



February 6,, 2024

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## E-Pistle

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

### Pastoral Musings

Dear Church,

We are now in a time of transition, seasonally and liturgically. We are halfway between the winter solstice and the vernal equinox. The days are getting noticeably longer and the nights shorter. In the liturgical calendar, the season of Epiphany has ended and Lent will begin on February 14. This Sunday we will celebrate Transfiguration Sunday which marks the transition from Epiphany to Lent. As we mark this liturgical transition, we will hear how the prophet Elijah ascended to heaven and how Jesus was transfigured on a high mountain. These seasonal and liturgical transitions invite us to embrace the transitions and transfigurations that are happening around us. What transitions might God be calling us to make in our own lives and in our lives together? How might we be transfigured in these transitions?

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.

## No Ash Wednesday Service

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

## 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](mailto:pastor@unionslp.com) or complete the tracking sheets on the table in the back of the sanctuary.

**Questions?** See Pastor Liz.

**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

## **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](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  
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