

February
2023

The Samaritan

Worship Themes

February 5 -
"Kindness &
Encouragement" /
Communion

February 12 -
"Sharing"

February 19 -
"Get Up and Don't Be
Afraid"

*Note: A six-week
worship series on The
Lord's Prayer runs from
Ash Wednesday thru
Palm Sunday*

February 22 -
Ash Wednesday
"Prayer"

February 26 -
"Dear God" (honor
relationship to God)



"The Walk"

by Ann Weems

Those of us who walk along this road
do so reluctantly.

Lent is not our favorite time of year.

We'd rather be more active -
planning and scurrying around.

All this is too contemplative to suit us.

Besides we don't know what to do
with piousness and prayer.

Perhaps we're afraid to have time to think,
for thoughts come unbidden.

Perhaps we're afraid to face our future
knowing our past.

Give us the courage, O God,
to hear your word
and to read our living into it.

Give us the trust to know we're forgiven,
and give us the faith
to take up our lives and walk.

OUR STAFF

Rev. Carol Zaagsma

Lead Pastor
carol@good.org
952-452-9395

Nikki Holm

Dir. of Congregational Care
nikki@good.org
952-452-9396

Jan Russell

Director of Children, Youth
and Family Ministries
jan@good.org
952-452-9398

Christian Nielsen

Coordinator of Worship Arts
and Online Engagement
christian@good.org

Paolo Debuque

Chancel Choir Director &
Music Coordinator
paolo@good.org

Mary Beth Berg

Organist/Accompanist
marybeth@good.org

Kate Graber

Chancel Chimes Director
kate@good.org

Brad Carlin

Homeward Bound Director
bradleypcarlin@gmail.com

Cindy Bergstrom

Office Manager
cindy@good.org
952-452-9393

Kim Hill

Bookkeeper
kim@good.org
952-452-9394

Dan Green

Building Engineer
danrg@good.org
612-889-4015

Dandy Lewis

Media Specialist
dandy@good.org

Good Samaritan UMC

Office: 952-929-0049

Pastor's Page

Two Invitations

Let me personally invite you to two opportunities coming up. First is a weekly Lenten Small Group Study on Wednesday evenings from 6:00-7:00pm that will complement the Lord's Prayer focus we're planning for worship themes during Lent. We'll meet in person for six Wednesdays, starting March 1 and ending April 5.

This small group study is based on Rev. Riva Tabelisma's newly printed book entitled *Living the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation*. Riva is a graduate of Philippine Christian University (Manila, Philippines) and United Theological Seminary of the Twin Cities. She is a colleague and friend here in the Minnesota Annual Conference.

She has used "kin-dom" in place of the traditional "kingdom," as kin-dom was originally coined by Ada Maria Isasi-Diaz in an effort to "emphasize relationality, community, and equity as the basis of God's reign." This study will have us take a closer look at this familiar prayer with more of a social justice lens, so I'm excited about the discussion we are sure to engage in.

The second invitation is to attend one of the gatherings created to help us meet our new bishop, Bishop Lanette Plambeck. She wants to be "where our people are" to "hear their hopes and dreams for our conference, and see the places they live, love, and worship." At each gathering, we'll meet Bishop Lanette, hear some of her story, worship together, enjoy good conversation, and leave with a renewed sense of hope for the future.

You may register for one of six gatherings (four will also be live-streamed) at <https://www.minnesotaumc.org/newsdetail/meet-and-worship-with-bishop-lanette-at-one-of-6-gatherings-17275519>.

The gatherings are scheduled as follows:

- Alexandria UMC - Saturday, Feb. 11, 2-4 p.m.
- Mankato: Hilltop UMC - Sunday, Feb. 12, 2-4 p.m. (live streamed)
- Woodbury: The Grove UMC - Saturday, Feb. 18, 9:30-11:30 a.m. (live streamed)
- Rochester: Evangel UMC - Saturday, Feb. 18, 2-4 p.m.
- Duluth: First UMC - Saturday, Feb. 25, 2-4 p.m. (live streamed)
- Plymouth: Messiah UMC - Sunday, Feb. 26, 2-4 p.m. (live streamed)

I hope you'll consider joining me for these opportunities.

