

# ***Tower Notes***

## ***May 2020***

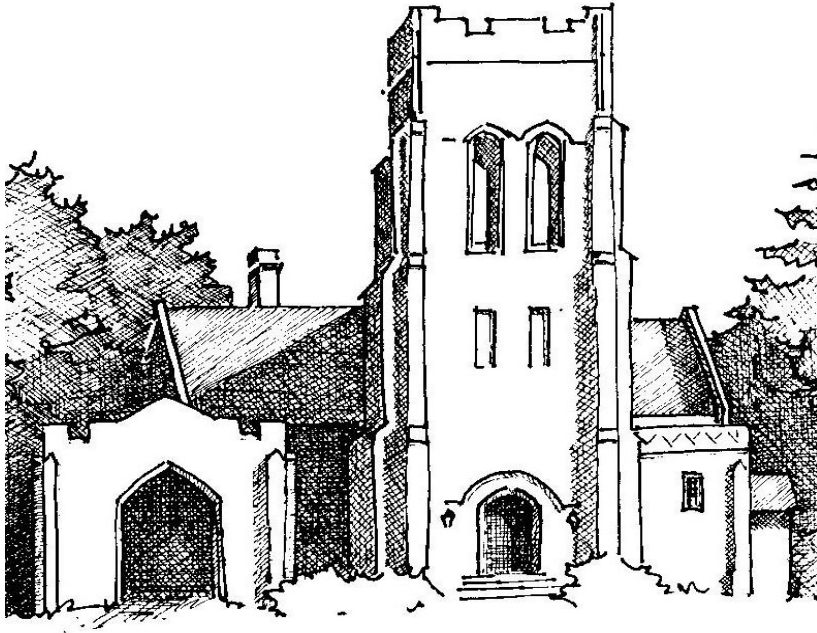
**United Protestant Church  
(UCC)**

in Morgan Park  
830 88th Avenue West  
Duluth, MN 55808  
218-626-2570

[office@unitedprotestantchurch.org](mailto:office@unitedprotestantchurch.org)  
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**Pastor**

Rev. Paul VanAntwerp  
218-349-0143  
[pastor@unitedprotestantchurch.org](mailto:pastor@unitedprotestantchurch.org)



**Worship Schedule: Sunday at 10:30 AM  
YOU ARE INVITED TO WORSHIP WITH US EVERY WEEK**

**Formal Worship Services are cancelled  
until further notice.**

**Pastor Paul is posting weekly sermons on YouTube.**

**Sermons are also available by email,  
or, if you would like a copy mailed to you  
please contact the church office**

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## Pastor's Commentary

It's an almost daily ritual now...I leave the house and head up the road, turn left on Grand, and head down to Chamber's Grove to have a look at the pelicans passing through. On my way, I tune in to 89.1 (WGZS, the Fond du Lac community radio station), where they play songs that I know. I sing along - even if I don't particularly like every song - because I know the words, because singing helps me be aware of my breathing, and because Pat Puchalla's voice over the radio has a smile-inducing cadence about it. From there, it's a short walk to see the birds, and more recently the flowers (Bloodroots coming up as I write this!), and a drive back, singing through Gary, turning on 88th, and in to the church.

I share these comparatively mundane words because I think it's important in these times to share all the little doses of grace and hope we can muster...any little "yes" in this time so full of "no's"...any potential abundance in this time of scarcity. I share these small and pleasant moments to lift up and celebrate all the little practices that any of us maintain in order to keep our souls in tune and spirits bright. What's yours?

