

August
2023

The Samaritan

Worship Themes

*National Parks &
Monuments
Worship Series*

August 6 -
"Change" (Glacier
Bay) / ASP Sunday /
Communion

August 13 -
"Restoration"
(Cuyahoga Valley)

August 20 -
"Revelation" (Mount
Rainier)

August 27 - "Gifts"
(Olympic)

Forest Therapy Twilight Walk

We spend our lives in right-angled spaces walled off from everything but the glowing screens designed to capture our attention. As a result, we live in a state of vigilance and stress. The God-given answer to that state is taking a different path. A path to improved mental health. A path to lower stress levels. A path to heightened immune response. A path to deep gratitude. A path to renewed connection with creation and Creator.

To boost our senses and evoke discovery, Rev. Jerad Morey will guide us on a Wild Path Forest Therapy Walk. Experience a way of being outdoors which past participants have called "transformative," "meaningful," "spiritual," and "like nothing I have ever done." People report walking away feeling refreshed, relaxed, and at peace.

Morey will connect us to the goodness of God's creation in a new way. A Forest Therapy Walk is not an extended hike - you will not be huffing and puffing or racking up your step count. However, you may be invited to walk off-trail and on uneven ground.

This experience, designed for ages 12 and above, will be held as the Blue Moon rises Wednesday, August 30 from 7:00-9:00 pm at Anderson Lakes Regional Park (9800 Anderson Lakes Pkwy, Eden Prairie, MN 55344). Park there and meet at the trailhead.

Please bring:

- * A full water bottle
- * Clothes appropriate to the weather
- * A portable chair or cushion or pants you are comfortable sitting on the ground
- * Bug repellent
- * Close-toed footwear
- * A flashlight or headlamp for your comfort

Join us for an experience that can surprise you in a good way. According to one college student: "I thought it was just going to be outdoors meditation but this was much more meaningful."

To coincide with our Summer National Park Worship Series, we are subsidizing the cost so that registration is only \$20 per person. Sign up at tinyurl.com/foresttherapysignup. To ensure a well-hosted time for all, participation is limited to the first 20 registrants. Contact carol@good.org with any questions.

OUR STAFF

Rev. Carol Zaagsma
Lead Pastor
carol@good.org
952-452-9395

Open Position
Dir. of Congregational Care.
____@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



When I was growing up, every once in a while my siblings or friends and I would arm wrestle. Arm wrestling was generally initiated as a challenge from one person to another and was always a hard-fought battle. Just thinking about it, I can remember the anticipation of who was going to win...and who would lose. The outcome was always one or the other. At times, one would win outright without much of a challenge.

But other times, especially with evenly matched opponents, we would be pushing against each other with hands straight up in the air, neither one winning or losing, but rather more of a draw. That is, until someone surrendered; relaxing their muscles while their hand fell backward to the table or whatever surface we had set up for our little contest. I hated to surrender, because that meant losing.

As time has gone on, I have developed a more mature perspective on surrender. In fact, I now believe surrender can be a healthy spiritual discipline. That's not to say that there is no room for a competitive spirit in life (enjoyed at times like those childhood arm wrestling matches); but it is to say that surrender can be a good thing from time to time.

For example, surrender has been a wonderful gift when faced with something I either cannot control, or something that has already been done that I might not agree with. As you can imagine, these circumstances (decisions others make or that are outside my control) happen in my professional life as well as in my personal life. I suspect they happen in your life, too.

I found a recent graphic that describes well the things that are within one's control, and the things that are outside one's control. For me, I've found that surrender as a spiritual discipline is the catalyst to move me from being stuck pushing against the things that are "out of my control" and on into the things that are "in my control," which is ultimately a much healthier place to be.

For me, surrender is what makes way for the future to unfold. It can help us move beyond an impasse and on to something more productive. It can help make way for clearer thinking about what is ahead. Surrender invites me to set down a heavy burden and walk into a future feeling more free. I hope there is a circumstance in your life for which you might experience the same.



