

February
2022

The Samaritan

Worship Themes

Note: February's worship series is entitled "Methodism for Today," with a focus on the topics listed below

Feb. 6 - Grace/
Communion

Feb. 13 - The
Quadrilateral

Feb. 20 - Three Simple
Rules

Feb. 27 - Discipleship

 **GOOD
SAMARITAN**

"Though I am
always in
haste, I am
never in a
hurry."
~John Wesley

"The best of
all is, God is
with us."
~John Wesley

Fun fact:
John Wesley
coined the
phrase
"agree to
disagree."

Quotes and fun facts about John Wesley and the Methodist Movement

"I learned more about Christianity
from my mother than from all the
theologians in England."
~John Wesley

"Humility and
patience are
the surest
proofs of the
increase of
love."
~John Wesley

Fun fact: John Wesley rode far enough on
horseback to circle the earth 10 times.

"I would not tell
one lie to save
the souls of all
the world."
~John Wesley

Fun fact: John Wesley
wrote one of the all-time
bestselling medical texts.

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Pastor's Page



I guess you might say I was born a Methodist. My grandma was a Methodist. My parents were married in her Methodist Church. And I was later baptized there.

My parents called Grandma's church a sort of "home base" given we moved a lot as a military family. And yet they also made it a high priority to find a church in every town we moved to. Except for a few years in Illinois, we always found our way to a United Methodist Church (notice the subtle but important difference, as our denomination became "United" Methodist upon merging with the Evangelical United Brethren in 1968). So, most everything I have learned about faith and being the church has been in the United Methodist Church. And I'm glad for that.

Growing up around other United Methodists, I don't ever remember a challenge about being a member of our denomination until I was in seminary. Seminary is a place where lots of questions arise. Classmates there are a curious bunch. "Why are you United Methodist?" they would inquire. It's a question that lingers as our denominational wrestling over full inclusion is not yet resolved.

Even so, I'm pleased to walk in the footsteps of John and Charles Wesley, the founders of the Methodist Movement. And I can honestly say now that I am a member of the United Methodist Church not just because I was born into it...but because I want to be...because I choose to be.

But if you've always wanted to stand stronger in your faith and formulate an answer to the question, "Why are you United Methodist?" then I encourage you to come to worship as often as you can in February as we learn about the means of grace that is foundational to our theology, grapple with the notion of "Christian Perfection" that got John in such hot water, look at the meaning behind some of the hymns Charles wrote, and hear stories about the "Mother of Methodism" (Susanna Wesley), so that you, too, might "choose" United Methodism all over again!

With a spirit of learning together,

Pastor Carol

Worship

Editor's Note: Thank you to Dave Knutson for submitting this piece. Pastor Carol asked him to write an article that would help remind us how to be friendly towards newcomers, and here are his suggestions:

A Smile and a Handshake by David Knutson

In years past, a smile and a handshake were all you needed to start a conversation with or introduce yourself to another person. But with the pandemic, masking and social distancing, things got a lot more difficult. The mask hides a smile and unless you have unusually long arms, social distancing prevents the handshake. So what should we do?

Almost every Church that has been surveyed believes they are a friendly and welcoming congregation. Alas, we may not be. We want to respect people's distance. We don't want to come on like the over eager salesperson. And sometimes, through that over analysis, we miss great opportunities to connect with another person, especially the first-time visitor to our congregation. However, making connections with other people will make them feel welcome.

Research tells us that in the first few minutes of entering the church, people are making a decision about whether they will return or not. So these are precious moments, not to be wasted! As Mama used to say, "You only have one chance to make a first impression." The most crucial moments in welcoming are the three minutes after a person enters our building and the three minutes after the worship service.

So try these steps and see if they work for you. If they don't, try something different.

- Smile and offer your hand.
- Say, "Hi," and tell the person your name.
- If they have children, get down to the level of the children and ask them their names and tell them yours.
- Ask the new person if they have any questions.
- And if you are really daring, ask if you could sit with them.
- But don't come on like a land development sales person!

