



**January 30, 2024**

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## **E-Pistle**

**Union Congregational United Church of Christ, St. Louis Park MN**

### **Pastoral Musings**

Dear Church,

During Lent, Union has been invited to go on a journey to Jerusalem with the members of Lynnhurst Congregational UCC. Together we will travel the 6,226 miles from Minneapolis to Jerusalem as we engage in physical movement. For every 15 minutes of physical movement we will complete one mile of the journey. All this movement will help support our spiritual health, create personal connections, and increase our physical health during Lent.

What constitutes 15 minutes of physical activity? Walking, golfing (note to the snowbirds), water aerobics, yoga, light housework, shoveling (see Marv to sign up to shovel on Sundays), swimming, singing (note to choir members), playing a musical instrument, and anything else that gets you from sedentary to moving counts as physical movement towards Jerusalem.

More information will be forthcoming about how to sign up and how to record your miles. I hope you will join me and Lynnhurst members as we journey to Jerusalem.

See you in church, virtually or in person,

Pastor Liz

**When does Pastor Liz work? How do we contact Pastor Liz? How do we meet with Pastor Liz?** Pastor Liz's workdays are Sundays 9 am to 4 pm with office hours from 11 am to 4 pm; Monday mornings, Tuesday afternoons, Wednesday afternoons, and Thursday afternoons. To call Pastor Liz, call the church and leave a message by pushing "2". I check voice mails frequently. You may also call or text me on my cell phone which is listed in the member directory. If you would like to make an appointment with me, please call or text me.

**To contact Union Congregational United Church of Christ please send e-mails to [info@unionslp.com](mailto:info@unionslp.com)**

## **The Lenten Group Returns in 2024**

Union will join Chapel Hills UCC, St Marks UCC, Lynnhurst UCC, and Edina Morningside Linden Hills UCC for Thursday evening dinners and worship services during Lent. Union will be the host site on March 7. More information will be forthcoming."

## **Parking Lot Update**

When it snows...There will only be 5 spaces shoveled near the ramp. Please leave for those who need easy access to the church. There is parking in front on Alabama. Please be aware that you cannot exit the church parking lot through the alley to get to Brunswick Ave.



### **More Access in the Sanctuary**

We finally have a railing for the steps up to the Altar area installed. It is located between the altar area and the entryway to the parking lot by the ramp. Now we will be able to better hear announcements and readers during the services.

### **Flower Pick-up and delivery time has changed**

Deadline for signing up for Sunday flowers is the Sunday before your request date. The cost is \$35.00 and you will need to pick them up at Arts & Flowers (6011 Excelsior Blvd, St. Louis Park) between 10 a.m. and their closing at 4 p.m. and then deliver them to church Saturday anytime or early Sunday morning. The sign-up sheet and request cards for flowers is at the back of the sanctuary

# COMMUNITY OUTREACH

## Loose Coin offering for January and February is STEP

**STEP** is the St Louis Park community food and social service agency. They directly provide food and clothing to residents in need, as well as advocacy, referrals, and build a collaborative relationship. Their vision is to be the trusted resource for connecting community members with resources to fulfill their basic needs.

### **MCC Refugee Services** (Minnesota Council of Churches' Refugee Services). **Refugee Service Update**

#### **Refugee Services is experiencing a high demand for:**

Feminine products, new pillows, laundry detergent, toothbrushes, toothpaste, bars of soap, disposable razors, all-purpose cleaner, dish soap  
Please put one or two of these items on your shopping list and put them in the blue Refugee box at the back of the sanctuary.

Thanks so much for your contributions and working to supply these needed items.

Contact Janet Midtbo (phone or text:612-414-5671, [jdmidtbo@gmail.com](mailto:jdmidtbo@gmail.com)) if you have questions.



### **February Birthdays**

Brom J.	2/10
Mckenna B.	2/19
Luke F.	2/28



## Our Prayers, Sympathies and Condolences

Curt Tiffany, father of Brenda Clarno died on Dec. 15, 2022. Faye Battisti, Union member and mother of Brenda Clarno, died on January 6, 2024. Services will be scheduled later in the spring.

Our prayers, sympathies and condolences go Suzie and Mike White for the unexpected death of Suzie's sister, Sam. Services are pending at this time.

### THIS WEEK'S PRAYER LIST

#### Those in need of support and healing:

Carol L recovering from broken hip  
Ben H. recuperating at home with chronic health issues  
Carl recovering from a stroke  
Michael's friend Jay

#### Those \*homebound or under care:

\*Betty Jean  
Ray

If you are in need of prayer, please email [info@unionslp.com](mailto:info@unionslp.com) with your request to be added to the list.

### Epistle

Just a reminder regarding announcements for the Epistle. Please email requests to [info@unionslp.com](mailto:info@unionslp.com) by the end of the day on Monday. Thank you.



*Grounded in God's love, with a spirit of wonder and inclusion,  
we work as a community towards a just world.*

Union Congregational United Church of Christ  
PO Box 16089 or 3700 Alabama Ave. S. St. Louis Park, MN