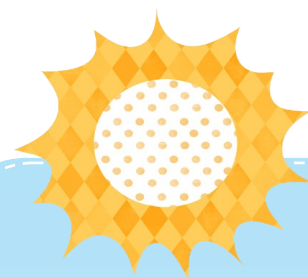


Spirit on the Move

St. Paul's Pentecost/Summer Newsletter June 3 2022



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Upcoming Events

- June 5** Pentecost Sunday—
UCW leading service
- June 12** Congregational
meeting
- June 26** Summer Joint
services start (see inside
for details on locations)
- July 16** Picnic in Wilmot Park
12 noon by the gazebo
- Aug 16** Meditative walk by
the river. Meet at foot
bridge by library 9:00am
- Sept 11** Fall Kick-off @
St. Paul's 10:30am

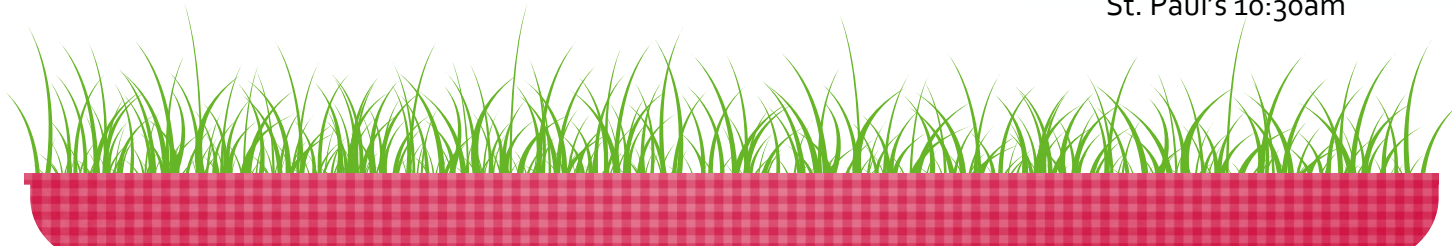
May the winds of God blow

With the season of Easter behind us, we celebrate Pentecost, the giving of the Holy Spirit and the birth of the church. It is an exciting prospect that the Holy Spirit comes and resides with us! We might not get to walk beside Jesus in flesh or touch his wounds like the first disciples, but we have the presence of God with us, always. The Holy Spirit functions as a guide, as source of strength, inspiration and comfort. We are also told that we are gifted by the Holy Spirit for Christ's sake and God's work in the world. This means that YOU have a roll and part to play. You and your involvement matter to our community, to God's plan. Maybe it is new to think of your life as mattering deeply to God, or that what you do is an important part of God's plan. This is one of the amazing and uncomfortable truths for those of us who like to stay in the shadows or have downplayed our own importance. But it is vital that everyone in the church hears this truth: You and your life matter deeply to God.

There is one other thing however, that the Holy spirit does, it enlivens the world. Blowing where it chooses, opening doors to life, new life, resurrected life. We can not control God's Spirit as it circles the earth, touching us with the power of resurrection. Making the world hum with opportunity. Pentecost Sunday reminds us that the Holy Spirit comes and turns expectations upside down, comes and opens new possibilities, comes and challenges us disciples to expand our understanding of what and how God is at work. This summer, may the Holy Spirit help us to see God at work in our lives and the world. Come Spirit Come!

Summer Worship - Downtown United +

The office has been getting questions as to what the summer plan is. It wasn't a secret but now that summer is barking at our door, it is time to let everyone know what is happening. We are excited to announce that the Spirit has opened doors to greater sharing this summer. Not only are we going to be Downtown United with Wilmot and their minister Mary Tingley, but we got a call asking if St. Andrew's could join in. After consulting with the various worship committees and boards, it was decided that this year we will be Downtown United+. For a full list of services locations, digital links and times look inside this newsletter!



A Message From our Board Chair

Ode to the Property Committee



Step-by-step
Row by row
Going to make this garden grow!



I swept
The Steps of Saint Paul's
United Church today!
It was a grace.

Jesus teaches us to wash each
other's feet.
To take care of each other!

I walked up those steps
When I was five!
When I got married!
At my children's baptisms!
At Sunday School!
When I lead those present in
the 23rd Psalm at my
Dad's funeral!

So much love in those steps.
Step by step
Row by row
Going to make this
Con-gre-ga-tion grow!

