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September 2021

CHRIST
METHODIST CHURCH
UNITED
Grace, In The City

THE NEW

SPIRIT

You are invited to
RALLY SUNDAY
10am • September 12

**Mark your calendars! We're kicking off
this program year with a BIG PARTY!**

Wear your clothes inside out!
Ministry areas will have info tables
Outdoor coffee and snacks

-AND-

**The ARISE service returns
at 11am in the Sanctuary!**

Join us for worship every Sunday at 9am In-Person or Online

[Facebook.com/cumethodist](https://www.facebook.com/cumethodist)

[YouTube.com/ChristUnitedMethodistChurchRochesterMN](https://www.youtube.com/ChristUnitedMethodistChurchRochesterMN)

Archived on YouTube & on our website: <https://cumethodist.com>

Pastor's Pen

WITH REV. JENNY CANNON, LEAD PASTOR

If you haven't had the chance to see the Pixar movie *Inside Out*, go ahead and stop reading this right now to find it online or borrow a DVD and watch it. No really, go watch it! I'll wait....



Ok, welcome back. Great movie, right? One of things I love about *Inside Out*, in addition to the Minnesota shout out, is that it reminds us that our interior lives and emotions are just as much a part of our lives as anything happening to our bodies on the outside. So paying attention to the places of joy or sadness or anger is important as we care for ourselves and continue to grow. And ALL of these emotions are part of what it means to be fully alive as a human being in the image of God.

This fall, we'll be exploring what an *Inside Out* faith looks like at CUMC as we kick off our fall worship series and take a look at places in scripture that include Joy, Sadness, Fear, Anger, and Disgust. How might these human experience be a place of grace where we experience God's presence? Where does our faith call us beyond individual experience and out into the world?

We'll also be going *Inside Out* in a number of ways here at CUMC. We invite our kids, youth or people of any age to get into the spirit of *Inside Out* by wearing your clothes inside out as we kick off our fall series on Rally Day on September 12th. Our Rally Day ministry fair and celebration will take place out in the parking lot that morning starting at 10am and will include games, food and ways to learn more about our ministry offerings this fall. Our CU Wednesday Nights are adding an exciting new outdoor component, and there are ample classes, musical groups, and service opportunities taking place almost every day of the week. Whether together in body or spirit, we commit ourselves to keeping growing in faith and welcome. And I know that with this spirit, God will continue to transform our lives and community from the inside out.

During this season, we'll also continue to monitor the ways that we safely gather together and care for each other as a body of Christ. We ask that you help us remain flexible in these changing times and continue to pray for our and encourage our healers, leaders, and most vulnerable among us. We will share any updates with you with regards to worship guidelines or safe gathering practices in our building.

Whether we are in the sanctuary or on the sidewalk, we will still be grace in the city of Rochester, and a place of welcome for all. CUMC, your faith already radiates so brightly in this place. Let's see what else God might be calling us to do both inside and out.

Peace,

Pastor Jenny

Rally Sunday Details

Rally Day Inside Out is on! After carefully evaluating our plans for safely gathering together in this time we are delighted to announce that Rally Sunday will take place on Sunday, Sept. 12th here at CUMC. On that Sunday, we will be celebrating a return to two styles and services of worship services at 9am and 11am (both in the sanctuary to practice safe social distancing). We'll also host a ministry fair outside in the West parking lot from 10:am – 11:00 am to highlight ways that all ages can be involved in ministry here- from missions to classes to

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CU Wednesdays

Returns September 15

This fall we're meeting inside and outside We invite you to join us for CU Wednesdays: Inside Out. CU Wednesday Schedule:

5:00pm - 5:30pm

Jubilee Bells - A handbell choir for first through fifth graders led by Kari Hanson

5:30 - 6:00pm

Outdoor Activities and Snacks - prepackaged snacks will be provided. Children are invited to play, praise, and pray outdoors. Led by Jody Peterson, Kari Hanson, and Karla Webb

6:00pm - 7:00pm

Confirmation - A journey of faith for 8th and 9th grade students led by Pastor Jenny and Pastor Kirkland

Club 6-7 - A faith and fellowship group for 6th and 7th graders led by Pastor Amanda

CU Stay and Play - a time for children and siblings of youth to play, hang out, and even catch up on homework. More information will be announced soon.

