

CIRCLE TIMES

April 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.*



Lynn Anderson, Church Secretary
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[www.facebook.com @upchurchsilverbay](https://www.facebook.com/upchurchsilverbay)



HOUSE OF LOVE UPDATE FROM CHANG MAI, THAILAND

Note from Mark Juanes

Re: Earthquake

Thanks for checking in, we are all doing ok and no one at the House of Love or the families we work with were harmed at all. It was very scary for sure, especially for the children, but thankfully since Chiang Mai is in the mountains there is a stronger rocky foundation which lessened the impact on buildings. Please express to the church that everyone is well and thankful for your prayers.



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.

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ephesians 3:14-21

Letter from Pastor Taintor

During this interim time at UPC, St. Paul's prayer has been my prayer for us as a congregation. It's a powerful, beautiful prayer that I hope everyone will read and pray out loud. I have personalized it below:

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant **me** to be strengthened with power through his Spirit in **my** inner being, so that Christ may dwell in **my** heart through faith—that **I**, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that **I** may be filled with all the fullness of God.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Now what I would like you to do is pray it again and personalize it for someone else, substituting "**me**" and "**I**" with someone's name. Upcoming are holidays that show how wide and long and high and deep God's love truly is.

- On Palm Sunday we will celebrate worship at our regular time. In the evening at 6 pm we are having a joint worship with several other churches in our area at Baptism River Church in Finland.
- On Maundy Thursday we will worship here at United Protestant at 7pm with Pastor Tom bringing the message.
- Good Friday will be at Sychar with me preaching again at 7pm.
- Easter Sunday will be at our normal time. Invite a friend.

God Bless!

The other Pastor Paul :-)



UNITED PROTESTANT CHURCH COUNCIL MINUTES

March 11, 2025 6:00 pm

ATTENDEES: Mike Osmundson, Ed Maki, Paula Holden, Lynn Anderson, Jean Williams, David Moore, Dedie Moore, Jim Martineau, Shirley Whiteford, Terry Eggum, Nancy Christenson, Jeff Miller, Paul Taintor and Ruth Eggum.

Council Chair Terry Eggum called the meeting to order at 6:00 pm and opened in prayer.

ADDITIONS TO THE AGENDA: None

M/M/S by Shirley Whiteford/Dedie Moore to approve the minutes of the February 11, 2025 Council meeting. Motion carried. Terry Eggum noted that the AmazonSmile account needs to be changed to Emergency Fund in the Treasurer's report.

TREASURERS'S REPORT: M/M/S by Dedie Moore/David Moore to approve the February treasurer's report for audit. Motion carried. Mike Osmundson noted that he remains the Treasurer, but that Angie Goutermont has the capability to download the data from the Credit Union.

Checking Account: \$43,637.97	Memorial Fund: \$32,171.61	
Ministry Fund: \$53,882.74	House of Love: \$1,117.46	Emergency Fund:
\$464.38	Checking SS: \$3,775.80	YTD Food Shelf: \$ 60.00

YTD Income: \$13,271.23
YTD Expense: (\$11,218.57)
Total YTD: \$2,052.66

DIACONATE REPORT: Chair Dedie Moore reported that the updated Prayer Chain has been completed and distributed. Peg Osmundson will continue to send out the quarterly checks to the denominations. Laura Laky from Grand Marais will be providing music on March 16 and will be compensated for her mileage. There will be a potluck brunch on Easter Sunday after morning worship.

TRUSTEE REPORT: Chair Mike Osmundson reported that UPC is committed to highway clean-up through the Fall of 2026. The next scheduled clean-up will be in May. We are now set-up with Cold Spring Company to cast names for the Memorial Board. They have all the equipment we received from Brass Works in Duluth when they closed their business. Philip Christman's named has been submitted. Mike had checked with Lee Martineau but Lee didn't have the capability to cast the names.

CHRISTIAN ED REPORT: Chair Jean Williams reported that Pastor Paul Taintor would be starting a Lenten Bible study on March 12. There will be a VBS program this summer. Paula Holden reported that beginning April 30 from 5:30-6:30 p.m. she will be conducting a program for children (Pre-K- 6th grade) entitled "Learning, Loving, and Living Out God's Truth". She submitted copies of the information that will be given to the parents and also a copy of the first week's lesson plan.

PASTOR'S REPORT: Pastor Paul reported that he has been in touch with the ill and hospitalized parishioners. He felt the Ash Wednesday service went well. Maundy Thursday service will be held at UP with Pastor Tom Summerfield preaching and the Good Friday service will be held at Sychar with Pastor Paul preaching.

PASTOR TRANSITION UPDATE: Paula Holden reported that following the March 16 service, they will be meeting with Pastor David Harvey concerning the interim pastor position. M/M/S by Jeff Miller/Ruth Eggum to let the Search Committee make the decision about the interim pastor. Motion carried.

OLD BUSINESS: There is presently \$588 in the Emergency Fund. After some discussion, Dedie Moore, Jim Martineau, Nancy Christenson and Ruth Eggum formed a committee to determine how these funds will be distributed. They will make a report at the April Council meeting.

NEW BUSINESS: Terry Eggum reported that Jeff Miller has agreed to be the Financial Secretary back-up for the Sundays when Terry is unable to attend church.

M/M/S by Ruth Eggum/Dedie Moore to adjourn the meeting. Motion carried. Chair Terry Eggum closed in prayer.

The next Council meeting will be March 11, 2025 at 6:00 p.m.

