



The Messenger

Fairmount Avenue Vision Statement

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

May 2024

Volume 21, No. 5

Looking back and looking forward: Spring into Summer

What a Beautiful Holy Week and Easter!

We had such a beautiful Holy Week and Easter. Palm Sunday started with a joyful Palm Parade, Maundy Thursday was a meaningful evening of time around the tables and worship, Good Friday we reflected with our friends at St. Albans COGIC celebrating 30 years of worshipping together, and at our annual Easter Egg Hunt we welcomed around 60-65 kids and their families! On Easter morning we joined with about 200 voices in worship across two services in person and more online with fresh hot cross buns and more easter eggs between the services. It took 67 musicians, ushers, greeters, fellowship servers, bakers, egg hunt, tech team and other volunteers to make Easter morning worship happen! **Thank you** to the many who made our Holy Week and Easter worship services meaningful and joyful!

Program Year Wrap Up

May 15, End of Year Picnic at 5:30-7:30pm

Join us on the church lawn for a picnic and lawn games as we celebrate the end of the program year. Bring a dish to share! The church will provide grilled hamburgers, hot dogs, and beverages.

May 19, Last Sunday School at 9:00am

Our last regular Sunday School for all ages before we break for summer.

Rosenberg Piano Celebration and Dedication Concert

Sunday, May 19 at 2:00pm, come to hear our music director Mike Ferguson play a lively and entertaining program of piano music from France, Germany, Hungary, and Spain. The program will feature the beautiful Clair de Lune by Debussy, and other works by Albeniz, Bach, Chopin, Liszt, Mompou, Poulenc, and Schumann. With this concert we will dedicate our new sanctuary piano, which once belonged to our friend and longtime music director Steve Rosenberg. Those who wish to contribute to the acquisition of this piano for our church may do so in a freewill offering, so Steve Rosenberg's legacy at Fairmount will live on.

Graduation Information Needed— May 1/May 15 Deadlines

We are so excited to celebrate our seniors and graduates on June 9 in our annual Graduation Recognition service. High school seniors will be invited to participate with a special blessing and prayer as part of worship. College and postgraduate students are invited to be recognized in our newsletter and bulletin. Deadlines:

May 1, to be included in June newsletter (highly recommended) and **May 15**, to be included in the Graduation Recognition Sunday (June 9) bulletin. Submit information via paper form located in the narthex and return to the Director of Youth and Young Adult Ministries mailbox, or scan QR code:



Explorers' Vacation Bible School— MISSION: DEEP SEA

Have you ever wondered just how deep the ocean is or what lives in the deep, deep blue? Then this summer's VBS program is for you! Open to all deep sea divers entering PreK-8th Grade in the 2024-25 school year, MISSION: DEEP SEA will take us all the way from the Old Testament to the New Testament and challenge us to deepen our faith.

We need grown up deep sea divers, too! Adult volunteers are essential to children's summer programming: lead activities, shepherd groups, prepare and serve snacks... offer your gifts and deepen your faith, too. Email Ashton at ashton@faumc.net for more details about volunteering.



Pastorings



Spring is a time to celebrate! There are so many joyful events this month. We will celebrate the end of the program year with a picnic on the lawn. We will celebrate our Sunday School teachers in worship. We will celebrate the women in our lives on Mother's Day. We will celebrate our staff and their hard work over the past year. We will celebrate the commissioning as a provisional elder, our former Eli intern from the summer of 2019, Allison Shwarz. We will celebrate the work of the Holy Spirit in the church on Pentecost, and we will celebrate our graduates in June. This is what it means to be church. We walk through life together. We celebrate the milestones together both joyful and hard. We continue to raise up and train up new leaders.

I am so grateful for a church community that does life together, but also looks outward to the community and world beyond the doors of the church.

These past two months of hosting Faithful Hospitality have been a grounding Lenten practice that has reminded me why we do this thing called "church" in the first place. I have truly enjoyed getting to know the families who have sought refuge in our building, grateful for the safety that our building offered. Greeting these families and our volunteers became an almost daily routine for me as I hoped to bridge any gaps as this program got up and going. But what I have really loved about this program were the relationships. I have loved watching children be brought along with parents to

volunteer and become friends with our guests. I have loved watching Macalester college students develop friendships with people from within our congregation. I have loved watching people from within our congregation deepen their friendships from the shared experience of being overnight hosts. I have loved watching our youth think about hospitality and how their spaces could offer comfort and welcome.