Celebration Bells - A handbell choir for adults and youth led by Paul Kingsbury

7:00pm - 8:00pm

Chancel Choir - A singing choir for adults and youth led by Rev. Beth Joyner

Can't wait to C U there!



Pastors Meet and Greet!

Coffee with the Pastors, Sept 19th, 10:30-11:30am If you're new to CUMC or would simply like to learn more about our church and our ministries, join our pastors in the Healing Garden Labyrinth area after 9am worship on Sunday, Sept. 19th to learn more about our church and how you can get more connected. Contact the church office to RSVP (507-289-4019/email@cumethodist.com) or you can just show up!

Current COVID-19 Safety Policy

The Minnesota Annual Conference is in the “Yellow Phase”. We have adjusted our mask policy based on these new recommendations.

- Masks are currently required in the building if you are vaccinated or unvaccinated
- Face masks are located at church building entrances. Hand sanitizer is available throughout our building
- If you are feeling sick, please refrain from entering the building
- Maintain physical distancing of at least 6 feet
- Wash your hands often or use hand sanitizer
- Sanitize meeting areas before and after use

More information at <https://minnesotaumc.org/regatheringplan>

Current Phase: Yellow



CUMC at Rochester Pride

CUMC will host a table at Rochester Pride on Sunday, September 25th from 12:00-5:00 pm at Mayo Park. This is one of the ways we carry Christ's love and welcome from the inside out! Come share love and welcome with the LGBTQ+ community by taking a shift to staff our table that day. Contact the church office to be part of our Pride

This is a church that steps up! Join the movement!

Volunteer Spotlight!



Saturday Noon Meals – help prepare a healthy, homemade meal and deliver it to the Landing on Saturday mornings. Contact Kathy Lombardo to get involved.

A/V Volunteers – Help with worship powerpoints, audio, or lighting systems! Contact Oliver oliver@cumethodist.com

Youth Group Volunteers – facilitating discussion and games with middle school and high school students! Contact Pastor Amanda to get involved.

Thrift on Fifth – sort and resell clothing to help support Thrive childcare scholarships. Contact Pam Lund.

Rochester Interfaith Immigrant Rights Coalition & Southeast Minnesota – Attend monthly meetings and help to represent our church in this interfaith effort to protect those among us who are undocumented and/or experiencing ICE detention. Contact Marita Heller for more information.



Thrift on Fifth Sidewalk Sale Update

Thrift on 5th's sidewalk sales have been a HUGE success! We want to thank all of the hard working volunteers, and devoted customers for their continued support.

Our upcoming sales are from 9am-12pm on September 11& 18. Donations accepted any time the church is open. Donation accepted include: clothing, accessories and

Note from Pastor Nancy

Some time ago now the CUMC staff went to a training for Rochester area organizations on best practices for working with people who are experiencing homelessness. The trainer, Ryan Dowd, has been working in this service area for many years. He continues to manage one of the largest shelters in the Chicago area.

I signed up to receive his emails with tips on serving people who need shelter.

Yesterday in my inbox there was an email from Ryan. The title was, "You never forget the first time." He describes an early encounter as a shelter volunteer. The woman was in her mid-30's. Ryan was 21. She came into the shelter about 10:00 pm on a cloudless January night.

"It was her first time...she didn't have her own bed waiting for her at home...when she had no idea where her next meal would come from...when she didn't feel fully human." For Ryan, it was the first time he had "witnessed the worst day of a person's life."

He mostly sat with her.

Years later Ryan concluded that there is only one thing to offer a person on the worst day of their life. That one thing is, "the opportunity to not suffer alone."

Rev. Kendall Hughes, Director of Three Rivers Restorative Justice and former prison chaplain, preached on wisdom August 15.

Many of us know about homeless statistics, many of us know how hard the pandemic has been for those with shelter insecurity, but having wisdom about it is more important. Being wise in this situation is offering to sit with someone, so they don't suffer alone.

At the end of the yoga class I attend, the teacher quietly says to us, "I will be silent now and hold space for you." When we encounter great suffering, may we have the wisdom to offer to sit with one in silence and to "hold space for another" that they do not suffer alone. In this way we share God's healing presence.

Pastor Nancy Wheeler Handlon

50 year
Member
Celebration

50 Year Member Recognition Event

This year we plan to have the 50 year recognition event on Thursday September 23 at 2 pm in the sanctuary. We will honor all those who are longtime members and the newest 50 year member class. We will have music (a hum along with masks with some familiar hymns), a look back in history to 1961 by Deedee Odell and a program by our lead minister Rev. Jenny Cannon and our executive minister Rev. Kirkland Reynolds. We will provide a special homemade treat to enjoy at home.

