

# CIRCLE TIMES

July 2024

United Protestant Church Newsletter

Silver Bay, Minnesota

## The United Protestant Church Mission Statement

*We are an open-minded Christian fellowship. We seek to follow the Word of God and to pass God's love on to others as we actively welcome them into our church family.*

Rev. Paul Scaringi, Ph.D.

Pastor's e-mail : [upcpaul@tutanota.com](mailto:upcpaul@tutanota.com)

Lynn Anderson, Church Secretary

Terry Eggum, Church Council Chair

Church Office: 218-226-3973

Church email: [upchurch1956@gmail.com](mailto:upchurch1956@gmail.com)

U P Church web site: [www.unitedprotestant.org](http://www.unitedprotestant.org)

[www.facebook.com](https://www.facebook.com/upchurchsilverbay) @upchurchsilverbay

## TEXTS AND TITLES

**July 7** – 7<sup>th</sup> Sunday after Pentecost

1<sup>st</sup> Reading: Mark 6:1-13

2<sup>nd</sup> Reading: 2 Corinthians 12:2-10

Title: *Power Grounded in Weakness*

**July 21** – 9<sup>th</sup> Sunday after Pentecost

1<sup>st</sup> Reading: Mark 6:30-34, 53-56

2<sup>nd</sup> Reading: Ephesians 2:11-22

Title: *A Dwelling Place*

**July 14** – 8<sup>th</sup> Sunday after Pentecost

Bay Days Ecumenical Service

Reading: Ecclesiastes 3:1-15

Title: *Keeping Time*

**July 28** – 10<sup>th</sup> Sunday after Pentecost

1<sup>st</sup> Reading: 2 Kings 4:42-44

2<sup>nd</sup> Reading: John 6:1-21

Title: *The Original Potluck*



*We chose the name "Circle Times" for our first U.P. newsletter 62 years ago.*

*It was a way of reminding ourselves that we are a united group of several denominations.*

*This is a much needed witness in our world filled with diversities.*



## From the Pastor

So faith, hope, and love endure. These are the great three . . .  
- I Corinthians 13.13a

Now faith is the assurance of things hoped for, the conviction of things not seen. . .  
By faith we understand that the worlds were prepared by the word of God,  
so that what is seen was made from things that are not visible.  
- Hebrews 11:1,3

The apostle Paul ends his well-known chapter on the topic of love in I Corinthians 13 by stating three essential elements for the Christian life – faith, hope, and love. The above verse comes from a 1931 translation of the Bible (*An American Translation*) and I appreciate the wording. Some of you know that after Paul lists the “great three” he’ll go on to say that the greatest element is love, which considering everything else he has just said in the preceding twelve verses, makes sense.

What he is not saying is that faith and hope are unimportant. He is, after all, the one who proclaimed in Romans 3:28 that we are “justified by faith,” a bedrock teaching for the Protestant branch of the Church. In the next several articles, then, I’d like you to consider these “great three” and what they mean for our lives. We’ll follow the pattern established by Paul and we’ll begin with ‘faith.’

I wonder what the word ‘faith’ means to you? It is a word that we use often in church and it is a word that operates on different levels of meaning. For instance, we can talk about faith as a belief or an agreement to a certain truth found in scripture or a doctrine of the Church. Faith, understood on this level, leads us to talk about the Christian faith – that is, a set of beliefs that are unique to the revelation of God as found within the life of Jesus and within the Bible, all of which is illuminated by the Holy Spirit.

This understanding of faith, as it grows within us, leads us to a deeper level of faith, a level where faith becomes how our lives are oriented. Faith, here, becomes the way in which our lives are lived in relation to God’s presence with us. This growing faith leads us to living lives wherein we trust in God for all things. As Shirley Guthrie (a Presbyterian minister and theologian) once wrote, “Very simply, faith is trust.” This is an understanding of faith that frames the verses above from Hebrews. The author is calling us to a faith that forms and shapes our convictions as to how life is to be lived – a life trusting in the God whose word that brought all of creation into existence from that which is not visible. This is a truth that cannot be ‘proved’ but only accepted through faith.

All of which leads us to a question that reverberates throughout scripture – where do we place our faith? Some of us are tempted to say that our faith is in the God who is revealed within scripture, but we then end up trusting in all sorts of things, people, or our own schemes to get us through our days. This is an easy approach to slip into, especially when life becomes challenging, and we feel we need to trust in something tangible or in something we can try to control. Yet, those other things we place our trust in will eventually fall away and prove unworthy to help us overcome our challenges.

It is our faith in God’s steadfast love and presence that is the only path for us to walk. A faith that is meant to grow within us, a faith that is sometimes as small as a mustard seed and yet by God’s grace and presence grows into a way of life, wherein we may know the power and love to go through our days. Faith is, indeed, one of the “great three” elements for our lives. I pray you may know the gift of faith our Lord wishes to nurture in your life so you may go in the confidence of God being with you and God being for you.