This is what it means to be church. We give of our time, energy, and selves to create a more healed and whole world. The faith practices of worship and community building within sustain and inspire the faith practice of service and community building beyond.

"By this everyone will know that you are my disciples, if you have love for one another." – John 13:35
— Pastor Shawna



The DIFFICULT WORDS of JESUS

A BEGINNER'S GUIDE TO HIS MOST PERPLEXING TEACHINGS

May Sermon Series

This Easter season we will wrestle with some of the difficult teachings of Jesus, inspired by the book by Amy Jill Levine, *"The Difficult Words of Jesus."*

During worship we will reflect on some of the teachings of Jesus that can be uncomfortable and/or challenging. We will consider the cultural and historical contexts as we seek to understand more deeply why Jesus might have made these statements.

May Worship Schedule

- May 5** — Matthew 25:30
"Outer Darkness?"
- May 12** — Luke 14:26-27
"Hate your Father and Mother?"
- May 19** — Acts 1:1-11
"My Witnesses"
- May 26** — 1 Corinthians 12:3b-13
"One Love"

Looking Ahead

- May 12** — Ascension Sunday and Mother's Day
- May 19** — Pentecost and Teacher Appreciation
- June 2** — Staff Appreciation
- June 9** — Graduation Recognition
- June 16** — Father's Day
- June 23** — Followers Mission Trip Blessing and Send Off
- June 30** — Pride Sunday

Midweek Bible Study

Join Pastor Shawna online every Wednesday at noon for a time of discussion, prayer, and connection. No homework or preparation required. Drop in when you can!
Zoom Code: 86287164931
Currently, we are reading through the John's Gospel.

Davanni's Pizza Fundraiser **Monday, May 6, 4:00-8:00pm**

Treat your family and friends to some delicious pizza (or pasta, hoagies, garlic bread, etc.) while also supporting the Followers youth summer mission trip!
Remember to mention FAUMC or the Followers when ordering dine-in or take-out so that our youth receive a portion of the profits.

Faithful Hospitality— Thank You!

What a joy it is has been these last two months offering hospitality to families seeking asylum! In March and April, volunteers gave around 1,500 volunteer hours to greet families and stay overnight in the church building. More than 42 volunteers came from four churches and Macalester College. I know that every person we welcomed felt at home in the church building and well cared by our community. Guest families even joined in the community Easter Egg Hunt and Maundy Thursday worship. Thank you to the many who made this ministry a success! Besides being an impactful and joyful experience, Faithful Hospitality generated \$10,000 in rental income for the church General Fund.

New Member Lunch: May 5

Join Pastor Shawna after worship for a light lunch and learn more about what membership means at Fairmount Avenue UMC. Contact Pastor Shawna for more information by emailing pastorshawna@faumc.net. RSVP helpful, but not required!

Minnesota UMC Annual Conference Session

The 170th session of the Minnesota Annual Conference of the United Methodist Church will be held May 28-30, 2024 from 9:00am to 5:00pm each day in Bloomington, MN. Drawing from Isaiah 43:1, the theme of this year's Annual Conference is "Jesus. Redeemer."

This year at Annual Conference, former Eli Intern from 2019 will be commissioned as a provisional elder and will be appointed to her first church in Hutchinson, MN after graduating from seminary this spring. Pastor Shawna will serve as

her sponsor and has been her candidacy mentor throughout these past several years.

We will also be supporting the annual "Love Offering" which will support Emma Norton's new housing project *Restoring Waters*, trauma care in Ukraine, legal aid for asylum seekers and immigrants, and scholarships to serve with Volunteers in Mission. Please see the insert in this newsletter for more details and ways to give. Donations to the Love Offering can be made out to Fairmount Avenue UMC with memo "Love Offering." Please bring donations to the church by May 19 to be included in the gifts brought to conference with FAUMC's representatives.



