



Good THINGS HAPPEN

Newsletter of Minnehaha United Methodist Church

→ we seek we serve we celebrate

Back to School 2025



Rally Sunday

Our kick off to the program year is Sunday, Sept. 7:

- One worship service at 10 am, outside
- Grilled lunch - the youth will be selling a grilled lunch of hamburgers, hot dogs, veggie burgers, chips, salad, and cookies following worship
- Pie the Pastor (and staff) - for \$1 a pie, take aim and try to pie Pastor Becky and staff
- Lawn Games - Corn hole, sidewalk chalk, and giant bubbles

Fellowship - catch up with long-time friends, make new acquaintances, hang around to chat, eat, and join in all the fun following worship.

In this Issue:

<i>United Women in Faith</i>	<u>2</u>
<i>Camp Pictures</i>	<u>3</u>
<i>Children & Youth</i>	<u>4,5</u>
<i>Elevator update</i>	<u>6</u>
<i>Faith Forum</i>	<u>7</u>
<i>Mission Trip</i>	<u>8,9</u>
<i>Nancy's Note</i>	<u>10</u>
<i>Pastor's Note</i>	<u>11</u>



We love seeing everyone's pet's during our annual Animal Blessing!

♦ Sept. 7 (blended service)

Fall Kick-Off Sunday– Rally Day Festival

Psalm 139:1-6, 13-18

“Fearfully and Wonderfully Made”

♦ Sept. 14 (organ & choir)

Confirmation Sunday

Jeremiah 18:1-11

“Being Clay”

♦ Sept. 21 (Methodicals)

Jeremiah 8:18-9:1

“Crying as a Prayer Practice”

♦ Sept. 28 (organ & choir)

Jeremiah 32:1-3a, 6-15

“Land of Hope”

♦ Oct. 5 (Methodicals)

World Communion

“This World is Ours”

Psalm 137

United Women in Faith

As we settle into our fall schedules, think of the wonders of living in Minnesota: 90 degree sun-soaked days followed by 60 degree wind swept ones and rain, rain and lightning! Woohoo! September brings us the State Fair, school andHoliday Bazaar!



United
Women
in Faith

Yes, the annual Holiday Bazaar, sponsored by your UWF and enjoyed by all will be, once more, in the Fellowship Hall on Saturday, Nov. 8 from 9:00-2:00. We will again have many craft vendors, breakfast and lunch meals, rice pudding and more! Registration for vendors is now open: contact me, Maureen Trepp at maureentrepp@yahoo.com if you are interested.

Yes, you can also volunteer to help out, either prepping food and setting up on Friday, Nov. 7 from 9:00 until we are done, or on the day of the Bazaar. Youth and adults are all needed and we have a darn good time doing it! Contact Maureen, Kim Kanuit, or Margaret Rawson to volunteer or we'll find you!!

Our June Rummage Sale was a great success so we will probably continue to have it in June rather than September. Thanks to all who helped. As of now, your UWF is doing very well financially so we will continue to contribute funds to our present missions. We are always open to new suggestions.

We continue to serve at Simpson Shelter once a month with a hearty crew of about six volunteers who make good use of the food from the Minneharvest that same week. We served Aug. 25, and our future dates are Tuesday, Sept. 30, Mon. Oct. 27 and Mon. Nov. 24. Simpson is always open to donations of socks, underwear and other items as they are an active shelter for homeless folks.

Good health and wishes to our Minnehaha community; in peace,
Maureen Trepp, *President of M'haha UWF*
(United Women of Faith)



College Scholarship Awards

Scholarships have been awarded this year to three of our high school graduates.

All three received a total of one thousand dollars towards their college expenses. Five hundred dollars from the Chesney/Saffell Memorial Scholarship Fund through the Trustees. Five hundred dollars from the Minnehaha United Women in Faith.

Receiving those scholarships are:

- ♦ Annie Strom who graduated from St. Paul Central High School and will start this fall at Reed College in Portland, OR, majoring in Theatre and Sociology.
- ♦ Michael Talcott who graduated from St. Paul Central High School and will start this fall at American University in Washington, DC, majoring in International Relations.
- ♦ Ollie Gerster who graduated from Richfield High School and will start this fall at Normandale Community College in Bloomington, MN, majoring in Food and Computer Science.

Congratulations to all three applicants!



Minnehaha Spring Musicals

For many years, our children and youth have enjoyed putting together a spring musical at Minnehaha. The folks who have led these musicals have stepped down, so we are looking for folks who would be interested in leading the next season of spring musicals. If you may be interested, please contact Jean Elliott or Cindy Bergstrom.



Youth Group

Middle school and high school youth gather on Sundays from 4:00-5:30 pm for youth group. The youth will help decide the various fellowship activities, service projects and events for the year at their first couple of gatherings. Youth group will begin on Sunday, Sept. 14th.