Pastor Carol



Worship

Ash Wednesday Worship Wednesday, February 22 @ 7:00 pm



Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. Ashes brings us back to Genesis 3:19 where God tells the first human beings that "you are dust, and to dust you shall return." To acknowledge this, we are each invited to this year's Ash Wednesday worship on Wednesday, February 22, 2023, at 7:00pm.

This year, our worship focus throughout Lent will be on The Lord's Prayer, and we'll begin that journey on Ash Wednesday by looking broadly at the topic of prayer.

Music

Pickup Choir Ash Wednesday

The music for this year's Ash Wednesday worship will be led by a pickup choir. If you are interested in singing, you need simply join us that day, February 23, at 6:00pm in the Choir Room 150 to prepare for 7:00pm worship.

All experience levels are welcome and no materials necessary. Dress in white and black church attire.



Paolo Debuque
Chancel Choir
Director &
Music Coordinator
paolo@good.org
952-452-9397

Homeward Bound Gig

Saturday February 25, 7:00-8:00pm
Tuttle's Eat-Bowl-Play
107 Shady Oak Rd, Hopkins MN



After a long hiatus, HB returns to Tuttle's on a Saturday night in February! Come hear your favorite band play one special set in a great setting in the near-west metro. We'll actually be opening for our "sister" band, Six Still Standing, which as you know features our own Steve Kumagai on guitar and Austin Albert on tenor sax!

Why not come at 6:00 pm, get a good table, order up some dinner and beverages, and get ready for a great night of music and fun with good friends. SSS will go on right after us at 8:15-8:30 pm, so plan to stick around and catch some of their smooth sound as well.

No cover! Free parking! Spread the word and see you there! ~Brad Carlin

Worship

What Is Music?

Editor's Note: Christian Nielsen presented the following meditation as the Sharing God's Peace portion of worship on Sunday, January 22. Several people have asked for a copy, so we are sharing it here:

What is music?

Music is sound, and silence, held together by rhythm

A rhythm that connects us to the rhythms of life.

From the migration of birds with the seasons, to the movements of our planet traveling around our sun.

Music can be a bridge to reminds us we belong to each other.

It can synchronize our motor cortexes and connect us as one.

Where words often fail, music expresses the inexpressible.

Music can heal broken hearts and mend broken relationships.

It can ease even the greatest of pains- bodily pain, emotional pain, soul pain.

Music uses more parts of our brain than any other activity.

It makes bodies move together, minds to synchronize, hearts to beat together.

It can transport us through time and space to distant moments in our lives, stirring memory when memory seems to have failed.

Reminding us of moments—some beautiful, some hard.

The words of a hymn can still come when language has long since gone away.

Music brings communication and connection to those who are isolated.

It can make us playful or still.

It brings hope when all hope seems lost.

It can be an anchor to those who feel confused and fearful- a way to bring orientation when we are disoriented.

Music reminds us that we are loved—completely and unconditionally.

It gives us space to lament our sorrows, to celebrate our joys, and to come together as community.

Music gives us permission to connect to ALL of our emotions.

Music transcends our colors and creeds, our politics, and our fear of the other.

It helps us to understand each other-- to learn--- and to teach.

Music creates sacred space- a space that becomes so full of love, that fear and despair are moved aside,

And room is made for the divine to enter.

I've witnessed legs struggling to walk begin to synchronize into a march.

I've seen music become a mode of expression to people of all ages who are not able to fully speak.

I've witnessed words returning to children with autism, and adults who've experienced strokes.

I've seen breaths that were ragged and labored become smooth.

I've seen it bridge the distance between final breaths.

I've seen anxiety fade with only a few notes.

I've seen relationships broken for decades begin to heal.

I've seen music bring much needed tears... and laughter.

I've witnessed moments where sound, love and tears flowed together, as family gathered to sing around a bedside.

I've seen and felt the warmth and beauty of the Creator with people of all faiths and denominations.

I've felt rooms filled with despair become sanctuaries of hope.

I've witnessed the ugliness of death transform to moments of grace and peace.

Music grounds us

It calms us

It reminds us to breathe

Music reminds us to seek beauty

It reassures us that we are never alone

It connects us

Brings joy

Brings peace

Brings hope

Music IS healing

Music is a divine gift

From our first breath to our last, and beyond we ARE rhythm, we are melody, and we connect to a harmony far greater than we can ever fully hear.

So, raise whatever voice you have, play whatever instrument as well or as badly as you can, dance to the rhythm of life.

