

CIRCLE TIMES

December 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



Lynn Anderson, Church Secretary

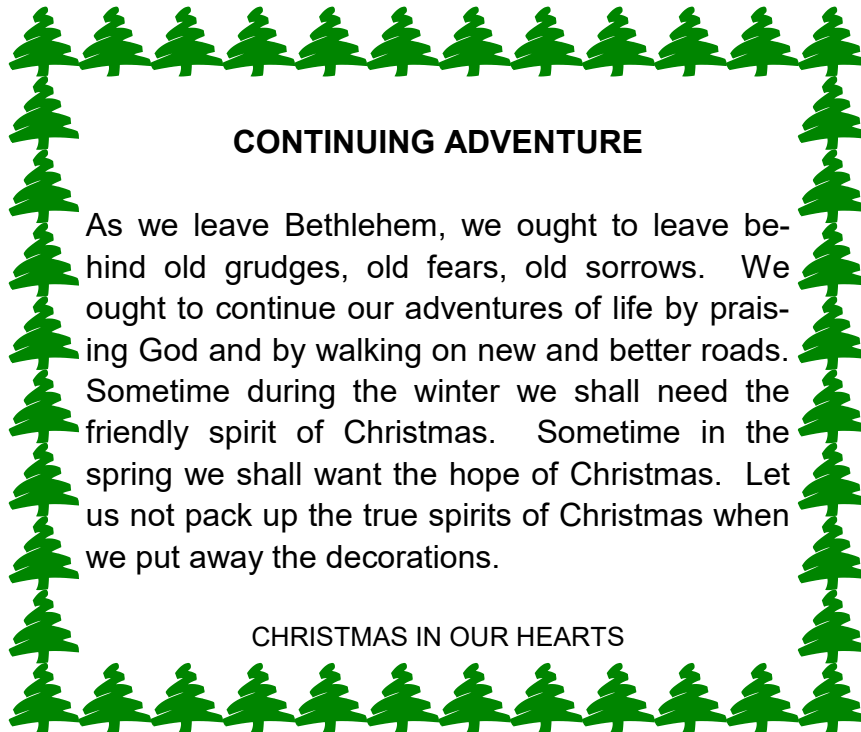
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Terry Eggum, Church Council Chair

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CONTINUING ADVENTURE

As we leave Bethlehem, we ought to leave behind old grudges, old fears, old sorrows. We ought to continue our adventures of life by praising God and by walking on new and better roads. Sometime during the winter we shall need the friendly spirit of Christmas. Sometime in the spring we shall want the hope of Christmas. Let us not pack up the true spirits of Christmas when we put away the decorations.

CHRISTMAS IN OUR HEARTS



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.

MAY YOUR CHRISTMAS BE BLESSED

"A Charlie Brown Christmas" was first aired in 1965 making it 59 years old. It is an endearing Christmas classic. I am sure many of us can remember the images of Charlie Brown downcast while Linus lifts his spirits as he recites Luke 2:8-14. We all are Charlie Browns from time to time, so take pleasure in the delight of the innocence of these sweet characters.

Retrieved from *A Charlie Brown Christmas*:

"I guess you were right, Linus. I shouldn't have picked this little tree," said Charlie Brown. "Everything I do turns into a disaster. I guess I don't really know what Christmas is all about. Isn't there anyone who knows what Christmas is all about?"

"Sure, Charlie Brown, I can tell you what Christmas is all about," said Linus. [*Linus walks to center stage.*]

"Lights, please."

And there were, in the same country, shepherds abiding in the field, keeping watch over their flock by night.

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

Please note: this is the only time, in Peanuts history, when Linus drops his security blanket.

For unto you is born this day in the city of David a Savior, which is Christ the Lord.

And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest, and on earth peace, good will toward men.

--Book 42, Luke (002:08-14)
The Bible, King James Version

[*Linus picks up his blanket and shuffles off-stage.*]



UNITED PROTESTANT CHURCH COUNCIL MINUTES

November 12, 2024 6:00 pm

ATTENDEES: Ed Maki, Dedie Moore, Mike Osmundson, Peg Osmundson, Brenda Larson, Jim Martineau, David Moore, Lynn Anderson, Shirley Whiteford, Terry Eggum, Ruth Eggum.
Council Chair Terry Eggum called the meeting to order at 5:55 pm and opened in prayer. Thanks to all who helped with Phil Christman's service and for those who helped with the highway clean-up.