Minnehaha Playgroup

Babies and toddlers with their caregivers are invited to stop by the church each Thursday 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.

Confirmation Sunday *Sept. 14* *9:30 am*

Join us as we celebrate this year's confirmation class:

Elias Emrick
Zeke Jones
Miles Messier
Hazel Retherford
Diana Talcott
Owen Zimmerman





Compassion Camp Day

Elevator Repairs Complete

Now that the Elevator Project is complete and all of the fine tuning is done for now. It is time to give credit where credit is due. Besides everyone on the Trustees committee who spent over a year and a half getting information. Reviewing analyzing and voting on which is the best way to proceed for our church. There are a couple of people who really spent extra time and their talent making it come together. Please make it a point to thank **Sara Emrik** and **Jeff Sandager** for their expertise and hours of work. Sara lead the way on fund raising with our rising Elevator poster and lead the way on choices for the elevator interior walls and carpeting. Jeff spent a lot of time negotiating our contract and upcoming Maintenance Agreement with Kone Elevator saving the church thousands of dollars. Thank you Minnehaha congregation for making it possible.



We had a lot of special music this summer! Thanks to everyone who participated!



Adult Sunday Faith Forum

The Adult Sunday Faith Forum (Sundays at 10:45-11:30) will begin on September 14 in Room 310. We'll begin the year by utilizing a 5-week study by Jemar Tisby addressing *How to Fight Racism* that is aimed specifically for congregations. There will be a video to watch, and then discussion based on topics raised in the video. There is the potential to zoom this class as well, so if you know you'd like to attend via zoom, please let Becky know (you can email her even while she is on renewal leave; she'll get the messages when she returns on Sept. 2).



Wednesdays at Minnehaha

Wednesday Night Dinners

Our Wednesday Night Dinners return on Sept. 10th. All are invited to gather for this mid-week meal from 5:30-6:15 pm in Fellowship Hall. Cost is \$5 person or \$20 family

Wednesday Night Childcare

Supervised play for babies, toddlers, and kids is available in the nursery and gym during the Wednesday Night Dinners from 6:00-7:15 pm.



Wednesdays this summer were a lot of fun! Picnics, live music, and an ice cream social!





School Supply Drive

134 Backpacks were distributed at the August MinneHarvest!

Food Shelf Monthly Donations

 JAN: Canned Soup	 FEB: Canned Fruit	 MARCH: Tooth- paste and brushes	 APRIL: Shampoo & Conditioner
 MAY: Toilet paper	 JUNE: Diapers, sizes 3,4,5 Open box OK	 JULY Bar Soap	 AUGUST: Feminine Hygiene
 SEPT: Cooking Oil	 OCT: Laundry Detergent	 NOV: Sugar	



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 September 27 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



A Note from Nancy

Let's listen how this planet hums with so much wing, fur and fin.

—Aimee Nezhukumatathil¹

So my last sermon invited us to consider ourselves as pollinators—to become humming, humble (and humorous) human beings. If all kinds of earth creatures can be pollinators—birds, bats, bees, possums, moths, wasps and plants, then why not people?

Thank you for the opportunity to join this cross-pollination of hope and compassion here at Minnehaha UMC for the summer! I have found it both a challenge and a meaningful task to reflect each week on scripture and then to discern how it may be interpreted in our world, with all the sorrow, violence, graciousness and beauty our lives and our world are facing.

Part of the cross-pollination has been connecting with new folk and folk I have known “over the years.” Worshipping in the greenspace among the trees and zinnias has offered fresh perspectives and joy, even if we had to adapt to the heat, rain, and precarious air quality at times. I am glad for the conversations leading to new guidelines addressing the health concerns and harms of extreme heat and poor air quality. Participating in the Wednesday night picnics gave me opportunities to casually connect about recipes, music and hamburgers (thank you Jim for your gregarious grilling!) A big shout-out to MinneHarvest and Foodshelf volunteers, putting compassionate food access into action: doing all the good you can! And caring for immigrants with respect and dignity. Thanks to Cindy and to the Methodicals for creative musical playfulness each week. Thank you too, to Heather, Jean, Steve and Gene for your daily faithfulness and commitment to the congregation in ministry. Keep on pollinating!

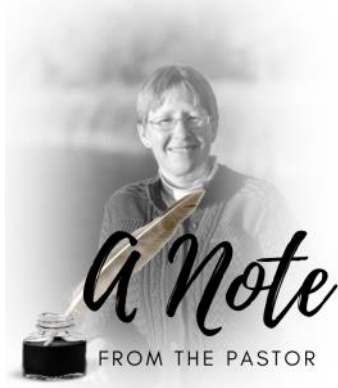
1 Aimee Nezhukumatathil, “Invitation” in *Oceanic* (Port Townsend, Washington: Copper Canyon Press, 2018), 29.