Please call the church office if you plan to attend with the number and names of those attending and if you need a ride. All are welcome

UNITED METHODIST WOMEN

RUMMAGE

SALE

The UMW Rummage Sale has been postponed

The United Methodist Women's Rummage sale has been postponed once again due to rising COVID 19 numbers. We are so excited to bring back this event, but for the time being it seems wisest to postpone.

Children and Youth Ministry "Inside Out" for the Fall

We are thrilled to start up our children and youth ministries this fall. Our hope is that you will continue to find the friendships, fun and spiritual development you have trusted your church to offer to children and youth. That said, almost everything will look different! Many things will be held outdoors, food and snacks will be scarce, and we will celebrate the ways we can be together in community!

One difference is the leadership! Rev. Amanda Larsen has (re)joined our staff as *(continued on page 5)*

an Interim Youth Coordinator. Amanda served as an associate pastor at Christ from 2006-2011 focused on discipleship empowerment and crafting the 11:00 worship service. After Christ she served churches in Wykoff, Lanesboro and Red Wing. For the last few years she has been on family leave and offering interim ministry throughout the state. Katarina (14, at Mayo) and Shaun (9, at Folwell) have been involved at CUMC for about a year through youth and children's ministries.

The leadership team and staff parish is in the process of prayerfully discerning a job description for the permanent position.

Children's Ministry

Ministries for Children

Jody Peterson continues to lead our Children's ministries. After prayerful consideration, the leadership and staff have decided to not offer "Sunday School" this fall. Instead we

are refocusing our energy on creating two unique worship experiences for all people. We will have kid's bulletins and other special ways for children to connect during the worship hours. Between services we will have intergenerational fellowship-- outdoors, so children, youth and everyone else can build relationships in the congregation.

Our beautiful new nursery space continues to be readied for young children and their families. We are in the process of hiring nursery coordinators for the church nursery to ensure a safe, nurturing and continuous presence of care. Stay tuned for more information on our nursery

On Wednesday nights, we still plan to CU Wednesdays! Children's bells will rehearse from 5:00-5:30. Jody, Kari and Karla will lead outdoor activities from 5:30-6:00 to help the kids pray, praise and play together. They will also have an individually packaged snack. We have a number of children with siblings and parents involved in the 6:00-7:00 hour. During this time volunteers will help younger siblings start to chill down for the evening with calmer activities.

Ministries for Youth

Youth Ministry

We have a large group of eligible youth this year. Twenty-four 6th graders! Knowing that youth are at different places in their spiritual, emotional and social development, we are offering large group and small group activities. Youth in grades 6-12 will meet from 4:30-6:00 on Sundays for structured games, service projects, discussions and other activities. **This will begin on September 12.**

On Wednesdays from 6:00-7:00pm we will have "Club 6-7" for 6th and 7th graders. This will be in the youth lounge and will be a time of fun and learning together. In September we will be talking about characters-- from movies, video games, books, and Dungeons and Dragons. What kind of character do you want to be? **This will begin on September 15.**

Also on Wednesdays from 6:00-7:00pm we will have confirmation. This is for 8th and 9th graders and will meet in the ECC and the commons. Pastors Jenny and Kirkland will lead the Confirmation classes and will be sending out further information directly to 8th and 9th grade families so please contact the church office with any questions or to make sure we have your correct information.

Appalachia Service Project is a two week mission trip usually held over the 4th of July. It is open to 9-12th graders. Members of the team meet throughout the year to build community and prepare for service and fun together. **An information meeting for ASP will be held in October.**

You can learn more about our Children, Youth and Families ministries on **Wednesday, September 8 from 6:00-7:00 pm** at "What's the Scoop on Children and Youth Ministry." We will have ice cream and conversation on the labyrinth (or indoors in case of rain.) You will be able to ask questions, share ideas and sign up to volunteer to help with various events. We want to be a church where your family is extravagantly welcomed and nourished!