Music

August Open Choir



All singers are invited to join the Open Choir on Sunday, August 20, for Sunday morning worship. Simply come to the Choir Room (150 in the Music Wing) at 9:00am that day. Our Choir Director, Paolo Debuque, will have a piece of music chosen and will rehearse with all who show up to sing. We will break at 9:45am, sit with family or friends in the congregation until it's time to sing, and then gather on the steps at the front to offer our gift of music to the

Good Sam family! Contact Paolo at paolo@good.org with questions. Future Open Choir dates are October 1 and December 1.

Congregational Care

A Thank You from the Library Committee

The Library Committee is most grateful for the generous response to our request for titles to be added to our Good Sam Library. Of the 25 titles requested, 19 were purchased!

If you would still like to contribute here is the link and the titles that remain: tinyurl.com/librarybooks2

Children's Titles: *Happy Dreamer* by Peter Reynolds
Hot Dog by Doug Salati
Littlest Voyageur by Margo Preus
and Cheryl Pilgram

Adult Titles: *How to Raise an Antiracist* by Ibram X. Kindi
Best Strangers in the World: Stories from a Life Spent Listening by Ari Shapiro
Wisdom of Morrie: Living and Aging Creatively and Joyfully by Rob Schwartz



We are planning to put together another list at the end of the year and would welcome suggestions from YOU!

Good Samaritan Library Committee
Marcia Willett, Vicki Dunn, Mary Lewis and Joan Hursh

Here at Good Samaritan UMC...

We find truth and grace in the search for meaning more than in absolute certainty.

Children, Youth and Family Ministries

VBS Thanks!



Forty-two Vacation Bible School heroes learned so much about being a team called to serve God together. We raised nearly \$115 for the Ormsby School in Baiwalla, all in loose

change! Thank you to all of our amazing volunteers and to the congregation for your donations!



Jan M. Russell (she/her)

Director of Children, Youth & Family Ministries

jan@good.org

952-452-9398



Adaptive Vacation Bible Camp

August 7-10, 2023

We are partnering with Eden Prairie UMC to offer an Adaptive Summer Bible Camp. This experience supports kids with social, communication, and sensory needs. Children will enjoy games, fun and creative learning with trained volunteers. Adaptive Camp is for children 3.5 years and older. There is no charge for this camp. Contact Jan for registration at jan@good.org.



Hearts and Hammers

Families with youth ages 12 and older are encouraged to participate in the Good Sam Hearts and Hammers Service Project on August 19. See the Missions Team article on page 5.



Save the Date!
Sunday School Kick-Off
September 10!

Youth Group Kickoff!

Students going into grades 6 to 12, let's brainstorm together! What sounds fun - Valley Fair, Mall of America, Escape Room, Water Park? Send Jan your suggestions and two dates in August that work for you! (You are always encouraged to invite a friend!) Let me know at jan@good.org.

Missions

Hearts and Hammers Program Day



August Update: The home we will be working on is in Richfield. Yard cleanup and landscape work is happening Wednesday, August 9.

Power washing to prep the house is happening Friday, August 11, and will include some scraping.

You are invited to volunteer:
August 19, 2023
heartsandhammers.org

Whom Hearts & Hammers Assists

Hearts & Hammers is a local non-profit organization providing free exterior painting and maintenance assistance for income-qualified homeowners across the Twin Cities. We assist senior citizens, disabled individuals, and veterans of the US Armed Forces or their surviving spouses so they can continue living independently.

What Hearts & Hammers Does

Home improvements are limited to exterior painting and minor repairs. The purpose of the work is to restore the character of the home and the surrounding neighborhood and improve the home's weatherproofing and security. The Program Day is expected to consist primarily of exterior home/garage preparation, scraping, priming, painting, and landscape renewal.

Other volunteers are needed to do repair and preparation work before the program day and you are invited to volunteer for that as well. To volunteer see information below.

What You Can Do

Volunteer and encourage family and friends to join you to do repair and preparation work before the program day of August 19. Volunteer on August 19 for all or part of the day to scrape, prime, and paint a home; many volunteers help to make a schedule that works for everyone and makes the project move to completion. Volunteers for landscape work are important to enhance the appearance and enjoyment of the finished project.