ADDITIONS TO THE AGENDA: End-of-year campaign, gift card for Pastor Tom Summerfield

M/M/S by David Moore/Jim Martineau to approve the minutes of the October 8, 2024 meeting. Motion carried.

TREASURERS'S REPORT: M/M/S by Ruth Eggum/Peg Osmundson to approve the Treasurer's report for October, 2024 for audit. Motion carried. Copies of the Proposed Budget for 2025 were distributed. This will be approved by the Council at the December meeting. Mike O. will ask Beth Smuk if she will do the audit for 2024. Mike O. reported that Nancy Christenson has applied for a \$500 Beautification Grant to help with the cost of repairs to the church building.

Checking Account: \$24,217.47	Memorial Fund: \$27,360.45	
Ministry Fund: \$53,365.10	House of Love: \$3,743.72	AmazonSmile: \$464.22
Checking SS: \$3,638.42	YTD Food Shelf: \$ 844.00	
YTD Income: \$105,466.47		
YTD Expense: (\$112,869.25)		
YTD Net: (\$7,402.78)		

DIACONATE REPORT: Ruth Eggum reported we accepted with regret Agnes Gilson's resignation. Jim Martineau will check with Lee Martineau, who does forging, if he is able to make name plates for the Memorial Board. (Mike O. stated that there is a company in St. Cloud who also does this work.) We will sponsor a Christmas party for the House of Love and send a card signed by the congregation. We will decorate the church for Christmas on November 26 at 1:00. The Christmas Eve service this year will be congregation-led, rather than getting pulpit supply.

TRUSTEE REPORT: Mike Osmundson reported that Mike Tarolli has finished the work on the front of the church and the windows. M/M/S by Terry Eggum/Peg Osmundson to hire Stack Brothers of Superior, WI to look at the retrofit controls and timer on the church's boiler/furnace and come up with a plan for maintenance at the cost of up to \$1,000.

CHRISTIAN ED REPORT: Game Night was held on October 25 and they plan to have another in the spring.

PASTOR TRANSITION UPDATE: Paula Holden and Amy Wasson of the Search Committee have sent information and the church profile out to the five denominations. A friend of Amy Wasson took drone photos of the church building which may be included in the church profile.

OLD BUSINESS: Dedie Moore reported that she is keeping up with Tabitha Ministry contacts.

NEW BUSINESS: The Chair-Elect needs to be named and begin shadowing Chair Terry Eggum in January 2025. The new Chair's term would be January 2026-2028. We will put a notice in the bulletin asking for anyone interested in this position. There was discussion on whether or not to compensate the drone operator for his photographs. This was tabled till the December meeting. The end-of-year campaign letter needs to go out in December, but we need a sample copy from past years. Terry Eggum will contact Pastor Paul to see if he has any old ones. M/M/S by David Moore/Ruth Eggum to get Pastor Tom Summerfield a \$50 Four Seasons gift card for helping the church out with Phil Christman's service. Brenda Larson will pick up the gift card and Lynn Anderson will make a thank you card.

The next Council meeting will be December 10, 2024 at 6:00 p.m.

Minutes respectfully submitted by Ruth Eggum, Council Secretary
Minutes are approved in the December 10th council meeting.

CONGREGATIONAL MEETING NOVEMBER 24, 2024

Present: Ellen Hogenson, Karsten Hogenson, LaVern Fergon, Ernest Kelley, Jean Williams, Paula Fenstad, Nancy Christenson, Dedie Moore, David Moore, Lynn Anderson, Carol Bakken, Marlin Bakken, Shirley Whiteford, Grace Kelley, Maggie King, Ruth Koepke, John Harrison, Agnes Gilson, Jim Martineau, David Prestidge, Ruth Eggum, Terry Eggum.