Blessings,  
Paul

**PLEASE NOTE:**

UP Church Council did not meet in June.  
The next council meeting will be held on July 9th.



***Taking 5***

Below you will find the Taking 5 scripture and prayers for this month. I encourage you to take 5 minutes each day to read the scripture closely, pray the prayer attentively, and spend the remaining time in prayerful silence, seeking out God's presence and prompting in that time. Thank you for being part of this important discipline for our church and for you.

Peace,  
Paul

**The week of July 7<sup>th</sup>**

Scripture: Ecclesiastes 3:10-13

Prayer: Eternal God, the days slip by and I wonder where time has gone. I rest in the wisdom that you may be found in all the times of my life. Amen.

**The week of July 14<sup>th</sup>**

Scripture: Ephesians 2:19-22

Prayer: Gracious God, I stand in wonder at how you can weave all strands of life, including me, into a dwelling place for you. May I abide with you this day. Amen.

**The week of July 21<sup>st</sup>**

Scripture: John 6:18-20

Prayer: God of all possibilities, grant me the faith to recognize the many ways you come to me even when life is tossing me about. Help me trust in you. Amen.

**The week of July 28<sup>th</sup>**

Scripture: John 6:33-35

Prayer: I live in a world that hungers for all sorts of things, Living Bread. I pray for your wisdom to hunger for that which gives abundant life – you. Amen.



## House of Love update

*The House of Love (HoL) is our partnered mission. It is a Christian orphanage in Chiang Mai, Thailand that is a home for women and children affected by HIV/AIDS. Its mission is to meet the physical, emotional, and spiritual needs of each resident. Mark and Alise Juanes are American Baptist missionaries working with the local administrators and staff to further this ministry.*

Thank you so much for your support of the House of Love, Binmuk, and Fai. Your support is not specifically for the both of them, but they are cousins and your support affects them both so we feel it is appropriate for you to get to know both of them. The girls currently live at the House of Love and are cousins but since living here, the two of them have become best friends and as close as sisters. We do stay in contact with their family and community however, the most recent assessments show that it is still not a safe enough environment for them to live long term. However, during the school break this year, they will be spending a week or two with a family in the community so they can keep in touch with their culture and be close enough to spend time with their own family and have a safe place in the evenings. Community is very important in Thai culture and we want to do everything we can to keep the girls in touch with their community.

Binmuk (9) is a very sweet, smart, and driven young woman. She is assertive enough to take the initiative to try to speak English with any visitor who can speak English. Though her English is very limited, she is still making the effort and trying to practice as much as she can. In Thai schools, English is taught but there is not much opportunity to practice. While she gets along well with the other kids here, she has a special bond with Fai and the two of them are usually playing together even though they have very different personalities and interests.

If there is one trait which stands out about Fai (8), it would be her nurturing nature. She loves to take care of dolls and stuffed animals; there is even a stray kitten who found its way to the House of Love and Fai has claimed the cat as her "child." Recently, one of our graduates visited the House of Love with his new baby and since seeing them, Fai has used a blanket as a sling to hold a stuffed animal as one would carry a baby - and she takes it with her everywhere!

Thank you so much for your ongoing prayers and support of Binmuk and Fai as well as all of the children and families we work with here at the House of Love.

**My name is Fai and I am from the Lahu tribe and I am practicing my writing to you. The weather in Thailand is very hot right now and there is a lot of smoke also. Now I am done with grade 3 and I can read a lot more this year. I am studying very hard. This year I liked to go see the koi fish at the park and I got to go swimming and go to the market. I really liked the market. I want to thank you for supporting me. May God bless you with lots of happiness and money and good health. (translated from Thai)**

Note: Photos are not available.





**Parish Nurse Notes**

**Dedie Moore Retired R.N.**

*Make my joy complete: be of the same mind,  
having the same love, being in full accord and  
of one mind.*

Philippians 2:2

Paul is talking about their mind, and our brain is part of our mind. July 22 is World Brain Day, so I will pass on some of the American Academy of Neurology pointers for brain health.

Get a good night's sleep, aim for 7-7 1/2 hours, and wake up naturally. This allows your brain to consolidate memories and clear waste products from the brain. Talk with your provider if you are having trouble getting a good sleep.

Brush your teeth and practice good oral care. Poor oral health is linked to a higher risk of cognitive decline.

Move. It is even better in the morning when you have been fasting, when your body uses ketones for energy which may change the brain's metabolism.

Do some resistive, strength training. Several studies have shown a link between resistive training and cognitive function.

Eat breakfast. Aim for protein such as eggs, whole grains and fruits.

Remain engaged, read the paper, continue activities you enjoy that stimulate your brain. Continue hobbies or learn new hobbies.

Eat a light lunch. Eat your veggies!

Get outside, connect with others and practice mindfulness. Extend kindness. Actually, loving your enemy is good for your health. Being in accord and of one mind.

Eat a balanced dinner, including vegetables and whole foods. Maybe take a walk after dinner.

