

# CIRCLE TIMES

**November 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.***



**Lynn Anderson, Church Secretary**

**Church Office: 218-226-3973**

**Terry Eggum, Church Council Chair**

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

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

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

## Thanksgiving

Beneath the autumn sky  
our hearts long to gather as one.

Though apart,  
we all live under one heaven.  
Let us lift our spirits to God,  
giving praise and thanks  
for all His works  
so wise and wonderful.

LMA



**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.**

### **Note to “Circle Times” readers:**

In lieu of *From the Pastor*, we will share short stories and essays that provide uplifting messages and food for thought. Suggestions are welcome.

### ***Saying Thanks***

A quilter in Michigan knows the value of saying thanks.

Ellen Ann Bidigare is the regional chairperson for Tiny Miracles, a group that makes and donates up to one hundred baby quilts each month to local hospitals for use in their neonatal units. Premature babies and others with health difficulties receive the Tiny Miracles quilts. Such colorful bedcovers are often a bright spot in an otherwise difficult time in the families’ lives.

“Seldom,” Ellen says, “do I get parents who actually call our office, or drop a note of thanks, but I understand. They’re so busy, enduring the stress of having their infant in the hospital day in and day out.” Nevertheless, she knows the quilts are appreciated, so she and the others continue to make them.

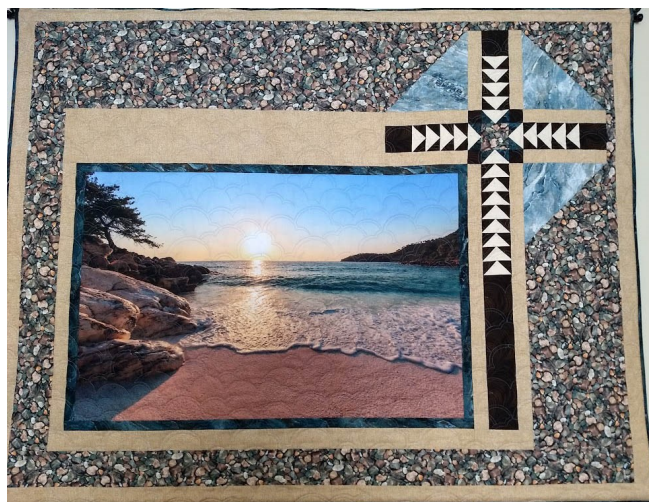
One day at Tiny Miracles, the phone rang, “A dad wanted to thank me for all the beautiful quilts our local hospital had received” Ellen recalls. He was especially thankful for the little quilt his son got while in the neonatal intensive care unit. He explained to Ellen that his pregnant wife had died as the result of a car accident. Their baby was delivered by C-section in the emergency room.

This dad was now at home alone, taking care of their newborn son. Ellen says, “He took the time to call and let me know we are doing a great job here, donating quilts for the babies. He said the quilt meant so much, almost like a gentle touch from an angel.”

Ellen uses this illustration to point out that serving others is important and is appreciated. “Our quilting talent should be shared, whether by teaching or by donating a finished quilt here and there. Please keep your heart open when you can. It really does make a difference.”

***“Praise be to God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort who comforts us in all of our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2Corinthians 1:3- 4)***

A quote from What I Learned from God While Quilting by Ruth Mc Haney Danner and Cristine Bolley (pages 53-55).



## UNITED PROTESTANT CHURCH COUNCIL MINUTES

October 8, 2024 6:00 pm

ATTENDEES: Jim Martineau, David Moore, Agnes Gilson, Lynn Anderson, Phil Christman, Shirley Whiteford, Terry Eggum, Ruth Eggum.

Council Chair Terry Eggum called the meeting to order at 5:35 pm and opened in prayer.

ADDITIONS TO THE AGENDA: None

M/M/S by David Moore/Agnes Gilson to approve the minutes of the September 10, 2024 meeting. Motion carried.

TREASURERS'S REPORT: M/M/S by Ruth Eggum/Shirley Whiteford to approve the Treasurer's report for September, 2024 for audit. Motion carried.

Checking Account: \$24,795.12	Memorial Fund: \$27,358.13	
Ministry Fund: \$66,069.15	House of Love: \$3,693.40	AmazonSmile:
\$464.18	Checking SS: \$3,609.02	YTD Food Shelf: \$ 824.00
YTD Income: \$85,020.01		
YTD Expense: (\$93,932.08)		
YTD Net: (\$8,912.07)		

DIACONATE REPORT: Ruth Eggum reported that Paul Taintor will be pulpit supply for October 13. Von Borg will preach October 20, 27 and November 10. Ken Ribe will preach on November 17. Ruth has reached out to Sara Lund and Andrew Filkins, but has not heard back yet. The Gideons will be here November 24.

TRUSTEE REPORT: Philip Christman reported Mike Tarolli has been replacing windows and putting metal panels on the outside ceilings and sides of the church. The new lectern microphone is here but not yet installed. Karsten Hogenson and Gary from Finland will install it.

