

CIRCLE TIMES

March 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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May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand.

Traditional Gaelic Blessing



*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.*

A PRAYER

by Max Ehrmann
From One Thousand Beautiful Things

Let me do my work each day, and if the darkened hours of despair overcome me, may I not forget the strength that comforted me in the desolation of other times.

May I still remember the bright hours that found me walking over the silent hills of my childhood, or dreaming on the margin of the quiet river when a light glowed within me and I promised my early God to have courage amid the tempests of the changing years. Spare me from bitterness and from the sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit. Though the world know me not, may my thoughts and actions be such as shall keep me friendly with myself.

Lift up my eyes from the earth, and let me not forget the uses of the stars. Forbid that I should judge others lest I condemn myself. Let me not follow the clamor of the world, but walk calmly in my path.

Give me a few friends who will love me for what I am, and keep ever burning before my vagrant steps the kindly light of hope. And though age and infirmity overtake me, and I come not within sight of the castle of my dreams, teach me still to be thankful for life, and for time's olden memories that are good and sweet, and may that evening twilight find me gentle still.

Note: This writing was taken from an old book that was given to Ruth Eggum by her grandfather. The book really does have a thousand things to enjoy and reflect upon. People from days gone by had their challenges as we do.



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 Update:

On February 2nd we celebrated House of Love with a special donation to assist Post's nursing school tuition and Fai's school supply needs. About \$1,600.00 was donated. Thank you to all who participated. Below is an update on Post and Fai.

Fai Fai is in the third grade this year at school and loves it, especially the social aspects of school. She has always excelled at socializing and loves to be around people. Taking that into account, it is no surprise that her favorite school activity is learning how to dance with her friends. Also, like most third graders, her favorite class is PE. At the House of Love, she is always the first to greet visitors and makes it a point to greet everyone when she comes home from school. Her best friend is her cousin Pinmook who also lives at the House of Love. Please pray for Fai's studies as well as her longing for family. What is a Family? To the children who live at the House of Love, the question is not an easy one. Fai is a true orphan; her mother died 4 years ago, her father cannot be found, and she has no relatives who can care for her. In our discussion about family, Fai told us that her mother is in Heaven and that she knows she must have a father somewhere but does not know who he is. "But", she continued, "Now my mother is Emm (one of the staff mothers), Chanaa (Emm's husband) is my father, and I have many brothers and sisters." When Emm told this story to the rest of the staff, she was in tears. She knew Fai saw the House of Love as her family but did not know that Fai saw her as her mother now. This one interaction changed the entire way that Emm interacted with the kids at the House of Love, she realized that it was more than just a job, it was a family for her as well.

Post Post is a busy young woman! She did not have more than a couple days off for Christmas before she was back to her studies! School is going great - she is spending a lot of time with her nurse cohort group and she says her studies now are a lot more fun and interesting now that she is doing more of the nursing and less of the general education. However, she is looking forward to finishing next year and has already been talking with people at hospitals about future employment opportunities. As a part of her internship she gets to visit some local hospitals and she is taking advantage of those opportunities to make some connections. Her favorite times, however, have been when she has been in the community service opportunities when she goes out and is part of a team educating schools and communities about health issues. Thank you so much for your support of Post, Fai, and everyone at the House of Love. Also, thank you so much for the Christmas gift - it enabled us to have a Christmas celebration as well as an outreach to many people in the neighborhood. Thank you.



UNITED PROTESTANT CHURCH COUNCIL MINUTES
February 11, 2025 6:00 pm

ATTENDEES: Mike Osmundson, 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: Emergency Fund by Dedie Moore

M/M/S by Dedie Moore/Nancy Christenson to approve the minutes of the January 14, 2025 meeting. Motion carried. M/M/S by Mike Osmundson/Nancy Christenson to accept the minutes of the February 2 Special Council meeting. Motion carried. Chair Terry Eggum noted that the agreement with the church and Pastor Paul Taintor was signed February 9, 2025.

TREASURERS'S REPORT: M/M/S by Ruth Eggum/Lynn Anderson to approve the January treasurer's report for audit. Motion carried.

Checking Account: \$37,682.51	Memorial Fund: \$32,169.14	
Ministry Fund: \$53,878.61	House of Love: \$3,421.27	AmazonSmile:
\$464.34	Checking SS: \$3,748.14	YTD Food Shelf: \$ 20.00
YTD Income: \$4,578.09		
YTD Expense: <u>(\$3,430.89)</u>		
Total YTD: \$1,147.20		

DIACONATE REPORT: Chair Dedie Moore reported that there will be an Ash Wednesday service March 5 at 6:00 p.m. The February 2 House of Love offering was over \$1,300 and will be mailed out mid-February. The updated prayer chain has been completed by Peg Osmundson and will be distributed soon. Dedie will be in charge of sending greeting cards out from the Diaconate. The Health Ministry Team has reached out to those involved in the Tabitha Ministry to see if they need supplies.