Rev. Dr. Nancy Victorin-Vangerud, a retired United Methodist pastor – filled in for Becky during her renewal leave this summer.



Outdoor worship air quality and heat policy

The worship and music committee has spent some time discussing how air quality and heat are impacting our outdoor worship services. We have come up with a new policy on when we will move our worship service inside when these factors are affecting our area. These policies were set at levels when the broad population is affected. We encourage everyone to make their own choices about whether attending an outdoor service is safe for you. For air quality, we will move our service inside if the air quality level is in the purple range (AQI of 200 or more). If the levels are in the red range, or any range you feel is unsafe for yourself, we encourage you to wear a N95 mask or stay home and hopefully watch the livestream. For the heat, we will move our service inside if the heat index is in the extreme caution range (heat index above 90 in the shade). For both of these situations we will be making a decision based on the forecast by Saturday afternoon. This will allow us to prepare our indoor space to be as comfortable as possible. Please remember that our sanctuary is not air conditioned, so if you are sensitive to heat you may still want to stay home and hopefully watch the livestream. We will continue to evaluate these policies and update them as needed.



Back from the Woods

As I write, I will be back in the office in one week. For the last 13 weeks, Martha and I have been enjoying a summer in the woods. I have been to 17 states and provinces, camping in 11 of them. Added up, we were camping for a little over 9 ½ weeks. It was a wonderful time of renewal, and I thoroughly enjoyed visiting new sites, seeing things we've enjoyed in the past, and connecting with friends and family throughout the summer. I got to spend time with Douglas Firs in British Columbia, an old-growth Hemlock forest in Nova Scotia, and the White Pines of northern Minnesota.

We even found a DIY Forest Therapy path behind our camping spot in a commercial campground in New Brunswick! We are currently in the process of shaking all the pine needles out of our gear and our trailer. There is dirt all over our house where we have upended our backpacks and duffles, and the house will need a good cleaning in the next day or so. All in all, it was a wonderful summer. I do have to admit that I think I camped enough that I am glad to have no more camping trips on my schedule for right now. I am enjoying a bathroom that flushes and is right around the corner from my bedroom. I am looking forward to hearing the sound of rain on the roof of my house and not worrying that there is some part of my campsite that I forgot to protect from the rain.

Even if the idea of camping for a summer does not fill your heart with joy, being outside is an important part of our soul.

I know that it is a privilege to return from camping to a house that is safe and secure, and I am grateful for that awareness. I am also aware of how much I (and, perhaps all of us) need the outdoors. Even if the idea of camping for a summer does not fill your heart with joy, being outside is an important part of our soul. It is becoming more and more clear that our bodies, our hearts, our minds, and our souls were created to spend time outside. However it is that you can do that, please do. Whether you are walking or weeding or biking or talking with a friend or neighbor, take the time to be in the moment. Listen to the sounds, feel the air on your skin, look at the colors and shapes around you, taste the breeze, smell the air (ok, maybe not on one of those wildfire smoke days. . .). And make that your prayer. A prayer of gratitude, a prayer for cleaner air and water, a prayer for the people around us.

My prayer this summer has been one of deep gratitude for this world, the God who created it and all of us, and for all of you for the community that you are. I had many opportunities to talk with people in all the places we visited, and I was able to share how amazing Minnehaha UMC is, how you all care for neighbor and the environment, and how you are a healthy example of what it means to be church.

While I am grieving a bit the end of this time, I am looking forward to seeing all of your faces this fall. I am looking forward to singing with you, praying with you, laughing with you, and grieving with you.

I hope that your summer has also been fulfilling and filled with wonder.

In Joy,

Becky





3701 East 50th Street
Minneapolis, MN 55417

Address Service Requested

Phone: 612/721-6231

E-Mail: becky@minnehaha.org

office@minnehaha.org

9/25

Visit us online!

www.minnehaha.org

A teal-colored banner with a string of colorful triangular bunting flags (pink, yellow, and teal) along the top edge. The text "RALLY SUNDAY" is in large, white, sans-serif capital letters. Below it, "SEPT. 7" is also in large, white, sans-serif capital letters. To the left and right of the date are vertical columns of small white dots. Below the date, "10:00 am Outside" is written in a smaller, white, sans-serif font. At the bottom, the text "Worship Grilled Picnic Pie the Pastor (and Staff)" is written in a white, sans-serif font, with "Worship" on the left, "Grilled Picnic" in the middle, and "Pie the Pastor (and Staff)" on the right.

RALLY SUNDAY

SEPT. 7

10:00 am Outside

Worship

Grilled Picnic

Pie the Pastor
(and Staff)