CHRISTIAN ED REPORT: No report.

OLD BUSINESS: No Tabitha Ministry report. The Zoom meeting with the denominations reps was unsuccessful due to computer glitches in them not receiving the invitations. Terry Eggum will call them individually and ask about available resources, pulpit supply and possible interim candidates. A list of all pastors and interim pastors from 1953-2024 was passed out to all members present at the meeting and also placed on the information board in the Fellowship Hall. M/M/S by Terry Eggum/David Moore to leave the Board and Council meeting times at 5 pm and 6 pm. Motion carried.

NEW BUSINESS: Highway clean-up will be the last two weeks in October (October 21-November 2). Board chairs need to turn in their budget requests at the November Council meeting. There will be a Special Congregational meeting on October 20 to elect the Search Committee. Eight people have put their names in (we only need seven) and when elected, they will choose the denomination of the new pastor. M/M/S by David Moore/Ruth Eggum to have a Congregational meeting on November 24 to elect the slate of new Board members presented by the Nominating Committee. Motion carried.

The next Council meeting will be November 12, 2024 at 6:00 p.m.

M/M/S by Ruth Eggum/Philip Christman to adjourn the meeting at 6 pm. Motion carried. Chair Terry Eggum closed in prayer.

Note: October minutes will be approved in November.

**SPECIAL CONGREGATIONAL MEETING  
FOR ELECTION OF SEARCH COMMITTEE  
OCTOBER 20, 2024**

**PRESENT:** Jean Williams, Brenda Larson, Agnes Gilson, Maggie King, Grace Kelley, Shirley Whiteford, Jim Martineau, Lynn Anderson, David Prestidge, David Moore, Dedie Moore, Paula Fenstad, Lavern Fergon, Ernie Kelley, Karsten Hogenson, Ellen Hogenson, Ruth Eggum and Terry Eggum.

Council Chair Terry Eggum called the meeting to order at 11:19 a.m. and opened in prayer. He named the slate of Search Committee candidates to be:

Lynn Anderson  
Paula Poaletti Holden  
Maggie King  
Jim Martineau  
David Moore  
Amy Wasson  
Jean Williams

By a show of hands this slate was elected unanimously.  
Council Chair Terry Eggum closed in prayer and the meeting was adjourned at 11:22 a.m.

***Taking 5***

Below you will find the Taking 5 scripture and prayers for this month. You are encouraged 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.  
Note: the origin of these Taking 5 scripture readings are from Rev. Paul Scaringi who has given us permission to reprint them.

**The week of November 3**

Scripture: II Thessalonians 2:15-17

Prayer: Almighty Lord, I pray you would help me stand firm in your grace, while holding fast to your love so I may do your good work. Amen.

**The week of November 10<sup>h</sup>**

Scripture: Isaiah 12:3-6

Prayer: I praise you, Lord God, for you hear me when I call on your name. May I know the joy of your presence with me this day. Amen.

**The week of November 17**

Scripture: Luke 23:33-35

Prayer: Crucified Lord, I confess that I forget you are a God who suffered for the lost. Forgive me and open my heart to your suffering presence in my life. Amen.

**The week of November 24**

Scripture: Isaiah 2:1-5

Prayer: Gracious Savior, instill in my soul your expectant joy that I may eagerly look for your light and your day when wars and strife will be no more.



**Parish Nurse Notes**  
**Dedie Moore Retired R.N.**

*O taste and see that the Lord is good;  
happy are those who take refuge in him.*

Psalm 34:8

November is National Diabetes Month. Unfortunately, diabetes is on the rise, even Type 2 in children. The two types of diabetes are Type 1, which used to be called juvenile diabetes and Type 2. Type 1 is related to autoimmune disease, which means that the body attacks the insulin producing cells in the pancreas. The body is no longer able to make insulin, so in Type 1 the person will need to be on insulin the rest of their life. Insulin is necessary to get glucose (sugar) into your cells. That is why if insulin is too low, the glucose in the blood (blood sugar) gets very high, but the cells are starved and not getting any glucose.

Type 2 diabetes is more related to lifestyle, as well as genetic tendencies. In Type 2, the cells are resistant to insulin. So there is insulin produced by the body, but the cells resist the insulin and still the cells do not get the glucose (energy) they need. Type 2 can often be managed with lifestyle changes.

In both types, diet is important. Balanced meals with protein, vegetables and some complex carbohydrates are important for us all. A diabetic diet is a healthy diet for all of us. Sugar and white flour which rapidly changes into sugar in your gut, is quickly absorbed into your blood. This causes a big jump in glucose in the blood, and then the need for a big jump in insulin to get this into the cells. Complex carbohydrates such as whole grains are much more slowly absorbed. Often when people (who are not diabetic) say they just have hypoglycemia, low blood sugar, this is from eating a lot of carbohydrates. Then the body produces a lot of insulin, and the blood sugar drops rapidly.