The three minutes after the service is over are also crucial. Try the following:

- Don't talk to your friends.
- Talk to someone you don't know.
- If this is a visitor, introduce the visitor to people you know.
- Maybe tell a little about the people you know.
- Invite the visitor in for coffee when that becomes available and introduce them to people at your table.
- Bring up something to talk about to the entire table. It is much easier to develop conversations with a group of people.
- Learn what upcoming events will be held at Good Sam.
- Learn about programming opportunities through Good Sam.
- Learn about the missional programs at Good Sam.
- Learn about the groups that meet at Good Sam.

I think of all the terrific people I have met and known while attending Good Sam. This wouldn't have happened if people hadn't introduced themselves to me and made me feel important and welcome. This is a chance for all of us to be Good Sam Bassadors. Yes, you may feel awkward at times. Yes, you may feel like nothing is going right. When that happens, there is nothing more endearing than a little self-deprecation. All we need is to be willing, be vulnerable, and be genuine.

Congregational Care

Congregational Care Comment

(Perhaps this month more aptly named "Chaplain Comment"):

One day in January, I was sitting at one of the ambulance bases for the Emergency Medical Service for which I work part-time as a chaplain, hoping to check in with some of our crews in between calls. It was my second ambulance base site visit of the day with no crews in sight. In looking at the board it was quite clear my attempts were futile: here a truck en route to a call, there one on site with a patient labeled as "sick person," another just having arrived at the ER, and on and on. The entire board in motion: trucks and crews moving from one place to the next with hardly a moment to pause in between. Clearly no one would be coming back to base anytime soon.



That same week, another medic told me that in her 12-hour shift she and her partner had stopped multiple times to run into a convenient store to grab a quick snack in between calls, yet each time, before getting into the store, the tones would go off again, signaling the need to return to the streets and another patient immediately. No time to grab an extra bottle of water, no time to purchase a protein bar, no time to go to the bathroom. By the time she got home at the end of that day, she was shaking, presumably from lack of nutrition.

It is no secret that our healthcare system is currently repeatedly overloaded, our doctors, nurses, EMTs, dispatchers, paramedics and the like running on fumes. A combination of increased illness amidst the general population and staffing shortages created by a mix of burn out, early retirements, and covid cases within our medical personal themselves all intertwining to make this perfect storm. As I witness our providers having to continually make choices between their own mental well-being and that of the team, choosing to take a much needed day off at the risk of leaving their peers running even more thin, I can't help but wonder: where and how does this end? What is my role in providing support when the light at the end of the tunnel feels yet too far to see, let alone reach?

And why, dear Good Sam, am I telling you this? Perhaps it's just another reminder that we belong to one another. That as much as we may think otherwise, we cannot entirely separate ourselves from the whole. We are a part of a system, many systems in fact. And in order for anyone of us to be well, the entire system has to be well. Perhaps it's because for me, there is no distinction between loving this congregation well and loving our first responders well. In order for a medic to give any one of you the very best care when you need it, they need to have had the time to eat and hence to be able to think clearly and swiftly. So, what do we do? How do we be good neighbors to one another in such a time as this? Perhaps it simply starts with seeing one another.

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Wednesdays 9-4pm and variable (or by
appointment) Tuesdays and Fridays**

Truly seeing one another. Sharing stories. Listening. From there, maybe we start or continue to think about how our decisions not only help or harm ourselves, but how they help or harm the system. And, if we are feeling really bold and motivated, we might even feel called to drop off lunch or some energy-fueled snacks at our nearest ambulance base. Who's to say?

Congregational Care

Prayer for February

Gracious and loving God,

Of course, this is a month where many of us celebrate love. And many of us mourn not having love in our lives the way we want, or envisioned, or maybe even had once upon a time but have since somehow lost.

God, let this be a time to expand our vision of love to focus on all of the different ways we care for, empathize with, hold hope for, and embrace our people, those both near and far, those who are most intimately ours, and those who remain strangers and yet are fundamentally still connected to us by invisible strings.

Teach us how to love deeply and well. Show us how to open our hearts to expand to the point of breaking and beyond. Keep us from numbing, constricting, or hardening when the pain of loving becomes too much or too real.

