

CIRCLE TIMES

March 2026

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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Something to Ponder for Lent

The toughest thing is to love somebody who has done something mean to you-especially when that somebody is yourself. Look inside yourself and find that loving part of you. Take good care of that part because it helps you love your neighbor.

Quote from Mister Rogers

[Life's Journeys According to Mister Rogers-Things to Remember Along the Way](#)



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.



From Pastor Dave Harvey

HEROES

Note: I wrote this reflection several years ago when my son in law was deployed for a year with the US Army Reserve in Afghanistan, while his wife, my daughter, was home alone with three young children and a fourth on the way. At the same time, my own son was far away for two years serving as an X-Ray tech on the Mercy Ship in Africa.

A soldier, far from home on a moonscape of rock and sand, prays to be a good warrior without hardening his heart against the loving and gracious Spirit of his God. He presses hard in prayer to the Maker and Humbler of nations to be the husband and father he cannot be while he follows the life he believes is directed by God's Will.

An X-ray technician adventures in faith, traveling half way around the world to be surrounded by the poor and the forgotten. Using the most foundational energies of Creation, he exposes the extent of the brokenness that has crippled the lives of the people who pass before him. He seeks to reveal what is hidden because he knows that real healing requires relentless truth.

A single mother of small children, falls asleep in prayer. Even when she is surrounded with friends and family, she is still alone with God to wring every last drop of strength, hope, and faith from her body and spirit... every last drop, every single day.

The warrior fights unheralded battles striving to do what is right, to stem chaos with order. His steps are ordered by a nation whose ideals he seeks to sustain. Yet, it is still just a nation as profoundly flawed and futile as any that has preceded it or will follow.

The technician brings only truth, not healing itself. That is for others. His heart is drained by the endless sea of suffering and want. The desperation that brought them all before him seems to be sorrow past knowing.

The mother pours herself down the mouths of her children opened like baby robins almost swallowing their own heads in their endless hunger. Her only fear is that there will not be enough of her to last.

Each offers the worn and torn deeds of their faith to God who will take, consecrate and multiply them into blessing that sustains life. Our greatest work is to do every deed, whether we deem it great or inconsequential, with faithfulness, seeking to be in concert with God's heart in our attitude and choices daily... hourly.

Imposed order, relentless truth, love poured out, all offered at a great cost. Together they make a chorus of prayerful deeds, each person offering up the moment they are in as an act of fellowship with God who walks and works in them and even through them. In the physical and emotional exhaustion they sometimes feel, it is hard for them to believe that their love is not lost in the noise and confusion of life. But they are part of a chorus making a music that is still being rehearsed... a choir that has not yet sung in full force.

I have sung in our community choir for many Christmases now. I have experienced that the real glory of any voice in a choir is not in its own part but in the overwhelming beauty and power of the whole choir. When the rehearsals are done and the sanctuary falls silent, our conductor (a man of greater faith than I) lifts his arm and releases the music he has heard all along in his head... music we had no idea we had in us! Likewise, no faithful person has any idea of what God is bringing together in His Church. When God lifts His arm and brings about the order, truth and love He has heard all along in His head, Creation will be perfected in a way that brings healing to the nations. Every faithful person will be joined and fitted together into a new Creation that God himself will dwell within.

Knowing that, I don't need... I don't even want to be a *great* man, but I do very much want to be a *faithful* one!

UNITED PROTESTANT CHURCH COUNCIL MINUTES

February 11, 2026 5:00 pm

ATTENDEES: David Moore, Dedie Moore, Jim Martineau, Nancy Christenson, Ed Maki, Lynn Anderson, Terry Eggum, Jeff Miller, Cindy Tackett, Dave Harvey, Jean Williams, Angie Goutermont, Amy Wasson and Ruth Eggum .

Council Chair Jim Martineau called the meeting to order at 5:04 pm and opened in prayer.

ADDITIONS TO THE AGENDA: None

M/M/S by Dedie Moore/Ed Maki to approve the minutes of the January 7, 2026 Council meeting. Motion carried.

TREASURERS'S REPORT: M/M/S by Ruth Eggum/Terry Eggum to approve the January Treasurer's report for audit. Motion carried. Angie Goutermont reported that she has set up an Amazon account for the church so items can be purchased tax-free. She can set up people to use the account as needed.