Community Healers

Last spring Dr. Gregory Poland MD of Infectious Diseases who specializes in Vaccines and Virology (right here at Mayo Clinic in Rochester) appeared on the Jimmy Kimmel Show to teach the world how to wash their hands. While it was a funny segment it shows us that there is a “expert” way to properly clean your hands. It was just the beginning, for Mayo Clinic employees, Dr. Poland has become a constant in our lives. He has become a voice of reason, and reassurance, someone we trust and look to for expert advice. He looks at the research, he knows when data changes, and he prepares us for the changes, the variants, and what’s next. In a new podcast, COVID Conversations: “It’s like a Code Red hospital alert” (which can be found on all Mayo Clinic social platforms, I highly recommend a listen) Dr. Poland addresses the new Delta and Lambda variants and the stress they are putting on hospitals in the south and around the country and the frustration of convincing the public to once again mask up and get their vaccines. In fact speaking on the incentive’s being offered by our state and the government Poland says “I mean, they’re you know, this is desperation...You see article after article of people pleading for the vaccine once they are intubated or dying, begging their family to tell everyone we were wrong, we were wrong about this. (As a provider) It makes you feel beside yourself because you are watching a population wide tragedy occurring, and yet you can’t get the message across to people. I talked to a number of colleagues around the U.S. who are basically calling it quits. They said ‘I’ve worked 14-16 hour days for 18 months, I’m risking my life and the public doesn’t care.’ They’re literally so burned out from overwork and the inability of the public to grasp this simple message.” They are walking away from their medical professions.

Church, I don’t know about you but reading this just breaks my heart. I don’t share this to discourage you. In fact, to all of you following the guidelines and getting yourselves vaccinated, we appreciate you and thank you. Thank you for having our backs and caring. You’re the reason I continue to show up to work everyday. Thank you. I encourage you to stay strong and follow these helpful guidelines as we continue this fight. Please share with you family and friends far and wide.

How to care for your Healthcare Worker Part 2: Dr. Poland’s advice to care for yourself to keep you out of the hospital and show your healthcare workers you care about them.

1. Listen to credible experts, not just people who are celebrities or politicians, but people who know and understand the science. Hint Hint: The Mayo Clinic is an excellent resource.
2. Get VACCINATED.
3. Wear a proper mask (n95, surgical, multiple layers of sewn cloth) and wear it the correct way. Neck gaiters and bandanas are NOT proper.
4. Limit travel to that which is essential.
5. Avoid large crowds. If unavoidable stay at the periphery, wear a mask in order to best protect yourself (even in the outdoors).

He concludes the podcast stating “Folks, it is the nature of medicine that we see what you don’t see. And what we see is tragedy after tragedy, day after day...and the public has no awareness because of course, we can’t take camera’s in there and show people, and these families are just devastated. And yet we feel like we’re trying to say the message over and over again: PLEASE, please take care of yourselves and prevent getting infected, sick, (and protect) those around you. It’s doable with these simple measures.”

This month your Community Healers really wanted to share with you who we are. If you would like to learn more about our ministry, please check out the display next to the kitchen. Our purpose is to care for the community of healthcare workers in our congregation. We want to bless them and pray for them. Protect them from burnout. Provide rest and meditation. Provide time to decompress in playgroups and find joy in life again. Please let us know if you work in the healthcare profession, so you can receive a quarterly blessing from us and so we can pray for you. If you are interest in joining the cause anyone with a compassionate heart qualifies. Our next meeting is Saturday September 18th at 9am in the Fireside room or contact the main office.

~ Armanda Vanderheiden, Community Healers Group



The CUMC EarthKeepers support our congregation in creation care and justice through spiritual renewal, practical actions, and strategic engagement. On Tuesday August 17 we had 15 people walking among the trees at St. Mary's park--this is spiritual renewal. As they walked, members of the Rochester Forestry department pointed out trees that needed care. The city is responsible for over 100,000 trees and cannot have eyes on all the trees. We now have a trained group to spot problems and report them to the forestry department for follow-up care--this is practical action. The forestry department is preparing to bring an Urban Forest Master Plan for long term planning to the city council for approval. They urge us to contact our council members to encourage them to vote yes on the plan--this is strategic engagement.



But what if you are unsure how to best advocate for an issue?

EarthKeepers is sponsoring Advocacy and Letter-writing 101 with ISAIAH, Tuesday, Sept. 21 from 6:30 pm - 8:00. Jack Dudley from ISAIAH will cover effective methods of citizen engagement with elected officials, messaging guidance for writing letters to legislators and newspaper editorials, tips on how to track down facts to support your perspective, and further ways to join with others to make a difference on the issues that matter to you. This is scheduled to be a hybrid class with in person attendance in Mettarn and the possibility to attend through Zoom.