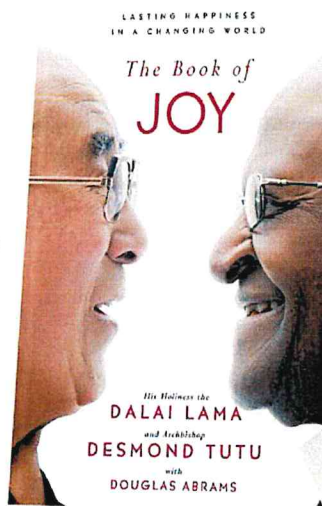
Along the way, remind us to love the only being besides you who is with us twenty-four hours a day, three-hundred and sixty-five days a year for our entire lives: ourselves. Show us how to be gracious, kind, welcoming, and tender towards even our messiest, most unlikeable parts.

God who is love, amidst the chaos and overwhelm of our lives, grant us the inner strength and peace not to take for granted those we hold most dear. Show us how to savor sweet precious moments with those we have chosen to be part of our inner circles. Give us the courage to speak words of love aloud, in actions and in gestures so that our cherished people never question or doubt our affection. Help us to know and trust that holding healthy boundaries is one of the most loving things we can ever do both for ourselves and for others.

Remind us that it is never wrong to love and that loving more is always the right answer. We pray all of these things in your holy name, Oh God, Amen.

A Virtual Book Study

Join us for a virtual book study of "The Book of Joy: Lasting Happiness in a Changing World" by His Holiness the Dalai Lama and the late Archbishop Desmond Tutu. Whether you are one of our local members, are wintering down south, social distancing at home, avoiding MN winter driving, or participating in our community from out-of-state, all are welcome.



We will be meeting over Zoom from 10:00-11:00am, CST every other Friday starting February 11 thru May 20, 2022. Zoom information is as follows:

<https://us06web.zoom.us/j/87915421412?pwd=UGJMU0lwdXFoOHJpamJCb1QyRk9BUT09>

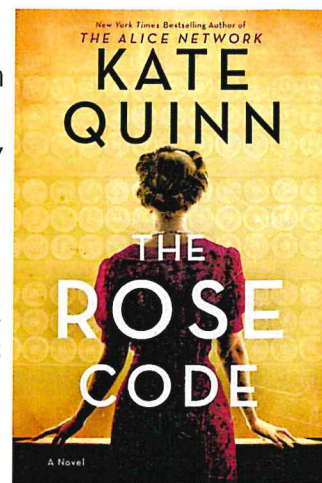
Meeting ID: 879 1542 1412; Passcode: radiance

Note: Plan to purchase your book in advance in order to start reading the material prior to our first gathering; if you have difficulty obtaining the book, please let Nikki know.

Thursday Afternoon Book Group

Our next meeting will be on February 10 at 1:00 in the Fireside Room.

Our discussion title is **The Rose Code** by Kate Quinn, the story of three Bletchley Park codebreakers during World War II.



Contact Vicki Dunn (Victoria.dunn@q.com) for more information.

Congregational Care

The Eight Steps to Freedom - Forgiving Another

Summarized from the work of Mary Hayes Grieco (<https://maryhayesgrieco.com>)
(These steps were explored during part 3 of our worship series on forgiveness.
Feel free to watch the full message at good.org dated January 23, 2022.)

1. State your will to make a change
"I am ready to do this"
"I am willing to forgive"
2. Express your feelings exactly as they are
Speak your emotional truth
"I hate that you _____, because...", "I'm so sad that...", "I felt betrayed when...", "I am angry that...", etc.
3. Release expectations from your mind, one by one
Shift each expectation to a preference and cancel each expectation
"I prefer that you are a person I can trust, but you haven't been, so I release that expectation",
"I prefer that I could feel emotionally safe with you, but I don't, so I release that expectation", etc.
4. Restore your boundaries
Part 1: Give the person full responsibility for their actions: "I give you full responsibility for your actions and how they affect others, and I am moving you out of my boundary back to your own"
Part 2: Restore your boundaries: Visualize your boundary as a healthy sphere of light and that you are energetically removed from each other's boundary
5. Open up to the Universe/God/Higher Self to get your needs met in a different way
"I open up to life in a new way to get what I need now"
"I wanted _____ and didn't get it, I open myself up to receive this in a different way."
6. Receive spirit's/universe's healing energy into your personality
Visualize bringing light, love and healing, from above into the body, psyche, and spirit and inviting the light to move through you
7. Send unconditional love to the other person and release them
Picture sending light and love to this person just as they are, or if sending it directly to them is too difficult, sending it to their higher self
"I send from my higher self to your higher self and I release you"
8. See the good in the person or situation
"You're funny and hardworking"
"What I have learned from this difficult experience is..."