Certainly, it is much easier to say what we should all do, than to do it. I find for myself, if I pray that I can't do this on my own, I need help making better food choices, often I no longer crave the sweets so much. Reminding myself why I want to eat healthier is also important. I want to lose weight to help my joints, to help my brain and nerves (high blood sugar damages nerves) so that I can do what I want to do. So, I will myself to try to taste and see our Lord, and less sugar.

North Shore Mental Health Group is continuing to work on setting up a local meeting place focused on mental health. Meetings are held the third Tuesday at 6 pm at UP. Group Living with Anxiety and Depression meets on Zoom the second and fourth Mondays at 6:30 pm. Contact me, or check out the Facebook page for North Shore Mental Health Group.





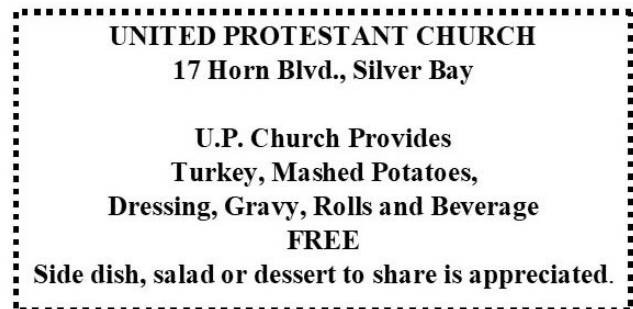
## November Transition Update 10/23/24

The affiliated denominations have named their representatives for our Board of Advisors and our Council chair and secretary have talked with them individually. As a result, we have a better understanding of each denomination's involvement in the church's pastor transition process.

They have given us a few leads on possible intentional interim ministers as well as some pulpit supply names.

Our Search Committee has been elected by the congregation and has had its' first meeting on Oct. 23. Paula Poaletti Holden was appointed Chair and Amy Wasson, Secretary. We are grateful for these volunteers and urge our membership to offer them encouragement in their tasks.

Please note: A bulletin board has been placed in the Fellowship Room for Updates from the Search Committee.



**CALL FOR A RESERVATION  
BY TUESDAY, NOVEMBER 26TH**

**U.P. Church : 218-226-3973  
Lynn Anderson 218-226-3245**

Thank you to Amy Wasson and April Siekmeier who worked long hours to trim overgrown shrubs in front of the church.



Before



After



Before



After

# 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,, Mike and Peg Osmundson, David Gustafson, Rebecca Snook, Phil Christman, Serine Ege, Deanne Reiten, Agnes Gilson, Jean Wagner, 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.**

## **November Birthdays**

Sharon Searls	6
Mary Carroll	15
Lynn Anderson	16
Haley Searls	16
Von Borg	21
Jody Kunkel	24



## **Community Thanksgiving Dinner at UPC**

On Friday, October 18<sup>th</sup> a group of folks (Ruth Eggum, Dave Moore, Dedie Moore, Jim Martineau, Grace Kelley, Irene Johnson, Peg Osmundson, Cindy Tackett,, Nancy Christenson, Shirley Whiteford and Lynn Aderson) held a meeting to discuss having a Community Thanksgiving Dinner. It was decided that we would work to make this happen.

If you want to help, you can sign up to work on Wednesday before Thanksgiving or on Thursday of Thanksgiving. You can also sign up to donate some needed food items. If you wish to attend the dinner there is also a sign-up sheet for that.

Having this holiday dinner has been a great tradition at UPC and is very appreciated by the community. We are glad to serve.



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.

## **November Anniversaries**

Dick and Mary Ann Steward	18
Dick and Helen Stronach	24

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

Please join our Bible study and discussion. We are using "Everywhere is Jerusalem" a DVD and book presentation. during the month of November.  
Everyone is welcome.

Paul and Eileen Scaringi  
2912 35<sup>th</sup> Street  
Des Moines, IA 50310  
515-377-0097  
Email [fbcpaul@tuta.com](mailto:fbcpaul@tuta.com)

## **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.

November

2024

	Mon	Tue	Wed	Thu	Fri	Sat
	Lynn in office Wed & Thurs 1:30 -4:00 pm				1 All Saints Day	2
3 Sunday Worship 10:30 am  Communion	4	5	6 WMBS 9:30 am	7	8	9
10 Sunday Worship 10:30 am	11 GLAD 6:30 pm	12 Boards 5:00 pm Council 6:00 pm	13 WMBS 9:30 am Prayer Shawl 2:00 pm	14	15	16
17 Sunday Worship 10:30 am	18	19 Northshore Mental Health Group 6:00 pm	20 WMBS 9:30 am	21	22	23
24 Sunday Worship 10:30 am Gideons	25 GLAD 6:30 pm	26	27 WMBS 9:30 pm Prayer Shawl 2:00 pm	28 Thanksgiving Dinner 1:00 pm	29	30

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