**Minnesota
Annual Conference**
of the United Methodist Church

General Conference (the global United Methodist Church session) will meet April 23–May 3 in Charlotte, North Carolina. At General Conference, we expect that there will be discussion around a plan for "regionalization" which will allow different geographical areas to have modified Book of Disciplines that will better fit their values and theological stances, with special attention to matters relating to human sexuality. While we know that the process of changing our Book of Discipline to be more inclusive will take time and could encounter some bumps along the way, in Minnesota we are committed to a fully inclusive church.

To read more about the General Conference or to tune in live, visit the General Conference website: resourceumc.org/en/churchwide/general-conference-2020.

MAY



- 2** Linda Gill
Stephen Burrowes
Lillian Griffing
Jack W.
- 4** Mark Seeley
Stephanie Thompson
- 6** Evelyn H.
- 8** Earl Flowers
MJ Ryan
Ava C.
- 10** Carol McCarty
- 14** Amy Dauplaise
Terry Boyd
- 17** Harper W.
- 19** Ryan Boucher
Nicolae R.
- 20** Clare Lubar
- 22** Kirsten Herkenhoff
Charles W.
- 23** Nita Hanson
Brian Olmstead
Elizabeth Weber
- 24** Isaac S.
- 26** Wayne Johnson
Noah Nieting
Elizabeth Peterson
- 27** Lori Neuberg
Quinlyn N.
- 28** Cynthia Mauleon
Kevin Peterson
Marjorie Riemenschneider
- 29** Michael Looney
- 30** Rebecca Bergmann
- 31** Marais W.

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

Be a birthday caller!

<https://tinyurl.com/4pup5bud>

Contact Cindy (651) 641-0745.



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The UMW-UWF **Afternoon Circle** will be meeting on Monday, May 20 at 1:00pm via Zoom. We will discuss the Fourth Commandment. For the Zoom link, contact Muriel Olson.

The UMW-UWF **Book Group** will meet on Monday, May 20 at 7:00pm via Zoom. We will discuss the book "The Reader" by Bernhard Schlink. For more information contact Marge Langer.

Prayer Shawl Ministry

We meet the 2nd Monday at 7pm and 4th Sunday at 3pm via Zoom. Contact Muriel Olson for the link. This is one way we share God's love. We welcome new and returning knitters. We do have yarn available to those knitting prayer shawls. Let Muriel know if you would like some.

Monday Meditations

We send out a weekly email newsletter, Monday Meditations, which offers important information about the upcoming week, details about worship, and a devotional thought from Pastor Shawna. If you would like to join the Monday Meditations email list, sign up online at www.faumc.net or email the church office at admin@faumc.net.

Weekly Sunday Schedule

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

COVID-19 Policy

Our current Covid-19 policy is "masks welcome, but not required." Please stay home if you are unwell and join us for worship online.

Join the Annual Fairmount North Shore Hiking Weekend September 27-29

Whether you enjoy short or long hikes in the woods or wandering around Two Harbors in the fall, join other Fairmount friends for a weekend of fellowship featuring a worship service on the shores of Lake Superior to end our time together. Please secure your lodging as soon as possible as lodging can book quickly. Besides hotels in the area, there are cabins, Airbnb stays, and a municipal campground in Two Harbors. In addition to the hiking and worship, there will be options to gather on Friday and Saturday evenings. Please contact Carol Hokanson with any questions at carol.hokanson@gmail.com. If she can't answer your question, there is a team working on the trip that may be able to assist. Hope to see you on the shore this fall!

Newsletter Deadline

The submission deadline for the June issue of the Messenger is **Wednesday, May 1**. Please send all materials to the office **no later than end of day on the 1st**.

Covenant Discipleship Groups

Covenant Discipleship Groups are small groups that meet regularly, often weekly or monthly, to support one another in their personal commitments of faith practice. They are not Bible studies per say, rather peer groups that creates a covenant for each person to practice their faith beyond just Sunday mornings, through personal Bible study, prayer, acts of service and compassion, worship, and other faith formation opportunities. These groups can meet in person or online.



