaching, being with friends and family, her fiancé Josh, & her two dogs & spending time outside.

Carolyn Gernes is from Caledonia, MN and has been a Methodist since birth. She was previously a member of Homestead UMC for almost 30 years.

Janelle grew up in Rochester, Daniel grew up in Tennessee. They met at a church camp similar to ASP called Mountain T.O.P. Their first child was born this year, named Ellie.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship	31 11:15am Men's Book Study & Mutual Support					1 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open
2 Communion Sunday 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship	3 Office Closes at 1pm 11:15am Men's Book Study & Mutual Support	4 Fourth of July OFFICE CLOSED	5 10am Knit One Pray, Too 1:30pm Women's Study Group 4pm Thrift on Fifth Open (till 7pm)	6 8am Thursday Men's Group 8:30am Covenant Group 1pm Women's Book Group 4pm Arise Band rehearsal 7:00pm UWF Circle 4 (Skype)	7	8 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open
9 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship	10 11:15am Men's Book Study & Mutual Support	11 1pm Covenant Group 10:30am Staff Meeting 1pm Covenant Group 1pm UWF Quilters (Wesley Hall) 7pm Thrive Board Meeting	12 8:30am Breakfast Fellowship 10am Knit One Pray, Too 1:30pm Women's Study Group 4pm Thrift on Fifth Open (till 7pm)	13 8am Thursday Men's Group 8:30am Covenant Group 1pm Women's Book Group 4pm Arise Band rehearsal 6:30pm Theology on Brew 7:00pm UWF Circle 4(Skype)	14 10am Women & the Sacred 10am Rug Hooking Group	15 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 8:30am Lay Visitor Training 11am Tea & Tacos (Workshop Food Hall)
16 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 10am Third Sunday Forum 11am Arise Worship	17 11:15am Men's Book Study & Mutual Support	18 1pm Covenant Group 4:30pm Hopeful Earthkeepers Meeting 6pm The Landing MN Resource Fair 6:45pm Community Conversations with The Landing	19 10am Knit One Pray, Too 1:30pm Women's Study Group 4pm Thrift on Fifth Open (till 7pm) 5:30pm Safety Team Meeting	20 8am Thursday Men's Group 8:30am Covenant Group 8:30am UWF Circle 2 1pm Women's Book Group 4pm Arise Band rehearsal 7pm UWF Circle 4(Skype)	21	22 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open
23 8:30am Sunday Nursery Opens 9am Traditions Worship 10am Thrift on Fifth Open 10am Contemporary Issues 10:15am Inquiring Spirits 11am Arise Worship	24 11:15am Men's Book Study & Mutual Support	25 1pm Covenant Group 1pm UWF Quilters (Wesley Hall)	26 10am Knit One Pray, Too 1:30pm Women's Study Group 4pm Thrift on Fifth Open (till 7pm) 5:30pm CU Wednesday Summer Gathering	27 8am Thursday Men's Group 8:30am Covenant Group 1pm Women's Book Group 4pm Arise Band rehearsal 7pm UWF Circle 4(Skype)	28 10am Rug Hooking Group 10am Women & the Sacred	29 7:30am Saturday Noon Meals (Serve @ 11am) 9am Thrift on Fifth Open 11am Tea & Tacos (TBD)

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