Council Chair Terry Eggum called the meeting to order at 11:36 a.m. He thanked the members of the Nominating Committee for their work in putting together the slate of new board members. The Nominating Committee consisted of Amy Wasson (Chair), Brenda Larson, Ed Maki, Lynn Anderson and Shirley Whiteford.

The nominees are Trustees: Jeff Miller and Nancy Christenson; Diaconate: Lynn Anderson, Dedie Moore and Paula Fenstad; Christian Education: Paula Poaletti Holden and Ruth Eggum. M/M/S by Maggie King/Jim Martineau to accept the nominees. Motion carried.

M/M/S by Maggie King/David Prestidge to adjourn the meeting at 11:39 a.m. Motion carried.

Minutes respectfully submitted by Ruth Eggum, Council Secretary

November 24th minutes will be approved at the next Congregation meeting.

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 December 1

Scripture: Matthew 3:1-3

Prayer: Merciful God, open my heart and grant me your Spirit so I may repent and in turning to you may walk in the ways of your kingdom. Amen.

The week of December 8

Scripture: Isaiah 35:3-6

Prayer: Faithful Lord, open my eyes and unstop my ears that I may know that you come for me. Empower me to stand fast in this promise. Amen.

The week of December 15

Scripture: Matthew 1:18-21

Prayer: Lord of Advent, in this season of preparing, help me to prepare for your coming anew to save me and this world. Amen.

The week of December 22

Scripture: John 1:14

Prayer: Holy God, you revealed your love for me by being born in a manger. Amidst all the holiday light, may your grace and light shine through my life. Amen.

The week of December 29

Scripture: Genesis 1:1-2

Prayer: God of beginnings, I pray that you will begin again to create your light and love within me so I may know the way to follow you throughout my days. Amen.



Parish Nurse Notes
Dedie Moore Retired R.N.

*...for this day is holy to our Lord; and do not be
grieved, for the joy of the Lord is your strength.*
Nehemiah 8:9b

December is Seasonal Affective Disorder awareness month. It is common to go through short periods when one feels sad and has less energy. Many people get the “winter blues” as days shorten. These mood changes can become more serious and affect how one feels, thinks, and functions. For some, this happens in the summer, although this is less common. SAD is a type of depression with a recurrent seasonal pattern lasting 4-5 months.

Symptoms may include:

Persistent sad, anxious or “empty” mood most of the day, nearly every day for at least two weeks

Feelings of hopelessness or pessimism

Irritability, frustration, restlessness

Feeling guilty, worthless or helpless

Oversleeping or difficulty sleeping

SAD is different from the “holiday blues” --depression related to certain occasions.

SAD can be treated by light therapy, exercise, psychotherapy, vitamin D or medication. SAD can also respond to the daily practice of taking 5 minutes 2 or 3 times a day to concentrate on moments of joy in your life, present or past. Keep a list of joy moments, usually shared with others, and revisit these regularly.

For more information on joy exercises look at Thrive.org. An example:

- C Calm, learn to calm yourself
- A Appreciate, practice gratitude
- K be Kind to those you contact
- E make eye contact

This information was taken from NIMH.NIH.gov/find help,
National Institute of Health.

If you or anyone you know is struggling or considering suicide, call 988, or local number 844-722-4724. This can be just for information.

Group Living with Anxiety and Depression meets the second and fourth Mondays at 6:30pm on ZOOM. Check out North Shore Mental Health Group Facebook page, or email nsmentalhealth@gmail.com for more information.

Gratitude to all the volunteers who made a wonderful Thanksgiving for many.

A NOTE FROM PASTOR PAUL AND EILEEN

The writer Anne Lamott once said that her two basic prayers are “Help me, help me, help me,” and “Thank you, thank you, thank you.” Even though the prayers we offer are certainly broader than those two prayers, I appreciate her insight. The life of faith and prayer is often about recognizing a need and being grateful for the blessings received. Lamott’s prayers come to mind as I reflect on my final days with you over these past two months.

