



# Good THINGS HAPPEN

Newsletter of Minnehaha United Methodist Church  
WE SEEK WE SERVE WE CELEBRATE



Early Winter 2025

## The Seven Grandfathers

In Anishinaabe (Ojibwe) tradition, wisdom comes from the Seven Grandfathers. They are gifts, given to the people, and will help guide them into a good life. Those gifts are Respect, Truth, Bravery, Wisdom, Honesty, Humility, and Love. During the season of Epiphany (the Sundays between the beginning of January and the beginning of Lent), we'll explore each of these wisdom teachings. In addition, on the Sunday of MLK Jr. weekend we'll have a worship service interspersing singing hymns from the Africa-American tradition with Martin Luther King, Jr.'s "I Have a Dream" speech.

I look forward to seeing you in worship!



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- ◆ **Jan 5** (Methodicals)  
Communion/Epiphany Sunday  
Matthew 2:1-12  
"Bravery"
  - ◆ **Jan. 12** (traditional)  
Baptism Sunday/Infant Recognition  
Isaiah 43:1-7  
"Love"
  - ◆ **Jan. 19** (blended)  
MLK Jr. Sunday
  - ◆ **Jan. 26** (traditional)  
Nehemiah 8:1-3, 5-6, 8-10  
"Humility"
  - ◆ **Feb. 2** (Methodicals)  
Communion  
Luke 4:21-30  
"Respect"
  - ◆ **Feb. 9** (traditional)  
Luke 5:1-11  
"Truth"
  - ◆ **Feb. 16** (Methodicals)  
Psalm 1:1-4  
"Wisdom"
  - ◆ **Feb. 23** (traditional)  
Luke 6:27-38  
"Honesty"
  - ◆ **March 2** (Methodicals)  
Mardi Gras Sunday/Transfiguration Sunday
- Lent begins Ash Wednesday March 5**

## United Women in Faith



United  
Women  
in Faith

News from your UWF:

Yes, our November 9 Bazaar was again a great success. With the help of over 35 volunteers and 21 bakers (who created the baked goods on sale and the desserts served with the meal, we hosted so many of the folks in the community as they continued on to visit 3 other sales. We had more vendors than other years with 20 tables of folks selling handmade items, books, fine smelly things and much more. We made a profit of \$2,572.94 which was about \$100 more than last year. Yeah! We even sold more Dept. 56 items.



We have been able to meet our budget and provide monetary gifts to Emma Norton Services, Watercourse Counseling Center, Clare Housing, Meals on Wheels, Haiti Solar Ovens, the Heifer Project and MUMC Food Shelves and MINneharvest. We have discovered that Joyce Preschool and Walker Care Fund no longer are operating so we will be discussing other local missions to support.

We continue to serve about 50 people monthly at Simpson Shelter, always in the last week in the month following the Minneharvest. We're pleased to have new servers from the Pow and Schlosser families. Thanks!



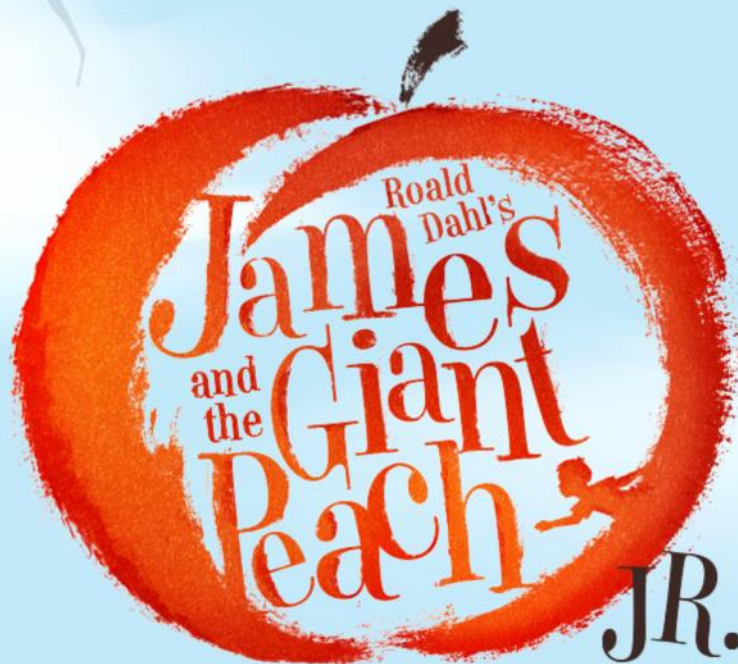
Our next big event is the All Church Musical which this year will be "James and the Giant Peach, Jr." with 6 performances the weekends of Jan. 31-Feb. 2 and Feb. 7-9. Rehearsals begin Jan. 6 and, yes, we somehow put on a show rehearsing 4 weeks in the dead of winter. Please plan to join us, either in performing or attending.