The CUMC Vegetable Garden

We have been blessed with beautiful weather this summer that has contributed to the garden plants growing out of their beds! As of early August we have tomato plants loaded with tomatoes and our squash bed continues to produce a variety of squash that will be soon harvested. Cabbages and peppers continue to grow, flowers are blooming and several pumpkin vines are making their way throughout the garden. We have utilized our fresh herbs for our meals for the Saturday Noon Meals program.



Thanks to Doug Nichols for his dedicated watering and Gail Flanders for her weeding of the squash bed. If tomatoes become too plentiful – we will have tomatoes at church after the 9 AM Sunday services for a good will offering supporting the SNMs mission.

If you are interested in volunteering with this ministry – please contact Kathy Lombardo at Kathryn.lombardo@gmail.com or by phone at 507-398-2686. I'm also interested in borrowing a canning pot (water bath canner with rack) to utilize this summer to can tomatoes. Please contact me if you have one that can be used.

Thank you for your support of this CUMC mission.

~ Kathy Lombardo



Garden Ministry

When watering the pollinator garden in the Courtyard, it was thrilling to see 5 or 6 (maybe even more!) Monarch butterflies enjoying the variety of pollinator plants around the yard. What made the day even better was hearing the exclamations of delight, "Butterflies! Butterflies!" from the THRIVE children when they came into the Courtyard to play and learn about bugs. If you haven't visited the Courtyard, stop by to enjoy the flowers and pollinators. Ah yes, God IS good!



Faith → Life: Learn from Christ's Teachings ~ 2021

“Human connection is the most vital aspect of our existence, without the sweet touch of another being we are lonely stars in an empty space waiting to shine gloriously.” Joe Straynge, poet

The Faith→Life team is committed to offering exceptional forums, connect groups, classes, and spiritual formation groups for you to grow your relationship with others and with God. Questions, information, suggested topics for study, want to lead a group? Contact Kathy Estry at rk.stry@gmail.com

Third Sunday Faith→Life Forum Offered in person or via Zoom

Every third Sunday (except December) we offer forums given by insightful guest speakers that cover a wide range of relevant topics. **No registration required.** You can join in-person or by clicking on the Zoom link provided in the Sunday worship reminder the day of the forum.

“CUMC and DMC: Better Together?”

September 19, 2021, 10:00am ~ Hamline Room (Lower Level) Presenter: Kelly Rae Kirkpatrick, City Council Member, Fourth Ward & Jamie Rothe, Director of Community & Experience DMC EDA Destination Medical Center (DMC) is a 20-year economic development initiative that aims to support Mayo Clinic and Rochester as a global destination for health and wellness. Besides drawing patients and visitors to the city, DMC hopes to stimulate growth in biosciences and technology sectors. This means supporting innovation and collaboration with current residents as well as attracting and retaining students and new residents to our community. The plan is centered around six development sub-districts. Christ United Methodist Church (CUMC) resides on the edge of the Discovery Square sub-district.

Join us for a panel discussion to learn about the progress of DMC, the Discovery Square sub-district, and how it may impact our church's location. How can CUMC and initiatives like “Thrive! Child Care and Family Resource Center” help support the growth in our community? Are there partnership opportunities between CUMC and DMC to create a welcoming environment and support a thriving and active downtown neighborhood?

If you miss a class or forum, don't worry! All past forums are available on our YouTube channel anytime.

Type <https://tinyurl.com/Faith2Life> into your browser.

Ongoing Sunday Classes

Contemporary Issues

Host: Joel Charlson **Time:** Sundays at 10:00 AM **Place:** Room 146

If you are interested in joining the class email Joel Charlson at joel.charlson@gmail.com to receive the weekly *Wired Word* or meet us in Room 146!

Inquiring Spirits

Hosts: Ed Shafer and Hank Kliever **Time:** Sundays at 10:15 AM **Place:** Room 145

For more info contact Gwen at scilleys@charter.net

Connect Groups (View a complete listing and register at cumethodist.com/faith-life)

Breakfast Fellowship

Hosts: Amy Humphrey and Dean Swanson ~ **Time:** 2nd Wednesday of the month at 8:30 AM ~ **Place:** Charlie's Restaurant at Hillcrest Shopping Center

New members are always welcome to drop in, no age group designation, and no registration required.

