

CIRCLE TIMES

February 2025

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.*



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LOVE

Beloved, let us love one another: because love is from God;
every one who loves is born of God, and knows God.

If we love one another, God lives in us, and his love is perfect in us.

God is love and those who abide in love abide in God, and God abides in them.

The commandment that we have from him is this: those who love God
must love their brothers and sisters also.

I John 4:7,12,16,21



*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.*

WHAT IS THE SOURCE OF YOUR JOY?

There are some who are dependent on the mood of others for their happiness. They seem bound in mood one to another like Siamese twins. If the other person is happy, the happiness is immediately contagious. If the other person is sad, there is no insulation against his mood.

There are some whose joy is dependent upon circumstances. When things do not go well, a deep gloom settles upon them, and all who touch their lives are caught in the fog of their despair.

There are some whose joy is a matter of their disposition and temperament. They cannot be sad because their glands will not let them. Their joy is not a matter of congratulations or praise; it is a gift of life, a talent, a gratuitous offering placed in their organism.

There are some who must win their joy against high odds, squeeze it out of the arid ground of their living or wrest it from the stubborn sadness of circumstance. It is a determined joy sharpened by the zest of triumph.

There are still others who find their joy deep in the heart of their religious experience. It is not related to, dependent upon, or derived from any circumstances or conditions in the midst of which they must live. It is a joy independent of all vicissitudes. There is a strange quality of awe in their joy, that is but a reflection of the deep calm water of the spirit out of which it comes. It is primarily a discovery of the soul, when God makes known his presence, where there are no words, no outward song, only the Divine Movement. This is the joy that the world cannot give. This is the joy that keeps watch against all the emissaries of sadness of mind and weariness of soul. This is the joy that comforts and is the companion, as we walk even through the valley of the shadow of death.

Author: Howard Thurman



We find our joy with each other!

House of Love

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.

HOUSE OF LOVE SUNDAY

On Sunday, February 2nd, U.P. Church is celebrating our mission of support for House of Love. Our congregation has donated funds every year since 2020. In the year of 2024 we donated \$4,355. These donations funded a Christmas party for staff and residents, paid for a little girl, Fai, for her school supplies and tuition for nursing school for a young lady, Post. Please know that these donations have been very much appreciated.

From Mark Juanes: "Last year we received a Christmas card from you with a picture of the church, will you be sending that as well this year? We loved having a picture of people who partner with us and this year we are asking several churches to send us their picture so we can show the kids and families who are praying for them around the world. We are planning to put together a picture wall so will make sure that, after Christmas, we will get this up there."

"Thank you so much, the staff is so excited. I will make sure we take video of the Christmas party and send it your way....We received the card this year, thank you so much!"

The House of Love committee (Lynn Anderson, Ruth Eggum, Paula Fenstad and Cindy Tackett) invite you to participate in the support of this mission. You may mail a check made out to U.P. church at 17 Horn Blvd. Silver Bay, MN 55614 or donate in church on Sundays. We hope to send our donation in mid February. Please send the children and staff of House of Love our blessings through prayer and support.



UNITED PROTESTANT CHURCH COUNCIL MINUTES

January 14, 2025 6:00 pm

ATTENDEES: Mike Osmundson, Peg Osmundson, David Moore, Dedie Moore, Jim Martineau, Shirley Whiteford, Terry Eggum, Nancy Christenson, Jeff Miller and Ruth Eggum. Council Chair Terry Eggum called the meeting to order at 5:46 pm and opened in prayer.

ADDITIONS TO THE AGENDA: None

M/M/S by David Moore/Jim Martineau to approve the minutes of the December 10, 2024 meeting. Motion carried.

TREASURERS'S REPORT: Beth Smuk has completed the audit for 2024. Mike O. will continue on as Treasurer through March so he can work with Angie Goutermont (Assistant Treasurer) in preparing the 2024 taxes and W2 and W3 forms.

Checking Account: \$37,007.88	Memorial Fund: \$32,166.41	
Ministry Fund: \$53,874.03	House of Love: \$3,420.98	AmazonSmile:
\$464.30	Checking SS: \$3,697.00	YTD Food Shelf: \$ 994.00

YTD Income: \$126,998.28
YTD Expense: (\$119,926.15)
YTD Net: \$7,072.13

DIACONATE REPORT: Ruth Eggum reported that there will be no Ash Wednesday service this year at UP. The House of Love Committee is seeking new members. We have pulpit supply scheduled through March 23, except we are still seeking supply for 2/23. Scheduled speakers are Richard Blood (1/26), Paul Taintor (2/2 & 2/9), Ken Ribe (2/16, 3/2 & 3/9) and David Harvey (3/16 & 3/23).

TRUSTEE REPORT: Mike Osmundson reported that he is the new chair of the Trustees. They are waiting for word from Stack Brothers about the boiler. They are updating and creating a maintenance manual for the church. A memorial plaque will be created and presented to Serine Ege in honor of Philip Christman's work on the Trustees.

CHRISTIAN ED REPORT: Ruth Eggum reported that a new Bible study on the book of John would be starting January 15.

PASTOR TRANSITION UPDATE: David Moore and Jim Martineau reported that there is no new information currently and that Chair Paula Holden will call a meeting when there is.

OLD BUSINESS: There was no report on a replacement for Duluth Brass. Ruth Eggum will check with Serine Ege for the correct wording for Philip's name on the Memorial Board. Jim Martineau will check with his brother about his casting equipment.

NEW BUSINESS: A list of current church officers, board members and committee members was passed out and will be updated for the February Council meeting. All committee members will be contacted to see if they wish to remain on their committees. The 2025 quorum was set at eight members. The list of recurring Council tasks for 2025 was reviewed.

FEBRUARY COUNCIL PREVIEW: Council Officer Election and the naming of Chairs for Boards and Committees.