And never, EVER, keep from singing. Amen.



**Christian Nielsen
(he/him)**

**Coordinator of
Worship Arts &
Online Engagement**

**christian@good.org
952-452-9399**

Congregational Care

Congregational Comment: Stress Relief Mindfulness

As most of you know, we are in the middle of a worship series in which we are exploring how different life activities can become intentional practices that serve to enhance our physical, psychological, social and spiritual well-being. During our service on January 15th (in addition to exploring how walking, marching, shaking, or other mindful movement can be a resource for stress relief and/or mood improvement), I shared a practice that I originally learned as "The 4's". After in-person worship that Sunday, multiple people asked me to reiterate what indeed each of the "S's" stands for, and therefore, I thought I would share them again here. In truth, having first become acquainted with this practice many years ago, I have since lost touch with its origin, and my recent searches to find an author have been unfruitful. Therefore, I will continue to call it "The 4's" without attribution while adding my own contribution of the 5th S: "Stay".

To be sure, there are likely hundreds, maybe thousands, of meaningful mindfulness practices in existence in the world. I don't believe it's about finding the objectively "right" one as much as it's about finding a practice that is right for you. A practice that is right for you likely includes at least these merits: it is one that you can remember, that you understand and appreciate, that you have the time for and ability to complete. Perhaps **The 4's + 1** is that for you. If not, I encourage you to continue exploring what practice or practices might better align for you. It is a worthy pursuit to give yourself the gifts of returning to the present moment, listening to your body, engaging in meaningful movement, and breathing deeply. You deserve such things, and only you have the ability to take the time to make them happen.

Nikki Holm (she/her)

Board Certified Chaplain
Director of Congregational Care

nikki@good.org
952-452-9396

Office Hours (Part-time, 15hrs/week):
Tuesdays 9-3pm and variable (or by appointment) Wednesdays and Fridays



As winter continues, as stress continues, as being human continues, as life continues, I hope and pray you will find the resources that work towards the benefit of your total well-being. And, if you have any helpful ideas that you would like to share with the rest of the community please let me know. I'd be delighted to find a way to bless our congregation with the wisdom of your experience!

In light and love,
Nikki

THE 4'S + 1

***STOP:** Stop what you're doing; pause and turn your attention to yourself and this present moment.*

***SIGH:** Take a few intentionally deep breaths and/or literally "sigh it out".*

***STRETCH:** Tune into your body and stretch anything that wants to be stretched.*

***SHAKE:** Stand up and literally shake out any excess stress hormones that are in need of being released from your system - shake your limbs and everything else in want of shaking.*

+

***STAY:** Commit to staying attuned to yourself and your own needs throughout the day.*

Congregational Care

Good Samaritan's Spring Virtual Book Study

"How do you fight despair and learn to meet the world with a loving heart? How do you overcome shame? Stay faithful in spite of failure? No matter where people live or what their circumstances may be, everyone needs boundless, restorative love. Gorgeous and uplifting, Tattoos on the Heart amply demonstrates the impact unconditional love can have on your life." (from the book's inside front flap)

Come explore with us the deep compassion shared by Fr. Gregory Boyle through his Homeboy Industries. This 2010 book is one of Nikki's favorites, something to return to for inspiration again and again. Whether you are one of our local members, are wintering down south, social distancing at home, avoiding Minnesota winter driving, or participating in our community from out-of-state, all are welcome.

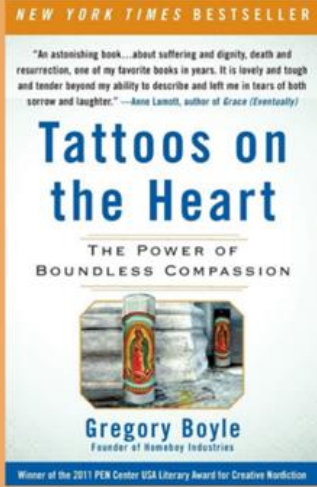
Once again, we will be meeting over Zoom from 10:00-11:00am CST, every other Friday starting February 24 and going through May 19, 2023.

Zoom information is as follows: <https://tinyurl.com/32m74r6x>

Meeting ID: 867 6841 1536; Passcode: compassion

Note: Plan to purchase your book in advance in order to read the Preface and Introduction prior to our first gathering. If you have difficulty obtaining the book, please let Nikki know.