Written Tuesday April 12, 2022
at 7:14 PM
Barbara Lynn Cull-Wilby
Chair, St Paul's United Church

Sunday School

The energy has been exciting with the welcoming back of children to the sanctuary at St. Paul's. The hybrid (in person and online accessible) Sunday School started back up on Palm Sunday and has been running since with up to 5 children in attendance. There is still room for more school aged children if you know of any that would like to join in on the fun!

The Spring Term will run until June 19th using the curriculum *The Whole People of God* and transition to an open child-led approach to Summer All Ages Sunday School with weekly themes from June 26th until July 17th. For the Summer, we will have access to the gymnasium which is the cooler part of the church and leverage the outdoor grass space behind on the church property when the weather is cooperative. There will be a break after July 17th until we come back in September, so stay tuned for the exact return date to be announced in the e-News closer to the Fall.



We are also looking for anyone interested in being a Sunday School Teacher who would like to get involved on a part-time or full-time basis for the Fall. For any questions about the upcoming Sunday School Programming, please contact Rev. Michelle, the Meghan or Erin Hayes (hayes.erin11@gmail.com).





A Word on Rest

Summer, with its warm weather and long days, provides ample opportunity to kick back and relax and rest. Rest is important for our souls. There is a reason "Keep the Sabbath Holy" is a commandment and why after all the work of creation our bible explicitly says God rested.

But what does it mean for us to rest like God? God didn't rest due to being tired from the work of creating. God was not exhausted and needing to stop. God actively chose to rest, to refrain from creating anything new for a time. God stopped to marvel and spend time with what was present in that moment. To delight in the work that had been done. This is an important message and reminder for us. Rest isn't a removal of one's self from the world, a locking ourselves away in our

bedrooms for a long nap. If you are feeling worn out and exhausted, you need a period of renewal and rejuvenation, because you have been pushing yourself too hard. Burnout is not the abundant life God imagines for us. Rest, at least rest as God shows us, is about pausing from the business of creating something to engage with what it is you have. It is about being present, mindful and giving thanks. It is about deepening our relationships with God and the other creatures of this world. For us humans it is also about giving thanks to God in worship and prayer. These practices have been given to us, to help us rest and reconnect, which in turn gives us energy to start creating again. This summer let us Rest well!

"Sabbath isn't about resting perfectly; it's about resting in the One who is perfect" - Shelly Miller, Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World

Downtown United Project Update

The Downtown United Committee was struck in March of 2022. The purpose of the project is to enhance Downtown United so that the two churches (St. Paul's and Wilmot) will have the potential to achieve more beneficial results through greater collaboration.

Our committee has met several times over the past few weeks to discuss strengths and weaknesses in the two churches, spiritual needs of the community, engagement practices, and areas where our two churches have worked together in the past, eg. combined summer services, Christmas and Easter celebratory services, Vacation Bible School, Music performances, Fundraising as in the Advent Carol Festival, etc.

Decisions - The committee has decided on a consultative process and have begun the search for recommendations on consultants with the desired knowledge and experience in this specialized line of work. We have done preliminary background checks and currently have a list of 3 individuals for further investigation. Initial introductory interviews will begin within the next two weeks.

The committee feels the weight of responsibility bestowed on us by the congregation of St. Paul's and accept the challenge of representing everyone in this process of making decisions that will affect us all. We ask for your prayerful support and if you have any concerns, please contact a member of the committee. ~ Ralph Simpson



Worship Committee

Worship Committee is very thankful for the people that volunteer for our various activities.

At Rev. Michelle's suggestion we started doing "Dramatic Reading" of the scriptures. This requires between two and five volunteers. The willing and enthusiastic response from readers has been terrific. Besides being very willing to help they all do a great job of reading. We have heard feedback that this type of reading makes the scriptures more vivid and alive!

One of the tasks of Worship Committee is to find greeters to welcome people to Sunday services. This became a little complicated with Covid requirements. Again, our awesome volunteers stepped up and did a great job. Also, our people doing the Audio Visual have been great volunteers

and do a wonderful job. A big thanks to Rob Burton and John Davis for your contribution to our services.

The worship Committee meets monthly to review services and feedback, to plan upcoming seasons and organize communion. Speaking of communion, on Easter Sunday we used a new individual pre-packaged communion cup and people loved that they could easily open them.

Thanks to all our volunteers for their awesome attitude and willingness to help. They make the job of finding people to do these duties a real pleasure and actually fun.