Your UWF (United Women in Faith) is a local unit of the National UWF and we are proud to be able to assist serving at funerals and other events and providing funds to help missions for children and women. Many UWFs have folded as church members age and numbers of churches decrease but NOT US! Please continue to support us with your presence and presents.

Have a joyous new year as we continue to pray for peace, Maureen Trepp



The Minnehaha Players Present



Words and Music by Benj Pasek & Justin Paul

Book by Timothy Allen McDonald

Based on the book *James and the Giant Peach* by Roald Dahl

**Friday, January 31 at 7pm**

**Saturday, February 1 & Sunday, February 2 at 2pm**

**Friday, February 7 at 7pm**

**Saturday, February 8 & Sunday, February 9 at 2pm**

**\$10 adults & seniors**

**\$6 Children 4-12 years olds**

**Free to children under 4**

**Family Rate for 4: \$25**

**Minnehaha United Methodist Church**

**3701 E. 50th Ave South**

**Minneapolis 55417**

*Proceeds go to United Women in Faith  
to support missions for women and children  
in our local and global communities*

Roald Dahl's James and the Giant PEach JR. is presented through special arrangement with and all authorized materials are supplied by  
Mistic Theatre International, New York, NY (212) 54104684 mtishows.com



2024 Christmas Pageant





**MINNEHAHA PLAYGROUP**

9:30am - 11:30am  
 Every Thursday Morning  
 3701 E. 50th Street  
 Minnehaha United Methodist Church



### *Minnehaha Playgroup*

Babies and toddlers with their caregivers are invited to stop by each Thursday morning at church for a time of play and community. Playgroup meets upstairs in the nursery and preschool rooms. Follow the “Minnehaha Playgroup” on Facebook for more information.



Fall Harvest Dinner and Variety Show





## *Time for Renewal*

It's easy to get caught up in the daily demands of life. In our busyness, we can lose track of ourselves, and of what God is calling us to be and to do. Take an opportunity to slow down, to rest in silence and music, and to feed your soul. On the third Friday of each month at 7:00 p.m. from October through May, we offer a Taize service, a time of sanctuary, a time for prayer, a time for community, and a time for silence. As we sing and pray, our hearts are opened so that we may hear God speaking to us, and our souls are fed so that we may be about God's work in the world. Please join us on January 17 and February 21 for a time of renewal. The service is also livestreamed, so you can worship through your screen, wherever you are, either in real time or anytime after.

## *Annual Meeting*

Our Annual Meeting (otherwise known as a Church Conference) will be held on Sunday, January 21, 2024 at 11:15. We'll have our 2024 Financial Report, our 2024 Membership Report and our 2025 Budget. Everyone is welcome to attend, and all members of the congregation can vote.



Advent party

# Minnehaha's WINTER Retreat

Join us for a getaway weekend of  
winter fun!

January 24-26, 2025

Lake Koronis Assembly Grounds,  
Paynesville, MN

Register before Jan. 15



## *Winter Retreat*

January 24-26 at Lake Koronis Assembly Grounds in Paynesville, MN

Join us for a getaway weekend of winter fun!

- This year we'll be learning about the Enneagram! A personality typing system that suggests there are nine major ways of seeing the world. By looking at ourselves and those we care about in the context of the 9 Enneagram types, we can understand ourselves and who God created us to be, so that we can then in turn, have a better understanding of one another and have a more compassionate heart.
- There are two types of lodging to choose from and 5 meals included.
- Free time activities include broomball, sledding, cross-country skiing, board games and puzzles, bonfire, reading nook by the fireplace, and more, plus Talent Show and Dance Party on Saturday night!



## *All Church Service Project*

Following the worship service, we'll be assembling turkey and cheese sandwiches downstairs in the Fellowship Hall for The Dignity Center <https://haumc.org/dignity/>



### MinneHarvest

Our free food give-away once a month is a source of food relied upon by many, and it happens through volunteers who come each month. We gather outside on the 4th Saturday of each month. You can volunteer anytime between 6:30 and 10:30 a.m. We start setting up around 7:00, serve the food starting around 8:00, and are usually done cleaning up by 10:30. Join us on January 25 and February 22 for all or any portion of that time, dress appropriately for the weather, and bring a friend!

**MINNEHARVEST**  
a food mission of minnehaha united methodist church



Some of the toys from our 2024 Toy Drive



## *Changing the World*

The new year is going to need all of our energy. There are so many places where our voices will be needed to advocate for others and to fight for justice. To help us find our voice and our direction, we will be reading *You Are Changing the World Whether You Like It Or Not* by David LaMotte. Right from the book jacket: “In a troubled world, it is easy to feel overwhelmed. The problems seem impossibly huge, and we are often seduced into believing it is impossible to have positive impact. David LaMotte knows this is a myth. Through his own experience and the stories of many others, he illustrates the practical value of small, organized efforts. The truth is, we are all planting seeds of change whether we know it or not. So which seeds are you planting?”