There were many times when I prayed for God’s help and leading over the winding path Eileen and I were walking. God was faithful and brought us through, which led to many prayers of thanks, particularly prayers of gratitude because of you. From the Sunday I first announced that I was stepping down to our final Sunday together you were gracious, supportive, and understanding. Your words of encouragement and gratitude went well beyond what I was expecting (to be honest, I wasn’t sure what to expect). And, then, on our final Sunday, your numerous gifts – the luncheon, beautiful print, cribbage board, and especially the memory box – all touched us deeply and it brought Lamott’s prayer to mind. For when we recall of those events and who you’ve been in our lives, the only words that seem fitting are thank you, thank you, thank you.

We are now in Des Moines, living a life filled with boxes and getting to know new people. As we go forward please know you are held in our hearts, minds and prayers and you are deeply missed.

In Christ,
Paul & Eileen
2912 35th St.
Des Moines, IA 50310
(515) 377-0097
Email fbc paul@tuta.com



House of Love Update

To make Christmas brighter for the children of House of Love in Thailand which has suffered extreme flooding conditions this year, our church has continued to support a Christmas party with \$750.00. Mark Juanes wrote that the staff was excited to receive funds for the celebration of Christmas. He said the children really enjoyed last year’s Christmas card showing the photo of our congregation. The children learn that people from around the world pray for them. May we continue to take joy in serving these children.

SEARCH COMMITTEE—NOVEMBER UPDATE

The Search Committee will meet weekly after Sunday Fellowship hour. The committee’s focus will be employing an intentional interim pastor serving 1-2 years.. A profile of our church and community has been updated. This includes descriptions of our community, our mission statement, church history, membership, worship, ministries and our way of doing things. The profile states our pastoral expectations/goals. Church profiles have been mailed to all of our five denominations. The committee is now waiting for responses. The profile and minutes of the meetings are pinned to a special board in front of the fireplace in the Fellowship Hall. Please take time to look at the Church Profile 2024 for it is an excellent description of our church and community.

Search Committee: Paula Poaletti Holden, Chair, Amy Wasson, Secretary, Lynn Anderson, Maggie King, Jim Martineau, David Moore, Jean Williams

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, 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.

We extend our sympathies to the family of Philip Christman who died on 11/2/2024.

December Birthdays

Rebecca Snook	8
Shirley Whiteford	10
Ellen Hogenson	15
Bob Myers	16
Dick Stronach	24
Reba Moore	28



December Anniversaries

Dan and Karen Bzdok	2
Jack and Bonnie Anderson	11

SEEKING MUSICIANS

The Music Committee is looking for people who are interested in the music ministry at UPC. If you have a desire to participate and serve the Lord in this way, please let us know. We are looking for (imperfect) organists, pianists vocalists, and instrumentalists. If you have any questions or suggestions, please let us know.

Music Committee Members are Ruth Eggum and David Prestidge. Contact them or Lynn Anderson, Church Secretary

CHRISTMAS COOKIE
SUNDAY 12-22-2024
Share a dozen cookies for Fellowship Hour.



MITTEN TREE IS BACK

Winter is here and kids need mittens, gloves, scarves and hats. We can help by decorating the mitten tree. Donations will be given to Salvation Army in mid December.

Wednesday Morning Bible Study 9:30 am

Please join our Bible study and discussion. We are using We are using a DVD study titled *An Unlikely Advent* by Rachel Billups. This will be a 3 week study Everyone is welcome.

CHRISTMAS EVE SERVICE

6:00 PM



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.

December

2024

	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday Worship 10:30 am Communion	2	3	4 WMBS 9:30 am	5	6	7
8 Sunday Worship 10:30 am	9 GLAD 6:30 pm	10 Boards 5:00 pm Council 6:00 pm	11 WMBS 9:30 am Prayer Shawl 2:00 pm	12	13	14
15 Sunday Worship 10:30 am	16	17	18 WMBS 9:30 am	19	20	21
22 Sunday Worship 10:30 am Cookie Share	23 GLAD 6:30 pm	24 Christmas Eve Service 6:00 pm	25 	26	27	28
29 Sunday Worship 10:30 am _____	30	31				

Lynn in office Wed & Thurs 1:30 -4:00 pm

**UNITED PROTESTANT CHURCH
17 HORN BOULEVARD
SILVER BAY, MN 55614**

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