TRUSTEE REPORT: Chair Mike Osmundson reported that he will get the molds, etc. down to the foundry in St. Cloud to see if they can make the names for the Memorial Board. Jim Martineau has spoken to his brother, Lee, to see if he might be able to help with creating the names. Mike will speak with Lee Martineau. M/M/S by Terry Eggum/David Moore to lease an updated Sharpe copier from Co-ordinated Business Systems in Superior for a five year term when the current lease expires in a couple of months. Motion carried. The Trustees are also discussing the possibility of making the men's bathroom handicapped accessible.

CHRISTIAN ED REPORT: Chair Jean Williams reported that Pastor Paul Taintor will be leading a Lenten Bible study beginning March 12. The Committee is also looking into a summer VBS program, as well as a youth ministry program that would be held weekly on Sundays or Wednesdays. Both of these would be open to the community.

PASTOR'S REPORT: Pastor Paul reported that he has been in touch with the ill parishioners. He has contacted Pastor Tom Summerfield from Sychar. UPC will host Maundy Thursday during Holy Week (with Pastor Tom preaching) and Sychar will host Good Friday (with Pastor Paul preaching).

PASTOR TRANSITION UPDATE: Paula Holden reported that Pastor Paul Taintor will serve as "Interim/Interim" from February 2 through Easter. Pulpit Supply ministers that are already scheduled for Sundays in that time period will preach as scheduled. Pastor David Harvey from Grand Marais has expressed interest in the Interim Pastor position, and will be preaching for three Sundays in March.

OLD BUSINESS: The Council is still in need of a Chair-Elect for 2026.

NEW BUSINESS: The Council unanimously elected Ruth Eggum as Secretary; Mike Osmundson as Treasurer; Angie Goutermont as Assistant Treasurer; and Terry Eggum as Financial Secretary. M/M/S by Jeff Miller/David Moore to turn the AmazonSmile fund into an Emergency Fund to help those in need and to take a special offering on monthly Communion Sundays to add monies to this fund. Motion carried. Mike O. will check to see if there needs to be changes made in the signatories at the credit union regarding this fund.

M/M/S by Ruth Eggum/Paula Holden 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

February Minutes will be approved at the March 11th meeting.

SPECIAL UPC COUNCIL MEETING February 2, 2025

Present: David Moore, Amy Wasson, Paula Holden, Mike Osmundson, Shirley Whiteford, Terry Eggum and Ruth Eggum. Voting in absentia: Lynn Anderson, Dedie Moore, Paula Fenstad, Jean Williams and Jeff Miller. Also attending: Brenda Larson and Ernie Kelley.

Council Chair Terry Eggum called the meeting to order at 11:40 a.m. Search Committee Secretary Amy Wasson explained the Interim-Interim Pastoral Agreement with Rev. Paul Taintor (see below). M/M/S by David Moore/Ruth Eggum to accept the Memorandum of Understanding with Rev. Taintor. Motion Carried. The meeting was adjourned at 11:46 a.m.

MEMORANDUM OF UNDERSTANDING

This memorandum documents an agreement between Rev. Paul Taintor and the Church Council of the United Protestant Church of Silver Bay, Minnesota. (UPC)

When signed, both parties agree as follows:

Start Date: February 1, 2025

Compensation: \$1,500 per month (approved by the Council on 2/2/25), Plus mileage at \$.70 per mile and reimbursement of extraneous expenses.

Rev. Taintor will submit a monthly statement on his activities and accrued mileage on behalf of the UPC, to the Church Treasurer.

Duration: The duration of the agreement will be part-time with the understanding that there may be full-time weeks due to funerals, etc.

During February and march, Rev. Taintor will provide pastoral care, plus preaching on Feb. 2 & 9 and March 9 and 30.

During April, Rev. Taintor will provide pastoral care, plus preaching, on April 6, 13 & 20, with Holy Week services to be determined.

During May, if needed, Rev. Taintor will provide pastoral care, plus preaching (3 of the 4 Sundays).

Dates Absent:

February 15-March 3

April 23-28 (the weekend after Easter)

One weekend in May, dates tbd (grandson graduating in Iowa)

This agreement is projected to last from February, 2025 through Easter, 2025, however either party may terminate the agreement at any time.

Duties:

Preaching as outlined above

Hospital visits and calls as needed

Funerals

Leadership in Council meetings

Office hours on Wednesdays

Leading Wednesday morning Bible studies

Help Search Committee as needed

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 March 2

Scripture: Genesis 2:15-17

Prayer: Creator God, strengthen me to care for what you have entrusted to me that I keep this day and be a blessing to all. Amen.

The week of March 9

Scripture: Genesis 12:1-4

Prayer: Dear Father, clear my vision to see the path you have prepared for me this day. May I follow you. Amen.