Join Us for a Virtual Book Study of:
**Tattoos on the Heart: The Power
of Boundless Compassion**
by Gregory Boyle



Every other Friday,
10:00-11:00am CST,
Fri. Feb. 24th-May 19th, 2023
via Zoom

Facilitated by Nikki Holm;
contact her to register or
to get more information!

@good_samaritan_umc

Two Virtual Caregiver Support Groups in February:

To help accommodate Minnesota winter driving, both of our Caregiver Support Group offerings in February will be virtual only. (There will be no in-person offering in February.) Participants are welcome to join either or both as their schedules allow. The meeting information is as follows:

February 8 (2nd Wednesday) - **6:00-7:00pm**

The Zoom information for this meeting is as follows: <https://tinyurl.com/yy7my24h>

Meeting ID: 811 1747 2193; Passcode: Receive

February 22 (4th Wednesday) - **1:00-2:00pm**

The Zoom information for this meeting is as follows: <https://tinyurl.com/vwdf7c77>

Meeting ID: 827 4765 9906; Passcode: Receive

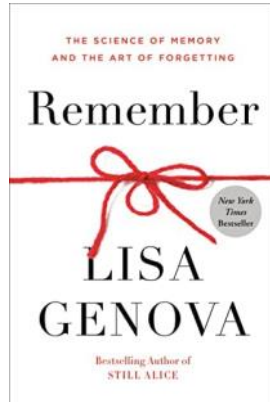
Congregational Care

Thursday Afternoon Book Club February Meeting

We will have our February meeting on Thursday, February 9, 1:00pm in the Fireside Room. Our discussion title is *Remember: The Science of Memory and the Art of Forgetting* by Lisa Genova.

This user-friendly overview of how memory works gives reassurance that our lapses are completely normal! Join us for fun, food and fellowship!

Contact Vicki Dunn,
victoria.dunn@q.com (952-930-3431), with questions.



Tuesday Bible Study Guest Speaker

The Tuesday Bible Study on "Hagar, Sarah and Their Children" will have a class on Tuesday, January 31, 9:30 am led by Larry and Mary Ellen Nielsen.



Our guest speaker, Dr. Hamdy El-Sawaf, will speak on the importance and practice of Islam in his life and the lives of Muslims in our local community. He is a family and psychotherapist at the University of Minnesota with expertise in the application of Islam to life in the modern world.

Children, Youth & Family Ministries

Rebuilding Continues in 2023

Hello Good Samaritans!

Over the next year, revitalizing the Children, Youth and Family Ministry will be a focal point. We lost some traction during the pandemic, but now is the time to reach out to our neighborhood and existing families to move forward in our ministry.

A coordinated effort to reach out to the families of Edina is in the works. I will need your help with this. A variety of opportunities at a variety of times will be offered. How can you help?

Please encourage families you know, whether from Good Sam or families from your neighborhood to attend. Join in the activities offered. When you see a family you don't recognize in the church or at an activity, please offer warm hospitality, introduce yourself, and welcome them.

Good Sam is a great place for people to express their joyful faith. Let's bring more friends along on our journey!

Thanks for your help!

Jan Russell



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



Children, Youth & Family Ministries

Need a Sub for the Super Bowl?

The ASP mission trip youth will be taking orders for sub sandwiches on January 29 and February 5 at a table in the narthex.

Subs will be available for pick up after worship on Super Bowl Sunday, February 12.



Pickleball Rematch!

February 11, 2:00-5:00 pm
Good Sam Gym
6th - 12th Graders



Lake Harriet UMC and Hennepin Avenue UMC Youth will return!



Sledding anyone?

Who is available for an afternoon of sledding on February 12? Right after the service we can sled in the amphitheater and have hot chocolate to warm up. We will be done by 1:30pm. If you are interested please let Jan know by emailing jan@good.org or signing up at <https://tinyurl.com/4m689mr4>.