I miss you. As I shared in last week's worship: *"Of all the things that this time has taught me, at the center is how good and life-giving and holy it is to be close to one another, sharing time and space. It's not the 'idea' of church, rather the shared practice of being church. It reminds me that I'm not a minister for the ideology of it, but for the amazing human souls I have the privilege of sharing faith and life with."*

*...The privilege of sharing life and faith...Church has changed in this time, but religious practice certainly persists. We are not the first Christians that could not gather in the ways we want to. Just because we cannot gather does not mean we do not pray. Just because we cannot be led in song by Cathy and our choir doesn't mean we do not sing. Just because the coffee isn't poured or the sweet treats distributed, doesn't mean we don't laugh and share stories with one another.*

Is it easy? Not really. We'd all rather stick with what we are familiar with and what we know, but I'm quite certain that each and every one of you reading this has found a trick or two to keep your faith alive. Picture then, if we shared those ways with one another. Put it this way: you know you'd do whatever you could to help one another in our community...well, frankly, we all need a little help sustaining our faith and hope in these days. I'd love it if you could share your story...your little tips and tricks that sustain you - yours may not be as quirky as pelicans and pop songs, but it is certain to be appreciated by others, and maybe even helpful fuel for their own spiritual fire.

What a neat collection of stories that would be. Send 'em our way!  
Keep in touch,  
Pastor Paul

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## Message from the Moderator

Hello to All,

I found this prayer that must have been in an old UP Church bulletin. It was typed and on the back side there was a calendar for the next week with various meetings at the "manor." It must have been an insert. I don't know where this prayer came from, but I wanted to share it with you. I love how it's worded.

*"Lord, Thou knowest better than I myself that I am growing older and some day will be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everyone's affairs. Make me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.*

*Keep my mind free from the endless recital of details. Give me wings to get to the point. Seal my lips on my aches and my pains; they are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me endure them with patience.*

*I dare not ask for improved memory, but for a growing humility, and a lessened cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.*

*Keep me reasonably sweet; I do not want to be a saint, some of them are so hard to live with; a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, Lord, the grace to tell them so. Amen"*

As you can see, I don't have much to contribute to the Newsletter this month.

Clarice has been doing her wonderful job of keeping us informed about important things and Pastor Paul has been continuing to YouTube his Sunday messages. Also, the Friday updates are great!

Are there any ways you can think of for keeping folks in touch besides phone calls? I was thinking of a recipe exchange by email with pictures and tasting details. What do you think? Could be fun and interesting.

Thank you so much to all of you who are keeping up your offerings. We really need your help as this year we can't depend on our activities to help with the bills. These activities were a big part of our being able to keep the church running.

See you in church, but not this Sunday.

Karen Robnik, Moderator

## AROUND UPC

### Remember in Prayer: Joys and Concerns

\*Pray for our nation and world as we deal with Covid-19 and its consequences. Remember those who work in healthcare and those who keep our essential services and supply lines going.

\*Remember those who are unable to be with us.

\*If you would like prayer for yourself, family or friends, you may contact Sue Linde, 626-1272, and she will begin the prayer chain.

\* \* \* \* \*

### Thank You

\*\*Thank you to members and friends who continue to send in your generous donations during this time of great uncertainty.

\* \* \* \* \*

### Bakeless Bake Sale

Women's Fellowship continues collecting donations for the Bakeless Bake Sale. Donations are used for such things as the church fuel fund, Union Gospel Mission, CHUM, Salvation Army, Bethany Crisis Shelter. Collection will continue until June 1. Make checks payable to Women's Fellowship and return to Char Marich or Doris Toman, or send to the office at the church. Your support is appreciated.

\* \* \* \* \*

### Memorial Garden

Due to Covid-19, we did not decorate our Easter Cross with memorial Easter Lilies or share line memorials in the bulletin. Marna proposes that we use the money that had been collected to plant the small garden just outside the front doors of the church. We can plan to do this in May or June or whenever the public health officials deem it safe for us to gather. We will list the memorials in the Sunday bulletin and have a small sign by the garden. If you did give Marna money for Easter memorials, please let her know if she can use those funds for a memorial garden (call her at 384-9872 or email at mnmfast@gmail.com). If you would like to donate towards a memorial garden, let Marna know. While in the past we asked for \$5 for a line only memorial and \$10 for a plant memorial, at this time any amount of money that you can donate will be accepted for the flowers for the memorial garden. Somehow we will make it work! Call Marna if you have any questions. Thanks and stay healthy until we gather again at UP!