How to Volunteer and Get Signed Up

To volunteer for the Good Samaritan project, please contact Brian Boysen: (952) 937-0624 or (612) 220-3795 or email at: bteamback-up@earthlink.net

Please provide the following information:

- Name
- Contact Info
- Work Preference (repairs, landscaping, prep and painting)

Go to Hearts & Hammers Website to review safety guidelines and electronically sign your waiver of liability. (Please note: *Paper copies are NOT available on Program Day*)

- Adults: <http://heartsandhammers.org/adult-waiver/>
- Youth (12yrs-17yrs): <http://heartsandhammers.org/youth-waiver/>

Here at Good Samaritan UMC...

We affirm that the way we live our lives is the fullest expression of what we believe.

Missions

May was Turning to June
and we were in St. Cloud, MN

This is a report from the Intersection of the Minnesota Reconciling Congregations and the Minnesota Annual Conference of the United Methodist Church.



Minnesota
Annual Conference
of the United Methodist Church

2023 has been a year of change in the Minnesota UMC. At the 2023 Minnesota Annual Conference Session on May 31-June 1, 2023, in St. Cloud, Pastor Carol helped welcome our new Bishop Lanette Plambeck, delegates, and friends with leadership and the music of "In This Very Room" with trumpet. Much additional information on the Conference Session is available online at <https://www.minnesotaumc.org/annualconference>. Check it out.

As a rookie lay member from Good Samaritan I had a dual role. I was also assisting with a display table that highlighted the Reconciling activities of the Minnesota Reconciling Congregations. Two pieces of legislation were relevant to Reconciling. One was "In Support of Creating a US Regional Conference" and the other was "Supporting the Removal of Discriminatory Policies". Both were passed and move on to the next General Conference in 2024. Two other items were addressed as "Holy Conferencing" items and they spoke to: "Banning the sale, transfer and manufacture of assault style weapons" and "Addressing Israeli Detention of Children".

The gathering was also an opportunity to greet friends and renew contacts.



June became a busy month for Reconciling activity with a Pride booth in Loring Park that distributed approximately 12,700 rainbow peace medallions and a Pride March contingent of approximately 50 persons on Sunday June 25.

The Leadership Team for the Minnesota Reconciling Congregations met on July 12 and the full group meeting was held on July 13. Planning is happening for an appearance of Reconciling at the Hamline Dining Hall at the Minnesota State Fair on Saturday, August 26. Watch for information in the weekly Highlights and Updates if you would like to be part of that celebration as a volunteer.

Thanks for your support,

Service Opportunity



Volunteer for food packing at the Chanhassen site (18932 Lake Dr E).

Wednesday, August 9
from 9:00-10:45am

Sign up with Jane Heimerl at jane.heimerl@yahoo.com by August 7. Space is limited!

As a reconciling congregation, Good Samaritan UMC pledges our love and acceptance to all persons, and especially to those who have felt hurt or abandoned by the institutional church.

Missions



A Mind is a Terrible Thing to Waste: Support Students in Africa

An Update from OC Ministries on
the Ormsby School in Baiwalla, Siera Leone
Adapted by Pat Deckas-Becerra

We are celebrating five years of growth at the Richard Ormsby School in Africa, in the village of Baiwalla in Sierra Leone. We'd love to share all the excitement with you and update you on what's going on!

Thanks to your generous financial support, the Ormsby School is providing an excellent education to 475 students. The fine staff and their director, Rev. Judith Banya, who spoke to us at Good Samaritan last August, have made the school a success. Judith Banya lived and studied here in Minneapolis for 20 years. She made her dream of creating a secondary school in Baiwalla a reality!

Growth in numbers of students because of the fine teachers.

The Ormsby School started with 124 students in 2019 and has grown to 475 students in 2023. Since girls' education lags behind boys' education in Sierra Leone, they emphasize increasing girls' enrollment. There are now 244 girls, only slightly less than half of the student body.

Students' academic performance.

Ormsby School is most proud of the performance of students in the national end-of-year exams. 100% of the elementary students passed the exam for the three years they have been enrolled in the Ormsby School. 100% of the secondary students have passed the exam for the last two years. Teachers and students are certainly doing their jobs well!