Get the book and then join the conversation in person or on zoom.

Monday nights at 6:30 p.m. Jan. 6 – Feb. 10

Tuesday afternoons at 2:00 p.m. Jan. 7 – Feb. 11

For the first week, read the preface through Chapter 2.

## *Wednesday Nights at Minnehaha*

### **Wednesday Night Dinner**

Wednesday Night Dinners are from 5:30-6:15 pm. All are invited to join in these weekly meals for good food and conversation. Suggested Cost: \$5/person; \$20/family.

### **Wednesday Night Childcare**

Wednesday Night childcare is offered from 6:00-7:15 pm by the childcare team for kids to play in the gym and the nursery/preschool rooms for little ones while adults continue to eat, socialize, help clean-up, or attend a committee meeting.



**Minnehaha  
Snow Tubing**  
Saturday, Feb. 22  
2-4 pm

**Trapp Farm Park Tubing Hill**  
841 Wilderness Run Rd, Eagan

All ages are invited to meet up for an afternoon of fun in the snow!

Must purchase your ticket(s) ahead of time  
Cost: \$5/person; under 42" free



### *Minnehaha Snow Tubing*

All ages are invited to meet up at Trapp Farm Park Tubing Hill (841 Wilderness Run Rd, Eagan) for an afternoon of snow tubing! Tickets must be purchased ahead of time. (No walk-up tickets available)

<https://cityofeagan.com/tubing-hill> Cost: \$5/person; under 42" are free.

### *Infant Recognition Sunday*

On this special Sunday we celebrate all the babies born during the past year!

January 12th

**Infant Recognition Sunday**

Join us in worship at 9:30 am on this special Sunday as we celebrate all the babies born this past year in our church community!

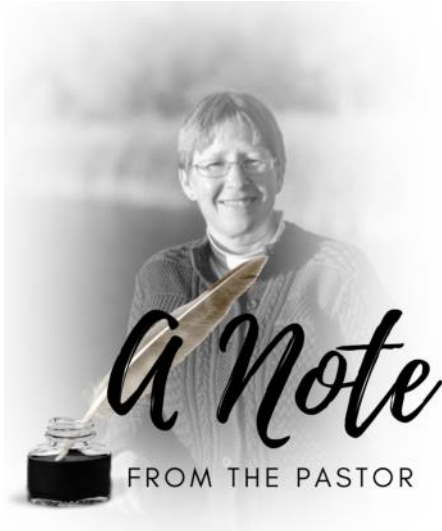


### *Minnehaha Fellowship*

Join other Minnehaha folks at Arbeiter Brewing on the 3rd Saturday of each month from 3-5. You can bring your own food, and there are a variety of non-alcoholic drinks also available. In addition, Arbeiter welcomes children and dogs. Join us on January 18 and February 15.



Cory Dallas joined the church on December 15!



## New Year's Resolutions

New Year's Resolutions. Even if you don't make them, they are all around us. What with all the Christmas stuff at the end of the year, I have to admit that I often don't seriously contemplate New Year's Resolutions until we are a week or two into the new year. I tell myself that I'll save them for Lent.

This year, Lent is from March 5 through April 19 (Easter is on April 20). That's 46 days. Subtract the Sundays (which are each considered a mini-Easter), and you get 40 days, in honor of Jesus' 40 days in the wilderness. It is traditional to give up something during this time frame, again mimicking Jesus who fasted in the wilderness. In recent years, many of us have advocated for adding something in Lent, something that would enhance your spirituality, your relationship with God. Since we have some time

to think about this between now and the beginning of March, I would like us to consider fasting this year. Our Muslim siblings will be observing Ramadan from Feb. 28 through March 29. As you are

probably aware, they fast from food and water from sunrise to sunset each of the days in

Ramadan. As part of a religious solidarity, what would it be like for us to reclaim a practice of

fasting? Maybe fasting from all food and water from sunrise to sunset is not a good idea for you (more about that in our next newsletter – I can tell you that fasting from all food and water does NOT bring me closer to God, but does make me incredibly crabby). But might you fast from? Video what games?

Your phone? News? Social Media? Foods with ingredients you can't pronounce? Meat? Eating out?

Buying anything new? Cynical comments? Road rage? The possibilities are endless, so spend some time this new year contemplating what gets between you and your relationship with God. What might we give up to enable us to re-engage with ourselves, one another, and the One who created us.

*As part of a religious solidarity, what would it be like for us to reclaim a practice of fasting?*

In Joy,

*Becky*



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