In Person Worship Tips:

We are livestreaming worship. The camera does not focus on worshippers, but if you wish to avoid being on camera, consider sitting in the back of the sanctuary or in the balcony.

We want to pray with you.

Complete a Prayer Card before worship and hand to an usher (mark the box that it can be shared in worship) to be included in our congregational prayer. Or, simply put in the offering box/plate. Be sure to check the box to share the prayer request in worship, otherwise it will only be shared on our email payer chain.

Communion is offered every first Sunday during worship. During Lent this year, most Sundays will feature Holy Communion.

First Fruits food donations are generally collected the first Sunday of every month. Donations support Keystone Community Services, our local food shelf.

If you are experiencing any symptoms of Covid-19, please stay home and join us for worship online.

Online Worship Tips:

Be sure to follow [Fairmount Avenue United Methodist Church on Facebook](#).

Subscribe to [Fairmount Avenue UMC's YouTube channel](#). We will be using YouTube to offer other creative learning experiences as well as publishing our weekly worship and Children's Message.

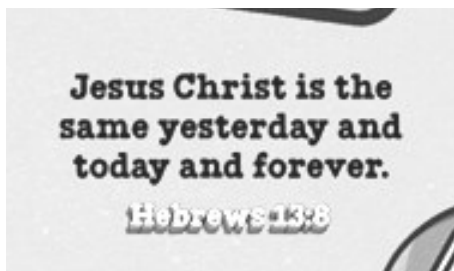
Share our worship services on your social media, inviting others to join!



Explorers' Sunday School: Throwback!

Throwback! to Jesus' teachings, which will teach us to be humble, to forgive, to be fair, and to love through action. Jesus will lead us in this, God's way, "yesterday, today, and forever." Join the Explorers for this fun and joy-filled final unit of the program year.

Sunday School for children in PreK-5th Grade is held each Sunday from 9:00-10:00am. Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.



T.G.I.W. Celebrates a Spring Thanksgiving

We should always be giving thanks; TGIW Spring Thanksgiving continues in May as we give thanks for and celebrate the grown ups and soon-to-be grown ups (FAUMC graduating seniors) in our lives.

T.G.I.W. activities for Explorers in PreK-5th Grade are Wednesday evenings from 6:30-7:30pm, with music programs from 6-6:30pm. Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.

Family Fun Day on Sunday May 19

Explorers parents and families, you're invited to Sunday School on May 19! We'll wrap up the program year with a morning of fun and faith, showcasing all that we've learned and all that we love about God.

Children's Music

Explorers will offer music in worship once more on Sunday, May 12, in honor of Mother's Day. Rehearsals continue on Sundays May 5 and 12 after Sunday School, and Wednesdays May 1 and 8, 6:00-6:30pm. Contact Ashton Pappas, Director of Children's Ministries, at ashton@faumc.net for more info.

Last night of T.G.I.W. is May 15
Last day of Sunday School is May 19

MISSION: DEEP SEA

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We need grown up deep sea divers, too! Adult volunteers are essential to children's summer programming: lead activities, shepherd groups, prepare and serve snacks... offer your gifts and deepen your faith, too. Email Ashton at ashton@faumc.net for more details about volunteering.



Cindy's Corner

Reflection Topic:

Gratitude for the Program Year

From Winter Retreat to playing hide-and-seek in the dark (Ditch) to watching leadership skills grow—it has been a great year! During my multi-step interview process and listening—community came out strongly as a theme. A re-grounding in strengthening connections, continuing to grow in safe space, creating invitational space, and more! We as a congregation can be so proud of how our youth have served our church community in small and large ways: creating a Youth Worship Service, participating in worship more throughout the year, leading a few activities with the Explorers, making Valentine's to those who are visited in our congregation, setting up our youth space so our Faithful Hospitality families have a space for eating and hanging out; and more! And of course, we have had fun as well!