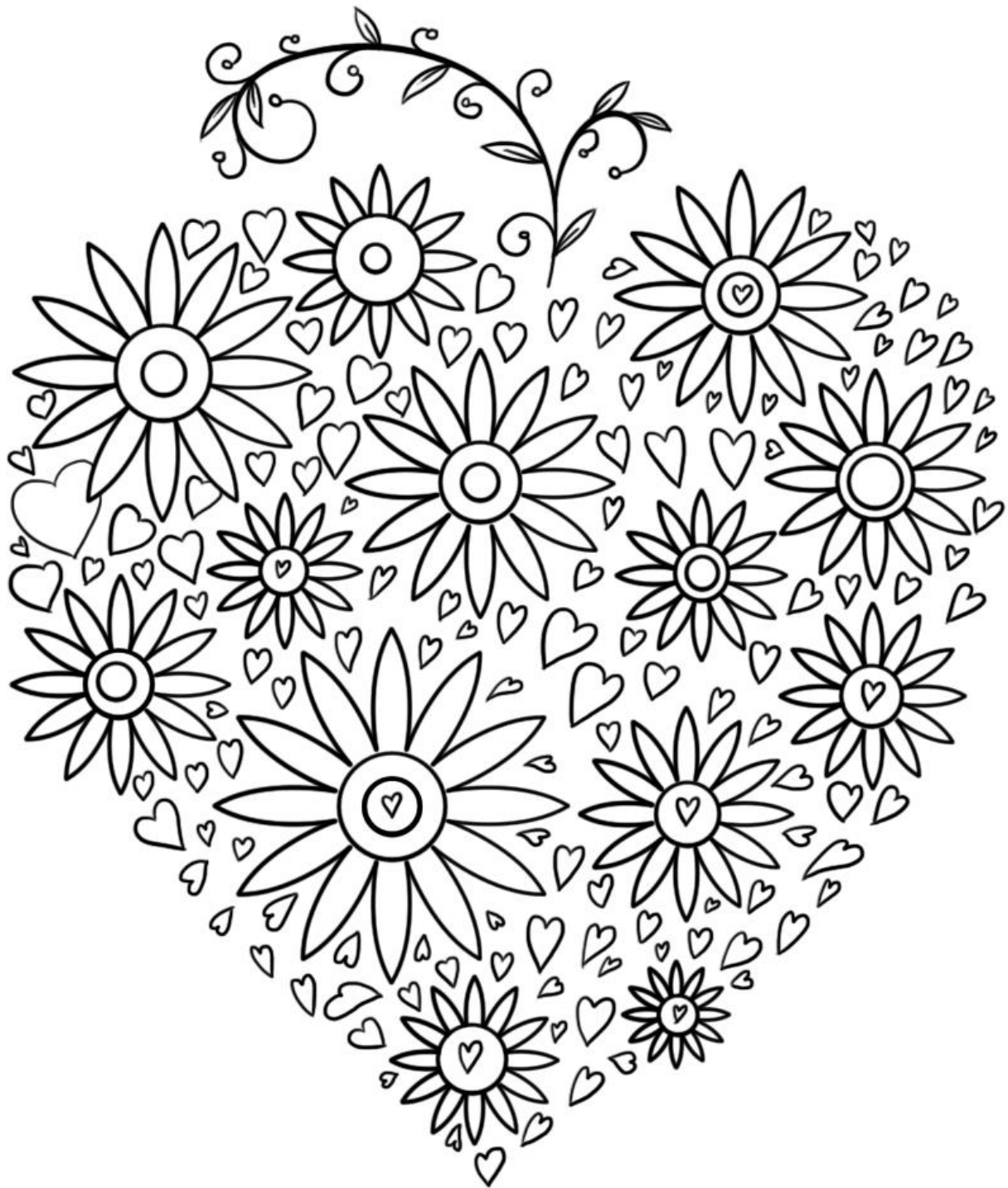


*We're looking for
two more youth
Sunday School teachers!
Are you willing to help?
Let Jan@good.org know if
you are available to teach
one Sunday a month!*