Dinner/Lunch Club

Dinner/Lunch Club is back with a few changes! The groups will be a maximum of 6 people who will share a meal and conversation 2 or 3 times in each other's homes or restaurants. It will continue to be a wonderful way to develop friendships within our CUMC family. To learn more about Dinner/Lunch Club contact Marjie Blaisdell at mblaisdell@gmail.com or Mary Schmidt at oronocomb@yahoo.com.

Garden Ministry

Host: Mary Schmidt ~ **Place:** CUMC Grounds **Time:** Thursdays, 8:30 – 10:30 AM ~ 2nd Saturday of the month 9:00 – 11:00 AM ~ 3rd Wednesday of the month 6:00 – 7:30 PM

Help care for CUMC's piece of the Earth. Bring your own gloves and gardening tools if you have them.

Contact Mary at oronocombs@yahoo.com if you are interested.

Knit One Pray, Too

Host: Marjie Blaisdell ~ **Time:** Wednesday 10:00 AM – 12:00 Noon ~ **Place:** WebEx

Contact Marjie at mablaisdell@gmail.com to receive a link to the WebEx meeting. The group is knitting prayer shawls and scarves and hats for winter.

Men's Coffee Group

Host: Dick Estry ~ **Time:** Thursdays at 8:00 AM ~ **Place:** Room 145

Whether you are a long-time member, new to CUMC or looking for a men's fellowship group, you are invited to drop in for coffee and conversation. For more information email Dick Estry at rk.stry@gamil.com.

Short Term Classes**A Conversation on Genesis – from Abram and Sarai to Joseph in a foreign land**

Host: Aileen Williams **Time:** Wednesdays, October 13 – November 17 at 7:00 PM **Place:** Zoom <https://us06web.zoom.us/j/87286696063>

Continuing the study of the conversations on the accounts in Genesis led by Bill Moyer in 1997 on television with Biblical scholars, scholars of other major faiths, artists, and writers.

Advocacy and Letter-Writing 101 with ISALAH

Host: Jack Dudley, ISALAH **Time:** Tuesday, September 21, 6:30 – 8:00 PM **Place:** Mettam Room and Zoom

This class will cover methods of citizen engagement with elected officials, messaging guidance for writing letters to newspaper editorials or opinion letters, how to track down facts to support your perspective, and further ways to make a difference on the issues that matter to you. Co-Sponsored by Hopeful EarthKeepers

“So, You Want to Write a Novel?”

Host: John Stafford **Time:** Tuesday, October 5 at 6:30 PM **Place:** Mettam Conference Room

Have you ever dreamed of writing a novel? Although the idea may seem daunting, it can be done, with planning and perseverance. John, writer of three novels, will show you how. The class will include a discussion of various approaches, with an emphasis on how your personality will affect your novel and how writing a novel will change you; maybe for the better.

The Civil War as a Theological Crisis

Host: Joel Charlson **Time:** Thursdays, September 23 – October 14 at 7:00 – 8:00 PM **Place:** TBD

This is not your usual history of the Civil War. The battles discussed will be ones of words and ideas. God was on “our side” for both the north and the south. Both used the same Bible but had different interpretations. The war split many denominations and families. Some religious commentators from other nations pointed out that both sides were wrong. The primary text will be The Civil War as a Theological Crisis by Mark A. Noll. Please bring your own copy. There will also be videos to promote the discussions. With the current uptick in COVID it has not yet been determined if the class will be in person or on Zoom.

All Church Read: Coming this Fall

“Love is the Way: Holding on to Hope in Troubling Times” By Bishop Michael Curry

The way of love is essential for addressing the challenges facing the world today: poverty, racism, selfishness, deep ideological divisions, competing claims to speak for God. This book will lead readers to discover the gifts they need to live the way of love: deep reservoirs of hope and resilience, simple wisdom, the discipline of nonviolence, and unshakable regard for human dignity.

Watch the Wednesday Connections email, the New Spirit newsletters, and the Sunday worship reminder for updates on offerings as they become available! Also check out cumethodist.com/get-involved/faith-life for a complete listing and registration information.

Complete listing and registration at cumethodist.com/faith-life (or click get involved then faith→life)

Saturday Noon Meals Program Update

We are continuing to provide meals each Saturday at noon to The Landing. The Landing was recently provided support by the Rochester City Council to continue their program the Rochester Silver Lake Fire Station location through April 2022. Our plan at this time is to continue to provide meals at this location.

