



March 5, 2024

## E-Pistle

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

### Pastoral Musings

Dear Church,

On Thursday evening it will be our turn to host Edina Morningside/Linden Hills UCC, Lynnhurst Congregational UCC, St Marks UCC, and Chapel Hills UCC with a dinner and worship service. The theme for this year's Lenten gatherings is "Life Together." I will be exploring friendship as a part of our Life Together. Before we gather on Thursday, I invite you to think about how friendships have enriched your lives. What gifts have your friends given you? What gifts have you given them? Many thanks go to all who have helped and will help with the meal. See you Thursday night.

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.

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

## Mid-week Lenten Dinner and Worship Service

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:

**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

## Journey to Jerusalem has reached 1973 miles

### 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. Put your completed tracking sheets in the offering plates.

**Questions?** See Pastor Liz.

# Union Photo Gallery

## The Walls of Union Park Flats



**Sink Installed!**

**ONE GREAT HOUR OF SHARING** will be collected at Union in March during Lent. The UCC's One Great Hour of Sharing (OGHS) special mission offering involves all of us in disaster, refugee/immigration, and development ministries throughout the world. When disaster strikes or people are displaced by violence or poverty, our gifts are part of the response and recovery provided by our wider church ministries. Our contributions to OGHS put us in the right place at the right time for the relief and recovery of the most vulnerable, meeting needs and addressing underlying causes that create those needs. Please look for the designated envelopes in the pews!

## **COMMUNITY OUTREACH**

**Thank you to the congregation for your generous donations.**  
**\$348.92 to STEP for January and February**  
**\$184.12 to Refugee Services at Minnesota Council of Churches**  
**on February 25th**

### **Loose Coin offering for March and April is Move Forward**

Their mission is to provide free, confidential, and immediate crisis and short term counseling services for youth and parents in the western suburbs. Program priority is to help families stay together and keep youth in school. Some transitional living sites and a drop-in center are also offered.

**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.

## 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.

**SPRING AHEAD** Don't forget to spring ahead an hour on Saturday Night.



### 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  
Owen Betty's friend  
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  
PO Box 16089 or 3700 Alabama Ave. S. St. Louis Park, MN