Minutes respectfully submitted by Ruth Eggum, Council Secretary

March Council minutes will be approved at the April 8th 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 April 6

Scripture: Matthew 21:6-10

Prayer: Almighty Love, as you rode humbly to your calling, lead me this day to humbly know your presence and rejoice that you have come to us. Amen.

The week of April 13

Scripture: John 20:6-9

Prayer: Lord of resurrection, in this season of joy open my eyes to the signs of your resurrection presence in my life and in the world around me. Amen.

The week of April 20

Scripture: I Peter 1:3-5

Prayer: As I go through this day that you have gifted to me, dear God, lead me to know anew the gift, power and hope of your resurrection. Amen.

The week of April 27

Scripture: Luke 24:27-31

Prayer: I confess, precious Lord, that there are days where I do not recognize your presence with me. Have mercy and help me to walk with you. Amen.



Parish Nurse Notes
Dedie Moore Retired R.N.

...for wisdom will come into your heart, and knowledge will be pleasant to your soul.

Proverbs 2:10

Frequently we hear people talking about, worrying about, their memories. What is typical aging, and what is atypical and more of a concern? I hate to tell you, but a 60 year old, an eighty year old brain is not the same as a thirty year old brain. An average brain age is about 4 years older than your chronological age. Dementia is a chronic progressive deterioration of the brain more than expected for age.

TYPICAL AGING CHANGES

Occasionally forget names, dates or appointments but can recall.

Misplace items but able to locate and retrace steps.

Delayed or slow processing for finding the right word--but often can identify it.

Occasional errors managing complex tasks, aware of errors and able to self correct. Able to learn tasks.

ATYPICAL BRAIN CHANGES

Frequently loses track of dates, difficulty remembering recent learned information, more reliance on memory aids.

Lose items, unable to retrace steps

Trouble naming familiar objects, gradual increase in repetition in conversations, trouble following Discussions.

Increasingly overwhelmed, frequent errors managing finances, following recipe. Difficulty learning new tasks. Getting lost.

If a person has limitations in hearing or sight, this also affects their ability to recall. They may not hear information, and they may not be able to use the visual cues that help memory and learning.

If you or someone you know is worried about memory changes, see your health care provider. Don't wait! There is medication that can greatly slow down dementia.

THE GOOD NEWS

Cognitive reserve can be built up at any age, even in dementia. Cognitive reserve indicates the brain's ability to respond to challenges. Until recently it was thought that the brain did not grow new connections. Now we know new connections can be built at any time, even in dementia. If you know only two ways to go somewhere, and one is blocked, you are more limited than if you have built up multiple routes and connections.

HOW TO BUILD RESERVE

Education, learning, being curious and thinking about things grows reserve. Being engaged in your occupation, which can also be a volunteer job. Engagement in leisure activities. Playing games combines several good activities. Social networks and interactions. Healthy lifestyles can build connections! Managing diabetes, heart disease, eating healthy and exercising not only makes you feel better, but builds brain capacity. Sharing meals, conversation, prayer, meditation and good sleep builds reserve. So guess what? Bible Study is good for your brain! Congregate worship is good for your brain as well as your soul.

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

Keep these folks in your thoughts and prayers:

Ellen and Karsten Hogenson, Phyllis Pearrow, Ray and Marion Burge, Kay Colby, Irene Johnson, Mike and Peg Osmundson, David Gustafson, Rebecca Snook, Serine Ege, Agnes Gilson, Jean Wagner, Ruth Koepke, Carol Bakken, Allison Oja, Carol Harrison of our congregation as they deal with health-related changes and recoveries.

All the caregivers.

We give our sympathy to the John Harrison family who died on March 21, 2025

April Birthdays

Mickey Judkins	1
Cindy Tackett	3
Larry Longmore	12
Becky Goutermont	18
Karsten Hogenson	21
Jack Anderson	25
Hanna Searls	25
David Prestidge	29



April Anniversaries

David and Dedie Moore	18
Terry and Ruth Eggum	19

Holy Week Schedule

- April 13 Palm Sunday 10:30 am
April 17 Maundy Thursday 7:00 pm UPC
Pastor Tom Summerfield leading.
April 18 Good Friday 7:00 pm at Sychar
Pastor Paul Taintor leading.
April 20 Easter Sunday 10:30 am.
Brunch will follow service.

Please note: A Palm Sunday service will be held in the evening at 6 pm. We are having a joint worship with several other churches in our area at Baptism River Church in Finland.

Wednesday Morning Bible Study 9:30 am

Please join our discussion.
We continue our study
focused on relational skills
with God and each other.
Everyone is welcome.


HAPPY EASTER

Check out our website:

[https://
www.unitedprotestant.org](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.

April

2025

	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 WMBS 9:30 am	3	4	5
6 Sunday Worship 10:30 am Communion	7	8 Boards 5:00 pm Council 6:00 pm	9 WMBS 9:30 am Prayer Shawl 2:00 pm	10	11	12
13 Sunday Worship 10:30 am Palm Sunday Baptism River Chu. 6:00 pm	14 GLAD 6:30 pm	15 NSMHG meets 6:00 pm	16 WMBS 9:30 am	17 Maundy Thursday UPC 7:00 pm	18 Good Friday 7:00 pm Sychar Church	19
20 Sunday Worship 10:30 am Easter Brunch Following	21	22	23 WMBS 9:30 am Prayer Shawl 2:00 pm	24	25	26
27 Sunday Worship 10:30 am <hr/>	28 GLAD 6:30 pm	29	30 WMBS 9:30 am	<div style="border: 1px solid black; padding: 5px;"> <p>Lynn in office Wed & Thurs 1:30 -4:00 pm Pastor Taintor in office Wed. 11:00 am-3:00 pm</p> </div>		

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