We appreciate our volunteers that continue to serve within this mission and our community partners that provide a generous supply of fresh food. Our community partners include Channel One, Peoples Food Co-op, Family Service Rochester and Haven Valley Farm. We also appreciate those that drop off fresh vegetables at the church. We always find a way to incorporate these food donations into our meals.

Please contact Kathy Lombardo at Kathryn.lombardo@gmail.com or by phone at 507-398-2686 if you are interested in volunteering.

Thank you again for your generous support of this long-standing CUMC mission.

~ Phil and Kathy Lombardo



Rochester- Southeast Jeremiah Program Open House



At our July Third Sunday Forum, Ally Hanten Ebert, Executive Director of the Rochester-Southeast Jeremiah Program told us about the newest Jeremiah campus dedicated to disrupting poverty for single mothers and their children two generations at a time. They opened their doors in July/August 2020.

You can visit the campus during an Open House on September 19, 2021 from 10:00 am to 2:00 pm! Masks are required for the inside tour, and a donation of \$20.00 is suggested and will be used to defray the cost of creating a butterfly & hummingbird garden in the fenced-in backyard and play area. BBQ food will also be served at noontime. To learn more and register to attend the Open House go to www.bidpal/rocopenhouse or call 507-215-8661!



O'nika's Angels continues to do good in the neighborhood!

On Saturday, July 31, over 300 people celebrated O'nika's Angels first anniversary by savoring a free BBQ lunch in the parking lot of Cub Foods Lake Street location.

You may remember the U Haul truck in the west and east parking lots of our church filled with baby and cleaning supplies. On June 27-28, 2020, CUMC participated in a donation drive for O'nika's Angels to support the community in South Minneapolis that was experiencing extreme hardship due to COVID and a period of civil unrest following the death of George Floyd.

Amid all we have seen and experienced during the past year (COVID and increased crime in Minneapolis) O'nika's Angels continues to shine a light in the community.

As an approved 501(c)(3) non-profit donations are tax deductible. If you would like to make a donation you can go to: <https://onikasangels.squarespace.com/materials-for-learning> and click on "Projects."



All Church Camping Trip 2021 Photo Recap!



An Influenza Vaccine Clinic at CUMC will be held in the Fireside Room on October 10 from 8:30 to 11:00 AM.

Please bring your Medicare/ health insurance cards. Wear short sleeves.

Hy-Vee Pharmacy is offering a quadrivalent injectable vaccine (ages 3 and over). The FluMist intranasal vaccine (ages 3-49) and a high-dose quadrivalent injectable vaccine recommended for those over the age of 65. Additional information will be provided.

Have you gotten a chance to enjoy the Adirondack chairs at the west entrance of the church? As summer beings to draw nearer to its end now is a perfect time to kick back, relax, and enjoy the sights and sounds of the wonderful city of ours.