A "model school" in Sierra Leone

In addition to sponsoring students, Minnesota Methodist churches pay staff salaries, have funded equipment and materials for the Ormsby School, and paid for the food that is served to the students.



Missions

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The following are specific foundational principles of how the partnership between Minnesota Methodists and the Ormsby School is contributing to academic excellence.

1. Hiring excellent teachers and offering rigorous academics are foundational for success.

In 2019, the Ormsby School opened with 124 7th and 8th grade students. However, they decided to add three classrooms of elementary students and additional teachers to ensure that students entering secondary school would be better prepared.

2. Sponsorships are the foundation for the **Ormsby School's academic success.**

Students know that their sponsor pays the school fees and/or lunch costs that their parents living on \$2/day are unable to pay. Below are some thank-you notes from some of these students:

"My parents pay more attention to education for boy children than females. It has not been easy for my schooling. Your support has helped a lot." - Miatta

"I was always mocked at my previous school for not having the correct uniform. With your support, I now appear decent and am happy to be with my friends at school." -Martha

3. A daily lunch is foundational for academic success. Educators view the school lunch pro-

gram as crucial to educational success.

4. Adequate and appropriate teaching resources are foundational for academic success. Minnesota United Methodist churches and individuals have funded equipment and materials for the Ormsby School. Our church, Good Samaritan, donated the money for a science lab. Solar power was installed in 2022. It provides reliable power to the computer labs, electrical equipment, and classroom lights. Money has been donated for developing a school farm that provides educational opportunities in agriculture, plus it produces food for school lunches and cash crops to sell which helps fund the school.

Now is the time to start, renew, or sustain your student sponsorship of school fees and/or lunches for the 2023-24 school year.

Here is what is needed:

Annual school fees are \$310 per student. Lunches and snacks for a year are \$150. Sponsorships can be made recurring by having them automatically renewed each year.



How to Pay:

1. Pay by credit card online: Go to the OC Ministries website at www.ocministriesmn.org and click on the DONATE button. Scroll down to "Sierra Leone: School Child Sponsorship" and make a donation to support Ormsby School student school fees and/or lunches. Your credit card payment is the fastest for them.

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Missions

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2. Pay by check: Send a check made out to Minnesota Annual Conference. Put in the memo line: Richard Ormsby child sponsorship and/or food, or general funds. Mail it to:

Minnesota Annual Conference
Rm. 400, 122 W. Franklin Ave.
Minneapolis MN 55404

Please consider making a recurring donation to ensure continued support!

A nice video describing the school can be found at <https://www.ocministriesmn.org/media>. Click on the first video - "Baiwalla School Update Summer 2022". Good Sam even gets a shout-out for our support! On this same media page, a video from a few years ago also describes the school - it's in the lower right corner of the page - entitled "OC Ministries in Focus: Rev. Judith Banyu."



Thank you from all of us at OC Ministries for supporting students in Baiwalla!

Good Samaritans Doing Good

Accessing Nature
by Dandy Lewis

For years, I've traveled the country enjoying the beauty of the great outdoors. In recent years, my inability to negotiate many outdoor trails has limited my traveling destination options. Not wanting to discontinue traveling, I began looking for places that were more accessible for those of us who can't walk as far as we used to or those of us using walkers or wheelchairs. What I've discovered are some wonderful places with access for viewing nature and wildlife right from your car.

This website is the result of my attempt to provide one option for making it easier for you and me to discover and visit the great outdoors by using

some of these accessible drives. I've attached photos of places I've visited and if their site has a map to their drivable trail, I've included a link to the map. My goal is to simplify the process for you to quickly discover accessible places to view nature and wildlife right from your car.



Good Samaritans Doing Good

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To protect the ownership of other organizations' materials, I do not download other sites' property to my site; instead, I refer you, with a hyperlink, to the site where you can download the material. This process has its challenges though, as when another site makes changes to their resources, their link is changed and thus the link I provide is broken. I try to keep my site up-to-date, but obviously I can miss a broken link from time to time. If you discover a broken link, please let me know by emailing me at dandy@good.org.