May 19 is our Teacher Appreciation Sunday and I would like to thank the many hands who supported and volunteered with our youth:

- Congregation, Church Council, Nurture Chairs, and SPRC
- All Staff Members
- Youth Council
- All Follower Youth
- Sunday Faith Formation Teachers: Jeff Bryan and Dave Hokanson
- Youth Council Adult Volunteers: Matt Anderson and Brad Neuhauser
- Wednesday Night Adult Volunteers: Janelle Anderson, Matt Anderson, Carla Belistri, Dave Hokanson, Kirsten Herkenhoff, Brad Neuhauser
- Fundraising Adult Support: Mike Kelly, Kirsten Herkenhoff, Matt Anderson



Together, with the youth, as we dream and plan for next year, may we all continue to be inspired as I am by our young people!

Blessings,

Cindy Radtke, Director of Youth and Young Adult Ministries
cindy@faumc.net 763/321-8077

P.S. Followers, Follower Parents/Guardians and Y.A.M. Young Adults: Please keep connected with our e-newsletter from Smore. Please email Cindy if you are not receiving them.

Followers T.G.I.W.

Thank God It's Wednesday, including Followers Youth Group, is held **Wednesdays, 6:30-7:30pm**. Come often; come when you can!

Sunday Faith Formation

Followers youth Faith Formation is held **Sundays, 9:00-10:00am**. We continue our study of the early church community through Acts. Come often; come when you can!

Spring Plant Sale Pick-up Friday, May 10 at the church

We will keep you posted, but it seems like late-afternoon-early evening will be our pick-up window. All who order will get an email from Cindy as soon.

Senior Dinner at the Parsonage

All seniors graduating high school are invited to the Parsonage for dinner, date TBD. Please RSVP: pastorshawna@faumc.net.

Upcoming Dates

Sunday, May 5:

- Coffee Outing

Wednesday, May 15:

- *Last T.G.I.W. Youth Group*

Sunday, May 19:

- Last Sunday Faith Formation
- Attend worship to help thank our teachers and all our adult volunteers
- 11:30am-1:30pm All Youth and Parent(s) Lunch and Dream!
 - Lunch (Bring potluck sides; main dish provided)
 - 2024 Mission Trip Information and Fun Planning for Program Year 2024-2025!

Wednesday, May 22:

- 6:00-7:00pm Meeting for Mission Trip youth participants
- 7:00-7:45pm Meeting for Mission Trip Adult leaders

Gratitude

Thank you to all Follower Youth, Jeff, Claire, Mike, and Ashton for a successful Sunday Easter Egg Hunt!

Thank you to the Endowment Committee for awarding a grant to order furniture and paint for the Followers Youth Room and Hallway! The Followers Youth did a lot of planning for the past few years with creating a seating area. This plan was wise and prophetic as aligned with our mission and community outreach goals. The Youth Room also serves as the "living room" for Faithful Hospitality families. What a blessing to be able to provide a warm welcome!

Graduation Info Needed

We are so excited to celebrate our seniors and graduates on June 9 in our annual Graduation Recognition service. High school seniors will be invited to participate with a special blessing and prayer as part of worship. College and postgrad

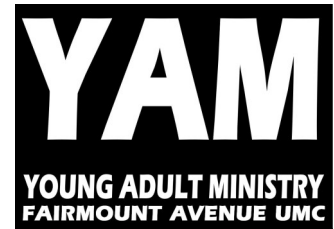
students are invited to be recognized in our newsletter and bulletin. Deadlines: **May 1, to be included in June newsletter** (highly recommended) and **May 15, to be included in the Graduation Recognition Sunday (June 9) bulletin**. Submit information via paper form located in the narthex and return to the Director of Youth and Young Adult Ministries mailbox, or scan QR code:

Davanni's Pizza Fundraiser

Monday, May 6, 4:00-8:00pm

Treat your family and friends to some delicious pizza (or pasta, hoagies, garlic bread, etc.) while also supporting the Followers youth summer mission trip!

Remember to mention FAUMC or the Followers when ordering dine-in or take-out so that our youth receive a portion of the profits.



Sunday Faith Exploration

Y.A.M. Faith Exploration is held **each Sunday following worship, 11:45am-12:45pm** usually in the new History Room. Come often; come when you can!

5/7: Join together with the rest of the church for Spring Clean-up
5/12: Y.A.M. Faith Exploration – Last one of the program year!
5/19: 11:30am-2:00pm Tentative Create Take-n-Bake

Watch for Meditation Meet-ups and Planning for Summer Retreat in the Weekly Y.A.M. E-news!