Pictured to the right: Billie Needham



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <i>Blessing the Backpacks</i> 9am Sanctuary Worship 10am Contemporary Issues 10-15am Inquiring Spirits	30	31	1 6pm Celebration Bells	2 8am Thursday Men's Group 8:30am Gardening Team Work	3 10am RCMMS Rehearsal	4 7:30am Saturday Noon Meals Prep (serve at 11am) 6pm RCMMS Concert
5 <i>Communion Sunday</i> 9am Sanctuary Worship 10am Contemporary Issues 10-15am Inquiring Spirits	6 <i>Building Closed For Labor Day</i>	7	8 8:30am Breakfast Fellowship @ Charlies 6pm What's the Scoop on Children & Youth Ministry 6pm Celebration Bells	9 8am Thursday Men's Group 8:30am Gardening Team Work	10 10am Rug Hooking Group 10am Women & the Sacred	11 7:30am Saturday Noon Meals Prep 9am Gardening Team 9am-12pm Thrift on Fifth Sidewalk Sale 7pm Ragoonanan Concert
12 <i>Rally Sunday</i> 9am Sanctuary Worship 10am Rally Sunday! 11am Arise Worship 4:30pm Youth Group	13	14 1pm UMW Quilters 7pm Thrive Board Meeting	15 5pm Jubilee Bells 5:30pm Activities & Snacks 6pm Confirmation 6pm Club 6-7 6pm CU Stay and Play 6pm Celebration Bells 7pm Chancel Choir	16 8am Thursday Men's Group 8:30am Gardening Team Work 8:30am UMW Circle 2 10:30am UMW Circle 8 5:30pm Leadership Board Meeting	17	18 7:30am Saturday Noon Meals Prep (serve at 11am) 9am Community Healers Meeting 9am-12pm Thrift on Fifth Sidewalk Sale
19 9am Sanctuary Worship 10am Third Sunday Forum 10am Pastors Meet and Greet 10am-2pm Jeremiah Open House 11am Arise Worship 4:30pm Youth Group	20	21 4:30pm Hopeful EarthKeepers Monthly Meeting 6:30pm ISALAH Letter Writing and Advocacy 101	22 5pm Jubilee Bells 5:30pm Activities & Snacks 6pm Confirmation 6pm Club 6-7 6pm CU Stay and Play 6pm Celebration Bells 7pm Chancel Choir	23 8am Thursday Men's Group 8:30am Gardening Team Work 2pm 50 Year Member Recognition Event 7pm Civil War Theology Class	24 10am Rug Hooking Group 10am Women & the Sacred	25 7:30am Saturday Noon Meals Prep (serve at 11am) 12pm Rochester Pride
26 9am Sanctuary Worship 10am Contemporary Issues 10-15am Inquiring Spirits 11am Arise Worship 4:30pm Youth Group	27	28 1pm UMW Quilters	29 5pm Jubilee Bells 5:30pm Activities & Snacks 6pm Confirmation 6pm Club 6-7 6pm CU Stay and Play 6pm Celebration Bells 7pm Chancel Choir	30 8am Thursday Men's Group 8:30am Gardening Team Work 7pm Civil War Theology Class	October 1 6pm RCMMS Rehearsal	October 2 7:30am Saturday Noon Meals Prep (serve at 11am) 6pm RCMMS Concert

The newsletter is going digital

Beginning in September we would like to start moving toward a more eco-friendly newsletter! We send out an electronic version of the newsletter on the first of each month as a pdf file. This has many advantages! All email addresses and website links are clickable, and will navigate you to the various forms, websites, and email addresses referred to throughout the issue. The electronic version also arrives before the mail copy.

We will continue to send paper copies of *The New Spirit* per request, but are hoping to reduce our paper consumption. **If you would still prefer a paper copy please send us an email to oliver@cumethodist.com or call the church at 507-289-4019. Thank you!**

Upcoming music event: Robert Ragoonanan Organ & Piano Recital

September 12, 2021 at 7:00pm ~ Sanctuary

Robert S. Ragoonanan is a graduate of Luther College (B.A. in Music) and Bowling Green State University (M.M. in Orchestral Conducting). He has found success as a conductor across the United States and Europe, conducting orchestras, choirs, new music groups, and wind ensembles. Recent conducting work includes all or parts of Tchaikovsky's Symphony No. 6, Beethoven's Symphony No. 5, Dvorak's Symphony No. 9, and Purcell's Rejoice in the Lord, always. Robert is also a sought-after collaborative pianist, harpsichordist, and voice coach, collaborating with various solo artists and ensembles. Recent performances include Poulenc's Chansons gaillardes, Higdon's Flute Poetic, Barber's 3 Songs, Op. 10, and Tailleferre's Jeux de plein air. In addition, he has worked as a church music director and organist throughout the Midwest. Recent organ performances include Willis' Agora Suite, Adler's Four Chorale Preludes on Old American Hymns, Howells' Paeon, and Vierne's Symphony No. 1. Robert is currently the Music Director at Oak Knoll Lutheran Church in Minnetonka, MN, and the pianist for the Eagan Women of Note women's choir in Eagan, MN. Ask to subscribe to Robert's mailing list to learn about other upcoming performances at b.ragoonanan@gmail.com. Robert is represented by Vida Art Management in Europe.

This year will feature:

- o *Agora Suite* - Sharon J. Willis
- o *Selections from Deep River Collection* - Moses Hogan
- o *O Lamm Gottes, unschuldig* - J.S. Bach
- o *Organ Symphony No. 1* - Louis Vierne

The CUMC Tree of Life: Living, Celebrating, & Remembering With You



Luverne "Codey" Kothenbeutel
January 9, 1931 ~ August 6, 2021

In Memoriam



Marianne Buss
June 25, 1933 ~ August 13, 2021