Save the Date!
Vacation Bible School
June 26-30, 2023

Valentine's Day Coloring Sheet

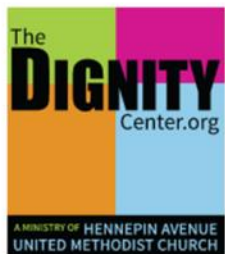


Happy Valentine's Day

paint the world
SUPER
COLORING

Missions

More About The Dignity Center



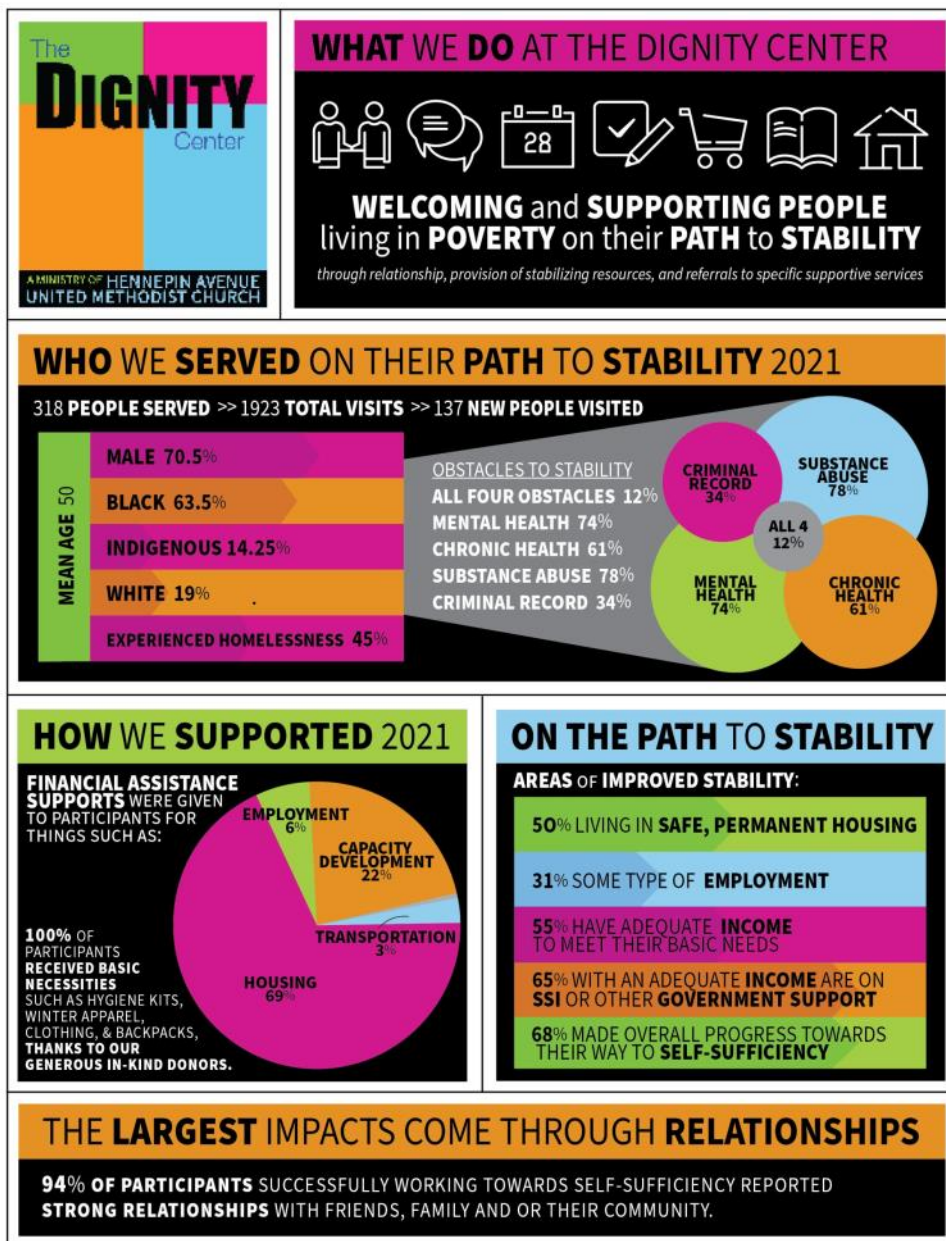
The Dignity Center is an Interfaith Outreach Ministry of Hennepin Avenue United Methodist Church. Located on the grounds of the church, the Center is housed in a beautiful old mansion on Groveland Avenue near Hennepin Avenue. Built in the 1930s and eventually donated to the church, the Center is open Mondays, Wednesdays, and Fridays. The front door remains locked to assure that everyone who arrives is greeted by name and welcomed.

The mission of The Dignity Center is to welcome and support people dealing with financial and housing insecurity on their path to stability. The Dignity Center works one-on-one with people to help them to set goals toward greater self-sufficiency and stability to reach those goals. Their name says it all, and people are welcomed with dignity and respect.