Checking Account: \$55,656.84

Memorial Fund: \$39,520.27

Capital Fund: \$13,315.79

House of Love: \$511.39

Benevolent Fund: \$452.96

CD account: \$39,520.27

DIACONATE REPORT: Chair Dedie Moore welcomed Cindy Tackett to the Diaconate. One more Diaconate member is still needed. Grace Kelley's son, Dale, has passed away. There will be no service per Dale's request. Tabitha Ministry supplies are being used and taken from the library and County office. We will not have an Ash Wednesday service, but people are welcome to attend the service at Sychar.

TRUSTEE REPORT: Nancy Christenson reported that they are updating a supply/replacement list for things at the church, such as smoke alarms. She suggested that we put a sign on the front doors indicating which ones are unlocked for services. David Moore reported that the new lights for the murals have been delivered. Pastor Dave Harvey commented on the good work the Trustees have been doing.

CHRISTIAN ED REPORT: Chair Jean Williams reported the Good News Crew is meeting from 4:15 to 5:15 and is going well. Dedie Moore led Bible study in Pastor Dave's absence in January. Nothing new on VBS.

PASTOR'S REPORT: Pastor Dave Harvey reported that Maundy Thursday service will be held at UPC on April 2 with Pastor Tom Summerfield preaching. The Good Friday service will be held at Sychar on April 3 with Pastor Dave preaching. He will be starting a 4-week series on March 15 on "The Seven Last Words of Christ".

SEARCH COMMITTEE: Amy Wasson reported that the Search Committee has drawn up a questionnaire for the congregation on issues concerning the pastoral search. M/M/S by Dedie Moore/Jeff Miller to make the questionnaire available to the congregation for four Sundays, beginning February 15. Motion carried. Questionnaires will be mailed to homebound congregants.

OLD BUSINESS: None

NEW BUSINESS: M/M/S by Dedie Moore/Cindy Tackett to elect Terry Eggum as Financial Secretary, Angie Goutermont as Treasurer, and Ruth Eggum as Secretary. Motion carried. M/M/S by Dedie Moore/Nancy Christenson to eliminate the Health Ministry Committee. Motion carried. M/M/S by Dedie Moore/Ruth Eggum to eliminate the Library Committee. Motion carried.

The next meeting will be Wednesday, March 11, 2026 at 5:00 p.m.

M/M/S by Terry Eggum/Dedie Moore to adjourn the meeting at 6:17 pm. Motion carried. Chair Jim Martineau closed in prayer.

Minutes respectfully submitted by Ruth Eggum, Council Secretary

February Minutes will be approved at the March Council 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 March 1

Scripture: Ephesians 2:8-10

Prayer: Holy Father, thank you for your gift of grace. Strengthen me to walk in the light of this gift and be a gracious gift to those I encounter this day. Amen.

The week of March 8

Scripture: Psalm 51:6-9

Prayer: Lord of Mercy, I am often blind to what weighs me down, the sin that takes root in my life. Open my eyes and cleanse me by your grace. Amen.

The week of March 15

Scripture: Mark 11:7-10

Prayer: I confess, Gracious Savior, that I fail to see you coming towards me. Grant me your wisdom so I may rejoice in your presence and sing your praise. Amen.

The week of March 22

Scripture: John 20:11-13

Prayer: The time has come, Suffering Lord, to face the pain and emptiness of your cross. I pray for your strength to look for you in this dark time. Amen.

The week of March 29

Scripture: John 20:19-22

Prayer: Risen Lord, open my life to your presence this day. May I breathe in your peace and breathe out your grace and peace to the world around me. Amen.



Parish Nurse Notes
Dedie Moore Retired R.N.

Better is a dinner of vegetables where love is than a fatted ox and hatred with it.
Proverbs 15:17

I realize the point here is simple: food shared with love is better than rich food with stress. However, this proverb does suggest many important issues in our health.

Physically we know how our emotions affect our gut. Who has never had a stomach ache when they were stressed? Nerves directly connect the gut and the brain.

We are learning now how important having a healthy "biome" (gut environment) is to our overall health. Heart disease, diabetes are helped by a healthy biome. Just like tending a garden, how we nourish and tend our gut affects how fruitful we can be. Vegetables, especially raw, feed our gut and keep it healthy. Whole grains and high fiber also feed a healthy gut. A heavy meat diet causes the gut to move more slowly and can cause toxins to build up. And not to mention the conditions commercial animals are raised in.

The healthy bacteria in our guts can even produce chemicals to help depression, and can produce vitamins. We also get the satisfaction of knowing we are caring for our bodies, our temples, and choosing life.

I try to stick vegetables in anything I can. I made a good veggie soup with tomatoes, lots of other vegetables, put in food processor and a little canned milk-voila, cream of tomato soup! Frozen spinach can be put in lots of food, spaghetti, soup, eggs. Baby carrots are a good snack if I am too lazy to fix other vegetables.