New destinations are regularly added as we learn of new locations, so please come back often. You can also submit suggestions of locations you've discovered - click "You Can Help" at the top of the page. If you have "jpg" photos you can also submit your photos. Please include names for giving photo credit.

IMPORTANT NOTE 1: Recently the National Wildlife Refuge system updated all of their sites and I am currently busy working on updating all of their links.

IMPORTANT NOTE 2: Definition of a "Wildlife Viewing Drive" eligible for this website: Our country is filled with many wonderful places where you can drive through areas and view wildlife and nature. I have identified 2 types of "Accessible Wildlife Viewing Drives".

Type 1 Drive: A drive that allows you to pause, pull over and even park, right at the spot where you want to view something, allowing you to spend time viewing wildlife and nature right from your car.

Type 2 Drive: A drive where you can see nature as you drive but you are not allowed to pull over and stop. You would have to go to a nearby parking area.

Since the main purpose of creating this website is to identify places in the United States where people with accessibility needs can easily view wildlife and nature right from their car, we are only listing the Type 1 Drives.



The Good Samaritan Foundation

The Good Samaritan Foundation Highlights

The Foundation Board is soon to meet for their Q3 meeting – August 17 – so it is a good time to remind you of some of the “ins and outs” that have taken place so far this year.

The Evergreen Fund has received \$3,600 in 2023. The Finance Committee has the option to draw up to \$13,000 when needed to supplement the cash flow for the annual budget. A request has not been made as of mid-July. The balance of this fund is \$279,000.

The Cornerstone Fund has received \$3,950 in 2023. The only disbursement has been \$3,152 for repairs to the fascia not covered by the insurance money received for roof repairs. The balance of this fund is \$75,915.

The Outreach Fund has received \$850 in 2023. As of mid-July, the Foundation Board has awarded grants totaling \$7,000. These grants have been given to local, national, and global organizations. An additional \$1,200 has been approved to cover a pending expense of a new defibrillator to be placed in the gym area of Good Samaritan. The balance of this fund is \$267,910.

Updates to campaigns

The \$30,000 for our 30 Years Campaign has received \$17,180 from donations from October 1, 2022 to July 17, 2023. We need \$12,820 to make this goal! The \$10,000 donation match challenge has brought in \$6,400 from May 1 to July 17, 2023. This campaign runs through December 31, 2023, or until donations reach the \$10,000 challenge. We have \$3,600 to go to receive the match! The Foundation Board sends sincere thanks to all who have participated in these campaigns thus far and welcomes donations of any amount to reach both goals.

If you have any questions about The Foundation or would like to serve as a board member, please contact Claudia at claudialboysen@gmail.com.

Finance Team

Finance Update

Below is a reminder – a reprint from last month as our summer situation remains the same. For those of you who responded – thank you!

Summertime is great in Minnesota - kids are off school, families head up North / take vacations, or we just enjoy the outdoors. At Good Sam, however, we experience a few "light" months in income - pledge income, loose offering, and even the Creekside pre-school takes the summer off (no rental income for June through August). Our expenses unfortunately don't take the summer off as most of our expense is tied to personnel, building/property, and even apportionments. How can you help? If you have a balance on your pledge, consider paying that during the summer. If you have fulfilled your pledge, and have the ability to give an additional amount, that would be much appreciated! Thank you for your support of our church! June financials are listed below.

	June Actuals	June Plan	Year-to-Date
Income	\$46,716	\$35,951	\$329,895
Expense	\$62,263	\$73,372	\$355,716
Net	(\$16,547)	(\$37,422)	(\$25,821)



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

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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

Children's Sunday School
 Held during worship following
 Children's Time. All are welcome!

WEDNESDAYS

(Our program-year calendar re-
 sumes September 6 with nursery,
 Chancel Chimes & Chancel Choir
 Rehearsals, and Youth Group.)

6:00pm

- Caregivers Support Group
 (2nd Wednesdays)

GOOD SAMARITAN OFFICE HOURS

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