People who first drop in meet with an advocate, who will first listen and ask a number of pertinent questions to better understand their situation and current concerns. Their advocate then works with them to determine their goals concerning housing, employment, education, physical or mental health, substance abuse, etc. The step-by-step plans they develop are tailored for that individual so they can gain self-sufficiency and thrive because of this support, structure, and resources, and they can achieve and maintain stability. They work together on skills such as problem solving, decision making, organization and budgeting.

In pursuit of its mission to support each person's stabilization, The Dignity Center is a host site for the Volunteer Lawyers Network (VLN) brief legal services clinic. The on-site legal clinic allows clients to address their legal issues side-by-side with other issues creating instability in their lives.

If you are interested in supporting the vital mission of this group, check out <http://haumc.org/dignitycenter/> or volunteer at <http://haumc.org/dignity-volunteer/>.



Missions

Thank You for Your Gracious Generosity!

The 2022 Christmas Offering's final total is more than \$14,000! That makes it possible for our Missions Team at Good Samaritan to assist many people again this year, such as the students at Stonebridge World School, the student winners of scholarships at Camphor, the two food shelves at Joyce Uptown and VEAP, the cleanup projects of UMCOR, the people with Hearts and Hammers, and of course the three Afghan families we have befriended this past year. We are pleased to announce that since those Afghan families are moving toward independence with jobs, cars, childcare, and better English skills, we are concluding our direct support of those three families – plus they have reached important goals and they now have other resources identified for assistance. One of the family members recently spoke at a large meeting at the American Association of University Women (AAUW) about his harrowing escape from Afghanistan.

~Pat Deckas Becerra

Service Project Thank You

Thanks to the many people who stayed to help us make 200 sandwiches after the service on MLK weekend. With many hands working quickly, we accomplished this feat in a half an hour. A special thanks goes to JoAnn and Dave Knutson who bought all the ingredients, gloves, and Ziplock bags – just three days after her knee replacement! Special thanks also go to Steve Kumagai, who so kindly made a special trip the next day to deliver the sandwiches to The Dignity Center, where he volunteers on Fridays. Hennepin Avenue UMC started The Dignity Center which welcomes people living in poverty and supports them on their path to stability. (See more information on previous page).

~Pat Deckas Becerra

Minnesota Reconciling Congregations

Minnesota Reconciling Congregations (MRC) met on January 12 to prepare for the activities of 2023.



We're excited about a virtual learning event featuring Rev. Dana Neuhauser online March 2 from 7:00-8:30pm. The topic is Intersections of LGBTQ+ and Racial Justice. Watch the weekly Good Samaritan Highlights & Updates for additional details and to register.

More information about MRC is available on its website located at: www.mnrcumc.org. Their next meeting will be March 9 at 7:00 pm and is available by remote access for those interested in attending. ~ Brian Boysen

Upcoming Opportunities

March 6: Housing Day at the Capitol - It is more important than ever that we work with lawmakers to remove the roadblocks that stand in the way of homeownership and building new housing in our state. Check it out at <https://www.housingdaymn.org/> and hear from industry leaders.



March 12: Game Day! Plan to stay after worship to play the "Escape from Homelessness" board game where you draw chance cards and roll the dice to see if you can manage to stay in your fictitious home until you finish the game. Fun for the whole family!

Feed My Starving Children

Volunteer at the Chanhassen site
(18932 Lake Dr E)

Wednesday, February 8
from 9:00-10:45am



Sign up with Jean Zivkovich at jzivkovich@comcast.net by February 6.



Good Samaritan United Methodist Church
5730 Grove Street
Edina, MN 55436

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Return Service Requested



OUR VISION

INSPIRING
Joyful Faith

BUILDING
a Loving
Community

SERVING
Neighbors Near
and Far

SUNDAYS

Worship
10:00am (In-person and Online)

Nursery
9:45-11:30am, Infants - Age 3

Sunday School (Children & Youth)
Held during worship following
Children's Time. All are welcome!

WEDNESDAYS

(Nursery open from 5:45-9:00pm)

6:00pm

- Chancel Chimes Rehearsal
- Caregivers (2nd Wednesdays)

7:00pm

- Chancel Choir Rehearsal
- Youth Activities

GOOD SAMARITAN OFFICE HOURS

Monday-Friday 9:00am - 1:00pm
Phone (952) 929-0049