Tentative Y.A.M. Retreat:

July 5-7, Worthington

Contact Cindy at (763)321-8077 or email cindy@faumc.net for more information.

Financial Update from the Treasurer and Finance Committee

Thank you for continuing to support the ministries of

Fairmount Avenue United Methodist Church. Your giving helps us to worship well, be in community, and serve others. If you have questions, you can always reach out to the church office, our Finance Chair, Aaron Buesing, or our Treasurer, Paul Cousin.

March 2024 Actuals vs Budget

Receipts:	Month			Year-to-Date		
	Actuals	Budget	Variance	Actuals	Budget	Variance
Pledged Donations	\$ 23,868	\$ 24,820	\$ (952)	\$ 69,468	\$ 74,585	\$ (5,117)
Non-Pledged Donations	\$ 7,199	\$ 5,834	\$ 1,365	\$ 20,422	\$ 17,500	\$ 2,922
Plate Collection	\$ 40	\$ 116	\$ (76)	\$ 215	\$ 349	\$ (134)
Holiday Collection	\$ 1,870	\$ 1,000	\$ 870	\$ 1,880	\$ 1,000	\$ 880
Usage/Rent	\$ 5,070	\$ 3,970	\$ 1,100	\$ 5,105	\$ 4,410	\$ 695
Wednesday Meals	\$ 61	\$ 170	\$ (109)	\$ 368	\$ 505	\$ (137)
Investment & Interest	\$ 366	\$ -	\$ 366	\$ 366	\$ -	\$ 366
Other	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Total Receipts	\$ 38,474	\$ 35,910	\$ 2,564	\$ 97,824	\$ 98,349	\$ (525)
Disbursements:						
Conf Apportionment	\$ (3,271)	\$ (3,271)	\$ 1	\$ (9,812)	\$ (9,813)	\$ 2
Administration	\$ (1,193)	\$ (1,073)	\$ (120)	\$ (3,287)	\$ (3,149)	\$ (138)
Salaries & Benefits	\$ (20,390)	\$ (22,240)	\$ 1,850	\$ (61,535)	\$ (62,581)	\$ 1,046
Nurture Ministries	\$ (2,119)	\$ (1,120)	\$ (999)	\$ (4,603)	\$ (2,775)	\$ (1,828)
Outreach Ministries	\$ (445)	\$ (725)	\$ 280	\$ (445)	\$ (900)	\$ 455
Witness Ministries	\$ (183)	\$ (1,250)	\$ 1,067	\$ (523)	\$ (1,250)	\$ 727
Trustees	\$ (6,812)	\$ (8,912)	\$ 2,100	\$ (12,580)	\$ (18,577)	\$ 5,997
Total Disbursements	\$ (34,413)	\$ (38,591)	\$ 4,178	\$ (92,784)	\$ (99,045)	\$ 6,261
Cash Increase/(Decrease)	\$ 4,061	\$ (2,681)	\$ 6,742	\$ 5,040	\$ (696)	\$ 5,736



Adult Faith Formation

Sunday mornings at 9:00am, adults are invited to a time of faith formation. Come to the Susanna room down the hall from the sanctuary for a time of learning, fellowship, and prayer together.

Inspired by our Faithful Hospitality ministry, let's spend the rest of the program year looking at what it means to create welcome for migrants and refugees. We'll use the curriculum *Transformed Community: Freed and Empowered for Radical Welcome* created by the Lutheran Immigration and Refugee Services. Each week we'll look at key Bible verses and what they mean for us, while hearing more about the experience of migrants and refugees and how we are called to community with them.

Contact Brad Neuhauser (612-532-7305 or brad.neuhauser@gmail.com) if you'd like more information on adult faith formation. There are many other ways to grow in your faith at FAUMC as well— look for those opportunities! And if you have some other ideas, let Brad know about those too.

First Fruits

A brief overview for those new to Fairmount or may have questions: Keystone Community Services is an organization dedicated to alleviating food insecurity and has been serving Ramsey County for over 80 years. With the opening of their new facility at 1800 University Avenue in St. Paul, Keystone's food shelf, mobile food delivery, and community resource assistance are housed in this one hub.