M/M/S by Shirley Whiteford/Peg Osmundson to adjourn the meeting at 6:10. Motion carried. Chair Terry Eggum closed in prayer.

The next Council meeting will be February 11, 2025 at 6:00 p.m.
January minutes will be approved at the February meeting



Parish Nurse Notes
Dedie Moore Retired R.N.

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God.

Romans 12:1

We are called to care for the bodies that have been gifted to us.

February is Colon Cancer Awareness Month, not usually people's favorite subject. Colorectal cancer is the third leading cause of death from cancer in the US. The good news is that deaths from this cancer have decreased, especially in older people, and screening methods have improved.

People who are at higher risk are those whose first-degree relatives (parents, siblings, child) have had colorectal cancer.

3 or more alcoholic drinks a day increase your risk.

Smoking and obesity increase your risk.

Some factors which may decrease risk include: physical activity, combination hormone replacement therapy, aspirin and polyp removal (in colonoscopy).

Symptoms which may indicate colorectal cancer include rectal bleeding or a change in bowel habits. This does not mean cancer is there, but your provider should be informed about the change.

Screening may find cancer early on, increasing chances of a good outcome from treatments. Screening may include a fecal sample tested for blood which may not be seen. A small sample is taken to a lab for testing. There is also now DNA testing of a stool sample,

Virtual colonoscopies can be done by CT scan. These are less invasive and uncomfortable than the usual colonoscopy. Any test can have false positives or negatives. Colonoscopies may still be recommended depending on the person.

Your provider will tell you which test is recommended for you. Don't delay!

Group Living with Anxiety and Depression still meets on ZOOM the second and fourth Mondays at 6:30 pm. North Shore Mental Health Group is preparing the application to be a non-profit. This would be necessary to receive grants that would be needed to start up a Clubhouse in this area for people with mental health issues. If you have questions or would like to help, contact me at dediedavid@yahoo.com, or 218-220-2048, or check out the North Shore Mental Health Group page on Facebook.



SEARCH COMMITTEE—JANUARY UPDATE

The 2024 Annual Report was submitted early in January 2025. Denomination requests for UP Church profiles have been fulfilled. Meetings with denomination representatives have been difficult to schedule. Jean Williams filled out a form for Interim Pastor Ministry website. Compensation for an interim pastor is being researched by Dave Moore and Lynn Anderson. On January 24th the Search Committee met with Rev. Paul Taintor to discuss the possibility of Paul performing pastoral duties in the period of early February through Easter. He would preach on unscheduled Sundays, visitation and calls, funerals etc. He would hold office hours on Wednesdays, lead Wednesday Morning Bible Study and help the Search Committee as needed. Compensation would be \$1,500. per month. The Search Committee approved this proposal with Council approval vote being held on February 2nd. Rev. David Harvey from Grand Marais will be preaching two Sundays in March. He has expressed an interest in serving as an interim pastor and submitted a resume. He will have a chance to experience our congregation when he serves a guest minister. Rev. Richard Blood met with the committee on January 26th. He was very helpful with explaining the need to look at our compensation capabilities as well as encouraging us and reminding us to pray.

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

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 February 2

Scripture: Isaiah 58:6-8

Prayer: Compassionate Lord, I confess I find it easier to judge others than to help others. Forgive and empower me to reach out to those in need this day. Amen.

The week of February 9

Scripture: Deuteronomy 30:15-16

Prayer: Loving Shepherd, show me the way today and guide me on the right path to know your grace and be your blessing to those in my world. Amen.

The week of February 16

Scripture: I Corinthians 3:16-17

Prayer: Only you, Gracious God, can make my life into your temple. Turn my soul to you and by your grace may I be the place for your Spirit to dwell. Amen.

The week of February 23

Scripture: Matthew 17:1-3

Prayer: Holy God, you are the Lord of dazzling light. Open my heart to your transfiguring power. May I reflect your light and your presence this day. Amen.

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 and Allison Oja of our congregation as they deal with health-related changes and recoveries.

All the caregivers.

February Birthdays

Gwynne Ness	5
Charlotte Olson	6
Paul Scaringi	6
Archer Goutermont	10
Kay Colby	12
Steven Betzler	13
Shawn Gilbertson	16
Dillon Gilbertson	18
LaVern Fergon	21
Nancy Gilson	21
Angie Goutermont	24



Thank you to all of our guest ministers.

Paul Taintor
 Von Borg
 Sara Lund
 Richard Blood
 Laurie Crely
 Paula Gaboury
 Tom Liddle
 Ken Ribe
 David Harvey



February Anniversaries

Terry and Barb Hron	1
Randy and Rebecca Snook	14
Paul and Kathryn Kolojeski	22

Wednesday Morning Bible Study 9:30 am

Please join our discussion.
 We are using a DVD study titled
The Gospel of John by
 Amy-Jill Levine.
 We will complete Chapters 4,5 and 6
 of the book.
 Everyone is welcome.

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.

February

2025

	Mon	Tue	Wed	Thu	Fri	Sat
						1
Lynn in office Wed & Thurs 1:30 -4:00 pm						
2 Sunday Worship 10:30 am Communion Council Meets for vote	3	4	5 WMBS 9:30 am	6	7	8
9 Sunday Worship 10:30 am	10 GLAD 6:30 pm	11 Boards 5:00 pm Council 6:00 pm	12 WMBS 9:30 am Prayer Shawl 2:00 pm	13	14	15
16 Sunday Worship 10:30 am	17	18 NSMHG meets 6:00 pm	19 WMBS 9:30 am	20	21	22
23 Sunday Worship 10:30 am	24 GLAD 6:30 pm	25	26 WMBS 9:30 am Prayer Shawl 2:00 pm	27	28	

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

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