Caregiver Support Group Update & Information:

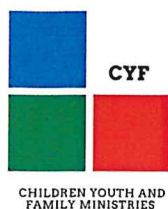
On January 19th we were able to gather for the first time as a Caregiver Support Group. In doing so, we were able to share a little bit about our stories and experiences as well as our hopes for joining such a group.

Due to the recent rise in Covid cases, the meeting was held both in-person and over Zoom simultaneously. For now, we have decided to also host our March gathering in such a way while discerning how/if we want to transition to solely in person from there except when emergent situations might dictate we move to Zoom at the last minute. Our intention is to hold an open group where others can continue to join as their schedules and needs allow. Our next meeting will be held on February 16th from 6-7:00pm. From there, we will switch to meeting consistently on the 2nd Wednesday of the Month starting Wednesday March 9th moving forward. Child care will be provided for those attendees in need of it; requests for child care must be made to Nikki a week in advance. Contact Nikki with questions or to express interest in participating.

The zoom information for the March meeting is as follows:

<https://us06web.zoom.us/j/86445975683?pwd=RWt6K0o9ZN29TSWs5VDZvSENBREJiZz09>
Meeting ID: 864 4597 5683 Passcode: reprieve

Children, Youth and Family Ministries



Jan M. Russell (she/her),
Director of Children, Youth
and Family Ministries
jan@good.org
952-452-9398

(Note: Jan is on
medical leave
January 17-
February 28.)



ALL PARENT MEETING SUMMARY

Jan and Pastor Carol convened an All-Parent Meeting on January 12, for the purposes of having an open conversation about ministry at this point in the pandemic and into the summer.

We started the meeting discussing the frustrations that so many families felt in the staffing transition in July of 2020. This conversation confirmed the pain that lingers, and yet revealed the intention by those present to move forward. It was acknowledged that we are in a rebuilding period, and there is commitment to collaborate and work together on healthy steps toward our future.

We discussed the communication channels we have been working with the last year, such as the Children, Youth & Family segment in the Wednesday Highlights & Updates e-news; the Friday Family e-Newsletter; and since October of 2021, the Children, Youth & Family page in the monthly printed Samaritan newsletter. Jan has been using the group text feature in Shelby for Confirmation class meeting reminders, and will expand use of that as appropriate. Parents present confirmed that the current communication stream is working well.

Given that we are in a rebuilding period, we collectively decided to combine youth group activities to include 6-12th grades, with the intention of planning activities that encourage our youth to invite a friend or two. Bonfires, sledding, and other outdoor fellowship opportunities were named as possibilities. We will also look at events for children 5th grade and younger that are geared to fun and fellowship.

A follow up All-Parent meeting is scheduled for March 9 at 7:30 pm via Zoom (meeting id: 889 3084 2902; passcode: GoodSam) to brainstorm and do some concrete planning and scheduling for the spring and summer. Summer programming for 2022 will concentrate on Vacation Bible School, Appalachia Service Project (ASP), and Serve MSP, while BeDo Camp for 4th-6th graders will be postponed until 2023.

Thank you to all who attended this meeting. We appreciate the open conversation, and look forward to meeting again on March 9.