Each month, usually the first Sunday, we collect food, monetary donations and other items for Keystone. These "First Fruits" are collected by our children during worship. They are delivered to Keystone by our volunteers during the following week. While non-perishable food items are always appreciated, the most requested items at food shelves and food mobiles are paper products. The following are high-need items and ones which Keystone cannot spend food dollars supplying: diapers, toilet paper, paper towels, toothbrushes/paste, and feminine hygiene items. In addition, we recently learned that Keystone collects and reuses paper grocery bags and empty egg cartons.

Keystone's website has more information on volunteer opportunities and additional services they offer.

Please consider volunteering to deliver Fairmount's contributions. This is one way that we can make a direct impact on the food insecurity our neighbors deal with on a daily basis. A signup genius is available on the church website. For questions or more information, please contact Linda Hucke (651-698-5226) or Judy Thielen (651-340-6904.) Thank you!

Our next First Fruits Collection for Keystone will be Sunday, May 5th!

Thank You from Witness Ministries!

Due to the generosity of the Endowment Fund Committee, Witness Ministries is able to donate \$1000 to each of the following organizations: Keystone Community Services and Second Harvest Heartland. Keystone continues to be one of the area's largest providers of food for those in need and purchases many of its food shelf staples from Second Harvest Heartland. Together, these organizations are vital to our neighbors experiencing food insecurity. A heartfelt thank you to the Endowment Fund Committee for approving our requests!

Adopt-A-Drain

We are in need of volunteers to clean the storm drains near the church: 3 at the corner of Fairmount and Saratoga and 2 on Fairmount just east of Snelling. Volunteers are asked to simply pick up trash, leaves and debris to allow water to drain. Sign up for a month at <http://tinyurl.com/vnm2p9yc>. Email Nita with any questions at nitahanson@gmail.com.

Volunteer In Worship

We need volunteers to assist with worship, in-person and online! For in-person worship, we are looking for volunteers to greet, serve as liturgist (read scripture and liturgical prayer in worship,) and assist in the A/V Booth to run the screens in the sanctuary and assist with the livestream, (training provided.) We also need online greeters to keeping our community connected while we worship online. Online greeters also receive a "script" with helpful posts to put in the comments during the livestream worship service.

Updated News about Cindy

In 2021, Fairmount Avenue UMC helped Macalester Plymouth United Church support a teenager named Cindy. Cindy is a U.S. citizen who was living on her own after her parents were deported. We used Endowment Funds and donations from generous FAUMC members to help support her while she lived with a Macalester Plymouth church member. We recently received this update from Janeen at Macalester Plymouth.

Cindy has been thriving. She graduated from high school and moved into a dorm at the University of Minnesota. Later, she moved to an apartment large enough for her sisters in California to join her. One sister turned 18, graduated from high school in June 2023, moved here in July, and started at St. Paul College studying graphic arts. Cindy's youngest sister arrived in mid-September 2023 and started her second year of high school at St. Paul Central.

Cindy continues doing well at the University of Minnesota, majoring in Global Studies. She's been accepted for a 6-week summer study program in South Korea. To keep her sisters in the apartment while she's gone, they have been working extra hours at Target. Their parents have applied for asylum to rejoin their daughters here. They are working in a Samsung TV factory in Tijuana. Her dad is a foreman earning only \$13 per day, and her mom does quality control.

Thank you to Carol Dallman for sharing this update.





Blood Pressure checks will be offered in the Susanna Room from 10–10:30am and following worship on **Sunday, May 5**.

“Scams: What to be Aware of, Part 2” will be presented by Jacob Hugart on **Thursday, May 9 at 6:30pm in the sanctuary**, sponsored by the Health Team. A **potluck meal in the Wesley Room at 5:30pm** will be held again as well.

May is Mental Health Awareness month. There are many types of mental illness. I would like to share some information with you from the Mayo Clinic regarding depression. There are many types of depression. This information is about Major Depressive Disorder.