\* \* \* \* \*

### CANCELLATION

The Morgan Park 5K run/2.5K walk which was scheduled for May 31 has been cancelled. Eve plans to be back heading up the race next year!

### Helping Hands!

Marna Fasteland is sewing face masks from leftover quilt fabric. If you need a face mask, call or email Marna and she will mail a mask to you. No charge for mask - Marna says "after I use up scraps I can buy more fabric!"



\* \* \* \* \*

NOTE: Ruby's Pantry food distribution continues during the Covid-19 shutdown: 4th Saturday of each month at Mission Creek Church, 521 131st Avenue W., 11 am-12:30 pm.

\* \* \* \* \*

Looking for a new recipe to try? Sue Linde shared her recipe for Chocolate Orange Bars:

- |                |                      |
|----------------|----------------------|
| 1/2 c. cocoa   | 1 tsp. vanilla       |
| 1 1/4 c. flour | 2 c. brown sugar     |
| 3 eggs         | 1 tsp. salt          |
| 2/3 c. butter  | 1 tsp. baking powder |

Mix sugar, butter, eggs, cocoa and vanilla. Add flour, baking powder and salt. Bake in greased 9x13 pan at 350° for 24 minutes. Cool.

Frosting:

- Mix together:
- |                     |                         |
|---------------------|-------------------------|
| 2 c. powdered sugar | 1/3 c. soft butter      |
| 2 T. milk           | 1 tsp. orange flavoring |

Frost bars and refrigerate until cold.

\*\*Sue adds yellow & red food coloring to give a little color to the frosting.

Glaze: Melt 1 c. chocolate chips and 3 T. butter. Spread over cold frosted bars.

\* \* \* \* \*


### Aging & Senior Care Community Resources in Duluth

The following was received from Joan Martin, Community Outreach & Senior Advocate: "...many aging adults are unaware of the available care options and programs that can help maintain their independence and quality of life. So we created a free resource that provides information on topics like financial support and care options that are available in Duluth. What we are most excited about is our comprehensive database of senior living communities which also includes thoughtful and honest reviews from residents in your community. Read more about our work here: <https://www.caring.com/senior-living/assisted-living/minnesota/duluth> or at <https://www.caring.com/senior-living/assisted-living/minnesota>."

*God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings. ~ 1 Peter 4:10*

# UNITED PROTESTANT CHURCH

## May 2020

| Sun                                                                                            | Mon           | Tue       | Wed                      | Thu       | Fri                      | Sat                                       |
|------------------------------------------------------------------------------------------------|---------------|-----------|--------------------------|-----------|--------------------------|-------------------------------------------|
|                                                                                                |               |           |                          |           | <b>1</b><br>Office 10-2  | <b>2</b>                                  |
| <b>3</b>                                                                                       | <b>4</b>      | <b>5</b>  | <b>6</b><br>Office 10-2  | <b>7</b>  | <b>8</b><br>Office 10-2  | <b>9</b>                                  |
| <b>10</b><br> | <b>11</b>     | <b>12</b> | <b>13</b><br>Office 10-2 | <b>14</b> | <b>15</b><br>Office 10-2 | <b>16</b>                                 |
| <b>17</b>                                                                                      | <b>18</b>     | <b>19</b> | <b>20</b><br>Office 10-2 | <b>21</b> | <b>22</b><br>Office 10-2 | <b>23</b><br>Ruby's<br>Pantry<br>11:00 am |
| <b>24</b>                                                                                      | <b>25</b>     | <b>26</b> | <b>27</b><br>Office 10-2 | <b>28</b> | <b>29</b><br>Office 10-2 | <b>30</b>                                 |
| <b>31</b>                                                                                      | <b>June 1</b> | <b>2</b>  | <b>3</b><br>Office 10-2  | <b>4</b>  | <b>5</b><br>Office 10-2  | <b>6</b>                                  |
| <b>7</b>                                                                                       | <b>8</b>      | <b>9</b>  | <b>10</b><br>Office 10-2 | <b>11</b> | <b>12</b><br>Office 10-2 | <b>13</b>                                 |