~Jan Russell and Pastor Carol

Save the Dates:

Confirmation Sunday - May 15
Vacation Bible School - June 27 to June 30
ASP - TBD
Serve MSP - August 3 to 5

Thank you Sunday School Teachers

Feb 6 - Laurie Olson
Feb 13 - Jean Zivkovich
Feb 20 - Lynn Timmer
Feb 27 - Christina Leenders

United Methodist Women (UMW)

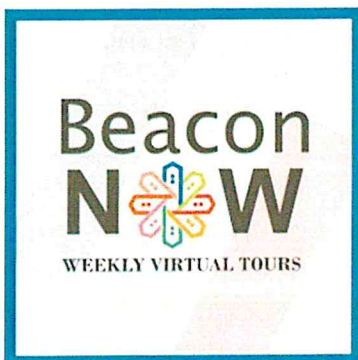
All women of the church are members of the UMW which is a United Methodist world-wide organization that focuses on mission. We are excited to announce the following projects which have received funding in 2021 from Good Samaritan UMW donations:

Joyce Preschool	\$200	Joyce Uptown Food Shelf	\$200
VEAP	\$200	Emma Norton Services.	\$200
Joint Religious Legislative Coalition (JRLC)			\$200
Twin Cities District UMW (For Mission Outreach)			\$1650
UMCOR -WASH program (United Methodist Com. On Relief - Water, Sanitation, Hygiene)			\$2200

We are appreciative of all women who have so generously donated to the United Methodist Women. Thank you! ~Kathy Kenyon

Missions Team

How to Help the Housing Crisis



Beacon invites you to attend a virtual "Beacon Now" **session every Wednesday at 2:00-2:30.**

They touch on the basics of Beacon's work with the homeless, and go in depth on one aspect of that work. We know Beacon mainly through their Families Moving Forward program but they do so much

more. Currently, "Beacon Now" is focused on **"What happens in a legislative session?" How can we get our legislators to spend part of the \$7.7 billion surplus right now on helping real people. Beacon's week of Lobby Days from February 14-18, 2022!** Only half an hour! Just go to their website to find out more: <https://www.beaconinterfaith.org/event/beacon-now>

Feed My Starving Children

Next Feed My Starving Children packing date is Wed, Feb 9 from 9-11 am. Please let Jane Heimerl know by Mon, Feb 7 at 952-933-6628 or email jane.heimerl@yahoo.com

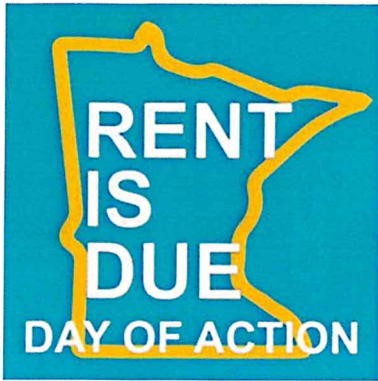


MN Reconciling Congregations Spring Gathering

You are invited to join with other MN Reconciling United Methodists on Saturday, March 12 at 12:45. Our denomination is in limbo; there is racial unrest; we don't know what's happening with the pandemic. How do we survive this time of uncertainty? Come hear Rev. Leah Rosso, First UMC of the St. Cloud Region, speak on "How to take care of ourselves in times of turmoil" as well as hear Reconciling updates. The location closest to us is Good Samaritan, see other gathering locations at www.mnrcumc.org or view the live-stream at www.fumcscr.org. If you have questions, please contact Brian Boysen 612-220-3795 or Roy Moeller 952-237-7088

Missions Team

"Rent Is Due" - Day of Action: February 14



We really need to impress our legislators that the people want them to use their huge **surplus of \$7.7 billion** for the people's needs! **Beacon Interfaith Housing Collaborative** supports a fabulous bill called **Bring it Home, MN**, a rent subsidy program that will allow all low-income Minnesotans the security and reassurance of a home so they can stay where they are! We have a good chance of it passing **IF we show our support!** Spend just 20 minutes contacting them on Feb 14. Beacon gives you a script and the links and phone numbers so it is EASY! They'll be 10 minutes to explain things first before you act. Beacon is spearheading this and we need to show support for it so our Minnesota Legislature

allocates funding. This month's **"RENT IS DUE"** is on Feb 14th, 8:30-9:00am on Zoom **Bring it Home, MN Week of Action February 14th-18th**. Check it out at <https://www.beaconinterfaith.org/>

Your Missions Team was able to distribute almost \$30,000 during 2021 from your Christmas and Easter offerings!