Depression is a mood disorder that causes feelings of sadness that just don't go away. It isn't a weakness or character flaw. People just can't snap out of it without help. It can affect people of all ages, races, income levels, and educational background. Approximately 1 in 6 people will experience a major depressive episode during their lifetime. For some it's a one-time event, but for most it does recur. Treatment does help.

There is **no single cause**. Experts believe it's a combination of biological, social, and psychological factors. People with a higher risk include those with a family history of a depressive disorder, those with a chronic condition such as pain, cancer, or heart disease, hormonal changes such as pregnancy and menopause, disruption of neurotransmitters like serotonin

that regulate many body functions, traumatic life events, lack of food or housing, lack of support, and substance abuse.

The list of **possible symptoms** is long. These include feelings of sadness or hopelessness, angry outbursts or irritability, too much or too little sleep, reduced or increased appetite, restlessness, slowed thinking, movement, or speech, trouble concentrating, fixating on past failures, physical problems and pains, and can include frequent thoughts of death or suicide. Children may be clingy or refuse to attend school. Additionally older adults may have memory difficulties, or often want to stay home. For many people symptoms are severe enough to interfere with their day to day activities. Some people may feel sad or miserable without knowing why.

If you feel depressed, make an appointment with your physician or a mental health professional. Diagnosis usually includes a physical exam to determine if an underlying health issue may be the cause. Blood tests will also be done. You may be evaluated by a psychiatrist who will ask about symptoms, thoughts, feelings, and behavior patterns to see if the person meet the criteria for a diagnosis of depression. If you are reluctant to do this, talk to a trusted friend, love one, or faith leader. Treatment helps most people with depression. It may consist of medication and/or working with a therapist. If one medication doesn't help, keep working with your physician to find one that does. It will take time and patience; some take a while to be effective. Do not stop taking without talking to your Dr.

If you think you might hurt

yourself, call 911 or the Suicide & Crisis Line at 988. If someone you know is in danger of suicide or has attempted it, make sure someone stays with them and also call the emergency number.

Although there is no sure way to prevent depression, these strategies may help.

Take steps to prevent stress to increase your resilience and boost your self-esteem. Walk, journal, pray, learn to say “no.” **Reach out to family and friends**, especially in times of crisis. It may help to talk with a trusted friend. **Get treatment at the earliest sign** of a problem to help prevent the depression from worsening. **Consider getting long-term maintenance treatment** to help prevent a relapse.

Remember no matter how bad it feels, you are not alone. Your friends and family care about you. You can always trust that God cares about you and loves you.

Romans 8:38-39 *“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”*

~ Muriel S. Olson RN, BS,
Parish Nurse

Prayer Chain

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

Upper Room Devotional

These devotional books are available in the Little Free Library in front of the church building or at each entrance.

Fairmount Avenue UMC

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Volume 21 No. 5 **May 2024**



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Church Staff

The Congregation
Ministers

Rev. Shawna Horn
Pastor

Cindy Radtke
*Director of Youth and
Young Adult Ministries*

Ashton Pappas
*Director of Children's
Ministries*

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

Mindy Way-Johnson
Heritage Ringers Director

Muriel Olson
Parish Nurse

Kirsten Herkenhoff
Custodian

Tom Herkenhoff
Boiler Technician

Elizabeth Herge
*Administrator,
Communications Director*

Weekly Sunday Schedule

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

Davanni's Pizza Fundraiser

Monday, May 6, 4:00-8:00pm

Treat your family and friends
while also supporting the
Followers' summer mission trip!
*Remember to mention FAUMC or
the Followers when ordering dine-
in or take-out so that our youth
receive a portion of the profits.*

"Thank God It's Wednesday!"

Weekly Schedule

5:30-6:15pm — Wednesday supper
in the Wesley Room
6:00-6:30pm — Children's Choir
rehearsal in the education wing
6:30-7:30pm — T.G.I.W. activities
for all ages
6:30-7:30pm — Heritage Ringers
rehearsal in the Sanctuary
7:45-9:15pm — Adult Choir rehearsal
in the Rosenberg Room
**Programs end May 15 and May 19*

Newsletter Deadline

The submission deadline for the June issue of the Messenger is **Wednesday, May 1.**
Please send all materials to the office **no later than end of day on the 1st.**