



February 20, 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 Speaker on Sunday February 25, 2024

We welcome Kathryn Berger who is the Volunteer and Outreach Specialist at the Minnesota Council of Churches Refugee Services. Kathryn has served in her position at MCC for the past 7 years. Her work includes both direct service with newly arrived refugees and partnering with countless community and inter-faith groups throughout the greater Metro area to assist Minnesota's newest neighbors on their path to self-sufficiency. Kathryn holds a master's degree in theology and has extensive overseas mission experience both in Kenya and Italy. Her presentation will focus on the global refugee crisis, the U.S. resettlement program and what this all looks like for Minnesota.

Loose coin for Sunday February 25th will go to Minnesota Council of Churches Refugee Services.

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.

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.

Journey to Jerusalem miles as of February 17, 2024
Team Union 91 MILES

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

COMMUNITY OUTREACH

Thank you to the congregation

STEP donations delivered on February 4, 2024

170 pounds of food and personal products and 2 bags of Holiday Toys

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

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.



February Birthdays

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

March Birthdays

Reid M.	3/9
David K.	3/10
Paul H.	3/18
Heather W.	3/23

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