The week of March 16

Scripture: Exodus 17:5-7

Prayer: Dear Lord, my Maker, you are the One who delivers people from their troubles. Forgive my grumbling. Help me to lean on your presence in my life. Amen.

The week of March 23

Scripture: Ephesians 5:8-10

Prayer: Great Lord of Light, may my life reflect your light this day so I may find your blessing in what is good and be your blessing to those around me. Amen.

The week of March 30

Scripture: Ezekiel 37:7-10

Prayer: Eternal God, there are times when I feel like dry bones. Breathe on me this day so I may walk in your strength and be renewed for your kingdom. Amen.



Parish Nurse Notes
Dedie Moore Retired R.N.

Their fruit will be for food, and their leaves for healing.

Ezekial 47:12

March is Nutrition Month. I would think by now most people know what a healthy diet looks like: lots of vegetables, whole grains, fruit, nuts and legumes. I know; but that doesn't mean I always do it. And different people need different foods. Some people may need more protein, or may not tolerate whole wheat or dairy. The important issue is to choose less processed foods so that you know what you are eating, and to pay attention to your own body. A variety of vegetables raw or frozen, lots of colors is always a healthy choice.

You may not know that sugar and corn syrup are found in many processed foods, and these are highly inflammatory. That means they can aggravate pain or other inflammations. And concentrated sweets also feed the bad bacteria in our guts. A healthy gut environment can help fight disease, produce some vitamins and anti-depressants and keep larger molecules from entering our blood directly. This causes an immune reaction because your body normally does not directly absorb larger molecules into your blood.

A few tips to help make healthy choices:

Make your own snack mix with unsalted nuts, seeds, raisins or other dried fruits. We also make a lightly salted nut mix with nutritional yeast to add nutrients.

Prep ahead: wash and cut up vegetables and portion into reusable containers. Then they are handy for snacks, or for quick meal prep. Little carrots are a quick and nutritious snack. Also keep boiled eggs on hand for a protein boost.

Combine groups: fruit and yogurt, apple and nut butter.

If you have a taste for a sweet, try fruit to satisfy the craving. This way you get vitamins and minerals with your sweet.

Keep healthy options handy. When I am hungry, I usually head for salty carbohydrates, but nuts or veggies can also satisfy, or boiled eggs.

Pick colorful, vibrant vegetables, try them with hummus, guacamole or yogurt sauce. Use Greek yogurt in place of sour cream for more vitamins and protein.

Pick the foods you like, and plan a colorful, attractive plate. We also eat with our eyes.

North Shore Mental Health Group meets the third Tuesday at 6pm at UP. We need to set up an interim board of directors to apply for non-profit status and welcome any offers and suggestions.

Group Living with Anxiety and Depression meets the second and fourth Mondays at 6:30 pm on Zoom. Contact dediedavid@yahoo.com, or Cindy Tackett, or nsmentalhealth@gmail.com for more information.



**February 26th we received a surprise visitor.
Eileen Scaringi joined us for Bible study.
We had a potluck and joy was all around.**



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

All the caregivers.

March Birthdays

Ed Maki	2
Bruce Small	4
Paula Fenstad	6
Cindy Maki	8
Phil Goutermont	10
Serine Ege	14
Jean Williams	21
David Kolojeski	24



March Anniversaries

Ben and Angie Goutermont 17

Wednesday Morning Bible Study 9:30 am

Please join our discussion.
Beginning on Wednesday March 12th
Pastor Taintor will lead a study
focused on relational skills
with God and each other.
Everyone is welcome.

ASH WEDNESDAY

Join us on March 5th for
a service at 6:00 pm

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.

Dear Friends,

Thank you all for trusting me enough to fill in here at UP. (I really like the abbreviation. I have been UP since starting, I appreciate how open and UP people are during worship.) Just a quick note to let you know what is happening for Lent. Ash Wednesday is March 5. We will have a worship service at 6PM. There will be NO Bible study that day. The following Wednesday we will begin a study of 5 basic relational skills that help us in our relationship skills with God and with each other. During Holy Week, we will continue our sharing worship services with Sychar Lutheran Church. Maundy Thursday will be held at UP with Pastor Tom preaching. Good Friday worship will be at Sychar with me preaching there. My prayer is that we will all grow in our relationship with God and each other during this season.

God bless,

Paul



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.

March

2025

	Mon	Tue	Wed	Thu	Fri	Sat
						1
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Lynn in office Wed & Thurs 1:30 -4:00 pm Pastor Taintor in office Wed. 11 s:00 am-3:00 pm</p> </div>						
2 Sunday Worship 10:30 am Communion	3	4	5 No Bible study Ash Wednesday Service 6:00 pm	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 St. Patrick's Day	18 NSMHG meets 6:00 pm	19 WMBS 9:30 am	20	21	22
23 Sunday Worship 10:30 am <hr/> 30 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
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