



April 2, 2024

E-Pistle

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

Please Join Us for Worship at 9:30 a.m.

Pastor Liz is on vacation from April 1 to 8. Pastor Nancy Swanson will provide pastoral care coverage during this time. You can reach Pastor Nancy at 651-366-9093 or at wiswans@comcast.net.

There will be no communion on Sunday April 7th

**Journey to Jerusalem reached a total of 6651 miles
Team Union had 198 miles last week for a total of 2046**

**Journey Back to Minneapolis
Should we continue the journey?**

Let Pastor Liz or e-mail info@unionslp.cpm

Together with Lynhurst UCC we traveled the 6,226 miles from Minneapolis to Jerusalem. We engaged in physical movement. For every 15 minutes of physical movement we completed one mile of the journey. All this movement helped 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, 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 back to Minneapolis. We are already at 425 miles.

How to participate: Keep track of your physical movement completed in 15 minute increments. On Sundays 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.

COMMUNITY OUTREACH

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) 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.



April Birthdays

Arlene J. 4/6
Betty W. 4/8
Barb E. 4/19
Bayli G. 4/22

Faye Ellen Battisti &
Curtis Eugene Tiffany
Memorial Service will be April 13, 2024 at 1:30 p.m.
First Memorial Chapel, 7110 France Avenue South, Edina, MN 55435.
Memorials are preferred to Union Church

THIS WEEK'S PRAYER LIST

Those in need of support and healing:

Barb J.
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 B.
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 with your request to be added to the list.



What a beautiful setting. Thanks to all who made it possible.

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
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