Here's to lots of color in our diets!

Group Living with Anxiety and Depression meets the second and fourth Mondays 6:30 pm on Zoom. Contact me or nsmmentalhealth@gmail.com for more information. All are welcome to join at any time. North Shore Mental Health Group meets the third Tuesday at 6pm at UP and on Zoom.



Fun with NS Mental Health Group

Free -- Everyone Welcome!

Join NSMHG on
Friday, March 6th from 2-3 PM
at the Clair Nelson Center in Finland.
We will be creating Easter Gnome
decorations. Refreshments provided.



North Shore Mental Health Group
Promoting local mental well-being

UPDATE FROM THE SEARCH COMMITTEE

Paula Poaletti Holden, Chair, Amy Wasson, Secretary, Lynn Anderson, Maggie King, Jim Martineau, Dedie Moore and Jean Williams

During discussions about moving forward with our pastoral search, the Search Committee realized that we would not be able to tell a prospective pastor what our congregation's attitudes are regarding controversial issues. Being an ecumenical church, we have five denominations which all have different outlooks. It was decided to create a confidential questionnaire to get a sense of what people will accept and not accept in a pastor. The answers from the questions will provide some guidelines as to what best serves the congregation in fulfilling its mission. The committee will meet on March 8th to discuss the feedback and determine what is next. We ask your prayers for our search and for patience as we await God's direction.

MAY THE ROAD RISE
UP TO MEET YOU.
MAY THE WIND
ALWAYS BE AT YOUR
BACK. MAY THE SUN
SHINE WARM UPON
YOUR FACE, AND
RAINS FALL SOFT
UPON YOUR FIELDS.
AND UNTIL WE MEET
AGAIN, MAY GOD
HOLD YOU IN THE
PALM OF HIS HAND.

AN OLD IRISH BLESSING



On Friday, February 27th we had a visit from Eileen Scaringi. Lynn Anderson and Peg Osmundson are with her.

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, Irene Johnson, David Gustafson, Rebecca Snook, Serine Ege, Agnes Carol Bakken, Allison Oja, Carol Harrison, Paula Fenstad, Greg, Nancy Christenson, Chuckie Knutson, Dave Moore and Terry Eggum of our congregation as they deal with health-related changes and recoveries. Please note: Ray Burge is now a resident of the Vet's Home in Silver Bay. Dave Gustafson's address is Edgewood Hermantown Rm.431 4195 Westberg Rd., Hermantown, MN 55811 **Prayers for all 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

Lent and Holy Week Schedule

March 29th Palm Sunday 10:30 am Sunday.

April 2nd Maundy Thursday 7:00 pm UPC.

April 3rd Good Friday 7:00 pm Sychar Church..

April 5th Easter 10:30 am Sunday

**On Saturday, March 14th 1:00 pm
You are invited to celebrate Serine Ege's 90th birthday at UP Church.**

On Sunday, March 15 our Sunday service will include a dedication of Philip Christman's grand piano donated by Serine Ege.

Wednesday Morning Bible Study 9:30 am

Pastor Dave is leading our Bible Study this month.
Everyone is welcome.

The Good News Crew

UPC is hosting a children's ministry on Wednesday March 4th and 18th 4:15 pm to 5:15 pm. Contact the church office for details.



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.

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.

March

2026

1311Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday Worship 10:30 am Communion	2	3	4 WMBS 9:30 am Good News Crew 4:15 pm	5	6	7
8 Sunday Worship 10:30 am Daylight Svgs	9 GLAD 6:30 pm Zoom	10	11 WMBS 9:30am Prayer Shawl 2:00 pm Boards 4:30 pm Council 5:00 pm	12	13	14 Serine Ege 90th Birthday Party 1:00 pm
15 Sunday Worship 10:30 am Piano Dedication	16	17 NSMHG meets 6:00 pm UP Church &	18 WMBS 9:30 am Good News Crew 4:15 pm	19	20	21
22 Sunday Worship 10:30 am	23 GLAD 6:30 pm Zoom	204	25 WMBS 9:30 am Prayer Shawl 2:00 pm	26	27	28
29 Sunday Worship 10:30 am Palm Sunday	30	31	<div style="border: 1px solid black; padding: 5px;"> Lynn in office Wed & Thurs 1:30 -4:00 pm Pastor Harvey is in the office Wed. 9:00 to 5:00 </div>			

**UNITED PROTESTANT CHURCH
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