Read, stimulate your brain.

These were taken from "Brain and Life", a magazine for lay people from the American Academy of Neurology. This is a free magazine for anyone. Ask me if you are interested in getting a copy.

There are many suggestions, but if I make at least a few improvements in my habits, that is better than none. Our brains continue to learn and change and make new connections, so it is never too late.

Group Living with Anxiety and Depression continues to meet the second and fourth Mondays at 6:30 pm on Zoom and may start in person also. Checkout the North Shore Mental Health Group on Facebook, and email [nsmentalhealth@gmail.com](mailto:nsmentalhealth@gmail.com) for more information. The North Shore Mental Health Group meets the third Tuesday at 6 pm on Zoom and in person, and all are welcome. Check out our table at Bay Days.

## **Bay Days Ecumenical Service.**

July 14<sup>th</sup> at **10:30 am**

We hope you'll be to join us as we gather with our area churches to worship and celebrate God's blessing and faithfulness.

## **Baptismal Service & Potluck**

Sunday, 21 July at 10:30 am

Join us for a baptismal worship service at Dale & Vera Johnson's home. If you are able, bring a side dish or dessert to share for the potluck following the service.

The Johnson's address:  
4830 Birch Lane



## **A note from Jean Wagner and Don Runnberg:**

A person who has good friends is truly blessed. I am thankful to our church family for the kind thoughts and prayers sent my way during the past seven months. I felt your prayers for recovery and thank you for the gifts, cards and letters that brightened my days. The delicious meals truly "kept us going" when I just lacked the energy to cook. (Don was particularly delighted.) Thanks to Pastor Paul for his encouraging hospital visits. We appreciate his care and prayers.

We both are on the road to recovery. Don had a heart attack recently, when two stents were put in a coronary artery. He is going to Mayo clinic next week to have another procedure. He tells me he's "working" on slowing down. Again, we thank you and are grateful to each and every one of you for your kindness and caring.

Blessings,  
Don and Jean

## **A note from Jim Martineau:**

Thank you to the folks of UP Church who helped me receive oral surgery that was badly needed. The surgery was a great success. I feel so much better.

With gratitude,  
Jim

# What's up now with U.P. folks!!!

## **Keep these folks in your thoughts and prayers:**

Ellen and Karsten Hogenson, Phyllis Pearrow, Ray Burge, Kay Colby, Irene Johnson, Mary Aijala, Mary Carroll, Chuckie Knudson, Mike and Peg Osmundson, David Gustafson, Rebecca Snook, Phil Christman, Serine Ege, Deanne Reiten, Agnes Gilson, Jean Wagner, Don Runnberg, Ruth Koepke, Carol Bakken, Mary Jo Taintor and Allison Oja of our congregation as they deal with health-related changes and recoveries.

**All the caregivers.**

## **July Birthdays**

Mary Ann Steward	7
Bob Smuk	8
Kathryn Kolojeski	11
Chuckie Knudson	21
Alis Stevens	26
Amy Wasson	26
Jean Wagner	28
Dale Johnson	30



## **July Anniversaries**

Bob and Betsy Myers	17
Paul and Eileen Scaringi	26
Greg and Nancy Christenson	26
Scott and Sharon Searls	28
Philip Christman and Serine Ege	30
Bob and Beth Smuk	30



## **Wednesday Morning Bible Study 9:30 am**

Pastor Paul will resume WMBS in the fall.  
Summer schedule will be announced.



## **Check out our website:**

<https://www.unitedprotestant.org>.  
You can download the latest newsletter and sermon as well as keep up to date with what is happening here at UPC.



For those who would like to support the UPC ministry electronically, please scan this code to access our website's online giving page: Note: There is a fee associated with using this application.

July

2024

	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 WMBS 9:30 am Tentative	4	5	6
7 Sunday Worship 10:30 am  Communion	8 GLAD 6:30 pm	9 Boards meet 5:00 pm Council meets 6:00 pm	10 WMBS 9:30 am Tentative	11	12	13  50th Class of 1974 Reunion Dinner
14 Sunday Worship 10:30 am  Bay Days Ecumenical Service	15	16 NSMHG 6:00 pm	17 WMBS 9:30 am Tentative	18	19	20
21 Sunday Worship 10:30 am Outdoor Baptismal Potluck at Vera and Dale Johnson's on Lax Lake	22 GLAD 6:30 pm	23	24 WMBS 9:30 am Tentative	25	26	27
28 Sunday Worship 10:30 am  _____	29	30	31 WMBS 9:30 am Tentative	<div>Pastor Paul will be in the office on Tuesday and Wednesdays . He will be in his home office on Thursdays and Fridays.</div> <div>Lynn in office Wed &amp;Thurs 1:30 -4:00 pm</div>		

UNITED PROTESTANT CHURCH  
17 HORN BOULEVARD  
SILVER BAY, MN 55614

Postage Paid Permit No.2  
A Non-Profit Organization  
Silver Bay, MN 55614

Return Service Requested