# ALL MEETINGS, GATHERINGS & EVENTS ARE SUSPENDED UNTIL FURTHER NOTICE.

## Coming Up in May

- May 3 \*Communion, Fuel Fund, Food Shelf
- May 6 \*Women's Fellowship, 1:30 pm, Fellowship Hall
- May 10 \*Mother's Day
- May 12 \*Council Meeting 7:00 pm, Trustees & Diaconate 6:00 pm
- May 17 \*Second Offering - Fuel Fund
- May 23 \*Ruby's Pantry at Mission Creek Church, 11 am-12:30 pm
- May 25 \*Memorial Day
- May 31 \*Morgan Park Walk/Run, 4:30 pm

## Looking Ahead to June

- June 1 \*Women's Fellowship
- June 7 \*Communion, Fuel Fund, Food Shelf
- June 9 \*Council Meeting, 7:00 pm, Trustees & Diaconate 6:00 pm
- June 20 \*First Day of Summer
- June 21 \*Second Offering - Fuel Fund
- \*Father's Day
- June 27 \*Ruby's Pantry at Mission Creek Church, 11 am-12:30 pm

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**Monday, 6:00 pm: Bible Study** Join Pastor Paul for a first look at the Lectionary texts for the following Sunday. This is a time for questions and conversation in our lives of faith - and your participation greatly assists in creating a meaningful sermon on Sunday.

**Wednesday (2nd & 4th) 6:00 pm: Choir Practice** Choir performs the following Sunday. Everyone who likes to sing is welcome to join in. Let Karen Robnik or Pastor Paul know if you have a favorite piece of music you would like to hear.

**Wednesday, 5-7 pm: Grill's On!** Bring something for the grill or a side dish, a friend or neighbor, and enjoy the fellowship.

**Weekly Email Update** Each Friday, UP Church sends out a church-wide email including reminders of upcoming events and a note from Pastor Paul. Interested in receiving this? Send a note to the office. Also, paper copies of the updates available on Sunday mornings in the Narthex and Fellowship Hall.

Church Contact List: Let us know if you have a new home address, phone number or email address, so we have up-to-date information for the directory. Also, if you have any additions, deletions or other changes you would like made to the directory or birthday/anniversary list, please leave a message in the office.



## May Birthdays

- |                      |                |                    |
|----------------------|----------------|--------------------|
| 1 Kylie Davis        | 4 Jerry Toman  | 10 Brian Parenteau |
| 11 Isaac Fredrickson | 13 Cathy Dale  | 15 Heather Conito  |
| 25 Ken Donald        | 27 Nick Marich | 28 Jeff Nace       |

## May Anniversaries

- |                            |                       |
|----------------------------|-----------------------|
| 16 Pam & Gerald Herrington | 19 Kari & Jason Rengo |
|----------------------------|-----------------------|

Learn more at [facebook.com/unitedprotestantchurch](https://facebook.com/unitedprotestantchurch)

## **United Protestant Church UCC**

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### ***United Protestant Church Vision Statement***

*The United Protestant Church aspires to be a vibrant Christian congregation that is sustainable and welcoming to all, putting its faith into practice through its outreach activities. The church strives to be the center of the community's mind, body and spirit through its ministries and the programs it offers.*

*May 2020*

*100 Years  
1917 - 2017*

*Fear thou not; for I am with thee;  
be not dismayed; for I am thy God;  
I will strengthen thee;  
yea, I will help thee;  
yea, I will uphold thee  
with the right hand of my righteousness.*

Isaiah 41:10

