



February 13, 2024

E-Pistle

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

Pastor Liz will be on vacation from Sunday, February 18 until Saturday, February 24. If you have a pastoral emergency you can call Pastor Liz.

Guest Worship Leader On Sunday February 18, 2024, we welcome back Rev. Doug Federhart as worship leader and guest preacher.

Pastoral Musings

Dear Church,

On Wednesday, we begin the season of Lent. The word “Lent” come from the Middle English word “lente” which means “springtime” and the Old English word “lencten” which means “spring”. The root of the word is related to the word “lengthen” which refers to the lengthening of daylight during this time. Lent begins by counting days in a backwards manner. All of which is to say that Lent can be practiced as a season of intentional noticing and counting. This noticing encourages us to open our eyes and pay close attention to what is happening around us. This counting invites us to appreciate how one day is folds into another and how one week is part of another week. This careful noticing and counting offers a way to practice Lent that boldly asks us to pay attention to the new things God that is creating during these 40 days. As a way to begin these Lenten practices, I encourage you to join us on the Journey to Jerusalem and at the Mid-week dinners and services (see articles below for more information.) See you in church, virtually or in person.

With Lenten Blessings,
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.

Ash Wednesday Service February 14

Pursuant to a vote by the Executive Council, there will not be an Ash Wednesday Service at Union. Union members are invited to worship at neighboring UCC churches.

Edina Morningside Linden Hills UCC will have a worship service at 7:00 p.m.
Lynnhurst Congregational UCC will have a worship service at 7:00 p.m.

Journey to Jerusalem

During Lent, we will join the members of Lynnhurst Congregational UCC as we journey to Jerusalem. 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.

What constitutes 15 minutes of physical activity? Walking, golfing (note to the snowbirds!), water aerobics, yoga, pilates, dancing, light housework, shoveling (don't forget to sign up to shovel on Sundays), swimming, rehabilitation therapy, singing (note to choir members!), playing a musical instrument, and doing anything else that gets you from a sedentary position to moving counts for our journey to Jerusalem.

How to participate: Starting on February 14 (Ash Wednesday), start keeping track of your physical movement completed in 15 minute increments. On Sundays during Lent, calculate your total movement, remembering that 15 minutes of activity equals one mile. Email your totals (in miles or minutes of activity) to pastor@unionslp.com or complete the tracking sheets on the table in the back of the sanctuary. Put your completed tracking sheets in the offering plates.

Questions? See Pastor Liz.

To contact Union Congregational United Church of Christ please send e-mails to info@unionslp.com

The Lenten Group 2024

Mid-week Lenten Dinners and Worship Services

On Thursday evenings during Lent, Union will join nearby UCC churches for dinner and worship. **Dinners begin at 5:30 pm. The worship services begin at 6:30 pm.** Here are the hosts:

February 22 Chapel Hill UCC, 6512 Vernon Ave South in Edina.

February 29 Saint Marks UCC, 8630 Xerxes Ave S in Bloomington

March 7 Union UCC, *Please see Denise or Lynda if you can help set-up, serve or clean-up.*

March 14 Lynnhurst UCC, 4501 Colfax Ave S in Minneapolis

March 21 Edina Morningside Linden Hills UCC, 4201 Morningside Rd, Edina



**The walls are going up at
Union Park Flats!**

Parking Lot Notice

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.

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) if you have questions.

Flower Pick-up and Delivery

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



February Birthdays

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



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
Michael
The Clarno family and friends
The White family and friends

Those *homebound or under care:

*Betty Jean
Ray

If you are in need of prayer, please email 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 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