Here is breakdown of our outreach to help our local, national, and global communities in need. Information on almost all of these organizations can be found on the good.org website.

Housing Security: \$8,661 for our Stonebridge rent support program* and \$7,000 to Simpson Housing Services, Hearts & Hammers, Beacon/Families Moving Forward, and Emma Norton.

Food Security: \$6,300 to VEAP, Joyce Uptown Food Shelf, Feed My Starving Children, Meals on Wheels, and Brooklyn Center UMC Food Pantry. This does not include donations during MN March Food Drive.

Education: \$5,500 to Wesley, Joyce Preschool, ABC, Stonebridge World School, and Camphor UMC Scholarship Fund.

Thank you!

An additional \$2,000 in gifts were made to the **MN Annual Conference Love Offering, UMCOR**, and the Shoebox Christmas Gift project.

*During the first 12 months of the COVID pandemic, we supported 17 families with children who attended Stonebridge World School, an inner-city school Good Sam has partnered with for several decades; we supplied rent aid to their parents who lost jobs to ensure that they would not lose their homes once the eviction moratorium was lifted. The total support from Good Samaritan members for this program from May 2020 to April 2021 was over \$41,000 combined with an additional \$17,000 from grants and fundraising by Stonebridge, so that's \$58,000! All the families have been self-sufficient for many months now.

In March we will have an update on the refugee families we've been helping so thank you for all your donations of furnishings and furniture.

Trustees

Maintenance Minute

You may not know this, but at Good Sam there are tunnels that run along all of the outside walls of the building. With the two boilers we have, a lot of that tunnel space is used for the boiler water lines that carry hot water to each individual room to provide heat through the room registers.

A crucial part of this operation is the use of boiler pumps. They push the hot water to each room when heat is called for. We have a total of 8 pumps in the tunnels along with 2 others in the boiler room. One recently started leaking. The bearings in the pump motor were going bad and when that happens they tend to leak. In this case, I replaced the bearings.

In the picture you can see all of the water corrosion. In turn, if they are leaking, sometimes it can cause a room to not heat properly or it can take longer than normal for the room to get to the thermostat set point. If you ever experience a heating issue at good Sam, a boiler pump failure could be the culprit! Please let me know if you ever experience or think there may be an issue with a room's heat so the situation can be looked over in a timely manner. A lot of times when one thing fails, it will cause another to fail soon after, as goes with almost anything!

Next month's newsletter article will be Part II of the tunnels at Good Sam. Stay tuned! I hope everyone is doing well and staying healthy! ~Dan Green



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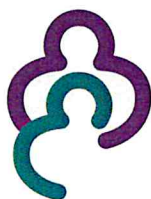


Coloring Page



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Time Dated Material



WORSHIP AT GOOD SAMARITAN

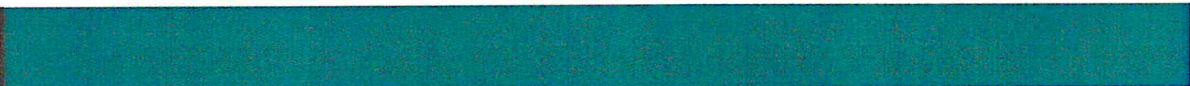
- Sunday Service** 10am (In-Person and Online)
- Nursery** Infants - Age 3 (by reservation)
- Children's Sunday School** Children's Sunday School is held during worship, following the Passing of the Peace.
- Youth Sunday School** Postponed at present due to the pandemic.

OUR VISION

INSPIRING
 Joyful Faith

BUILDING
 a Loving
 Community

SERVING
 Neighbors Near
 and Far



GOOD SAMARITAN OFFICE

- Mon-Thurs Phone** 9am - 4pm
 (952) 929-0049
 (Note: phones are generally staffed Tuesday & Wednesday from 9am-1pm)