The Worship Committee is looking for another member. If you are interested in join, please contact Roger Miller at roger_miller@rogers.com

"Avodah is used 289 times in the Old Testament and is translated variously as "worship," "serve" and "work." as the hymn goes "Worship and Work must be one!"

Impacting Our Community

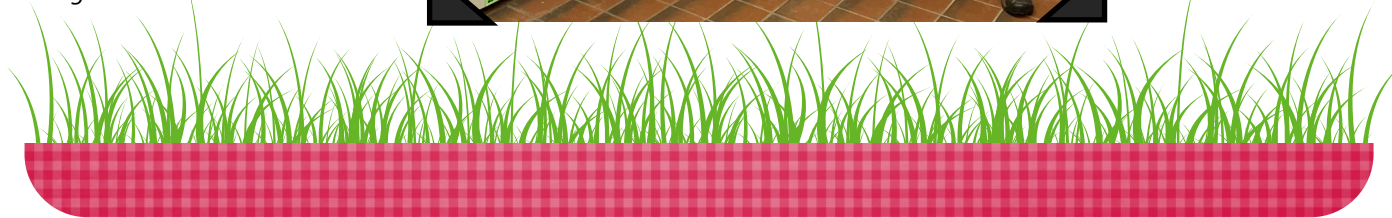


Girls from the 'On the Rise' program learning to bake in St. Paul's kitchen

Pantry Program Volunteers served 48 households in May



Just one of the 67 smiles we saw after handing out a Brown Bag lunch in May

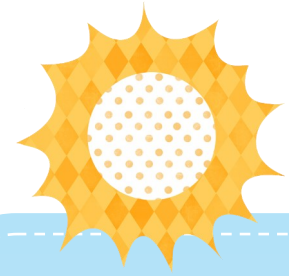


Property Committee

One word from the Property Committee: BUSY.

We miss our two retired Property Committee workers, Harold Raper and John Gaskin who worked so hard for St Paul's Church for so many years. But luckily, we would like to introduce you to our new member, Brad Webb – you may have met him during coffee hour. Our current committee consists of: Greg Morton, Walter Bidlake, Kyle Mathers, Derrick Grant, Brad Webb and Ron Yateman. We are always looking for new members so we don't overwork our men, so give us a call, please.

It has been very busy this year: Kyle did a stellar job highlighting the issues with the Sanctuary Roof and exterior walls, arranging for a consultant from Ontario to examine our structure and hiring King Construction to put a band aid on the gaps on the roof; Walter has been busy building a wheelchair ramp in one of our tenants apartments, repairing a collapsed exterior wheelchair ramp, fire escape and door repairs, fire escape issues for the rentals, erecting bat houses, etc. The whole team and Ann Krause worked to restore the grounds during spring cleanup – you wouldn't believe how much sand was spread on the parking lots last winter. Derrick, Ron and Greg and now Brad, keep a watchful eye on the whole building, letting us know of new problems... can't say I love those phone calls. Oh, we could write a book on the number of issues we have had. But we love our church and the church family and our mandate is to address all the little and big issues to keep our church home structurally sound. We do have a lot of fun during these work periods, me trying to tell them how to do it and they, insisting they know best. Come join us ... you won't regret it. –Token woman, Property chair, Patty Trail



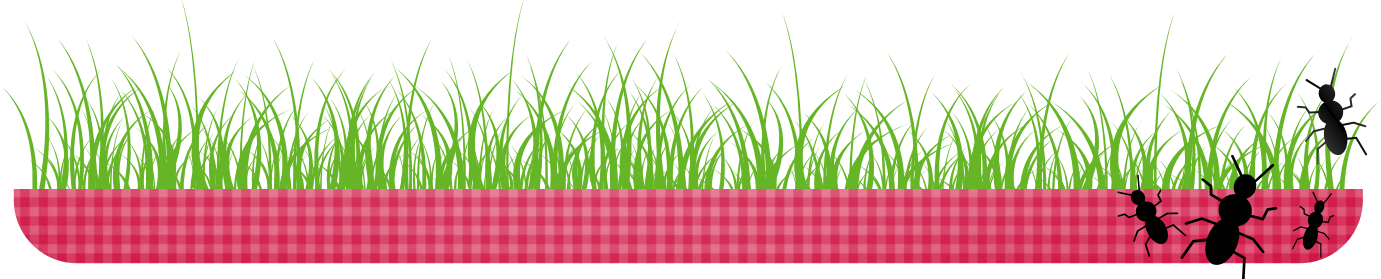
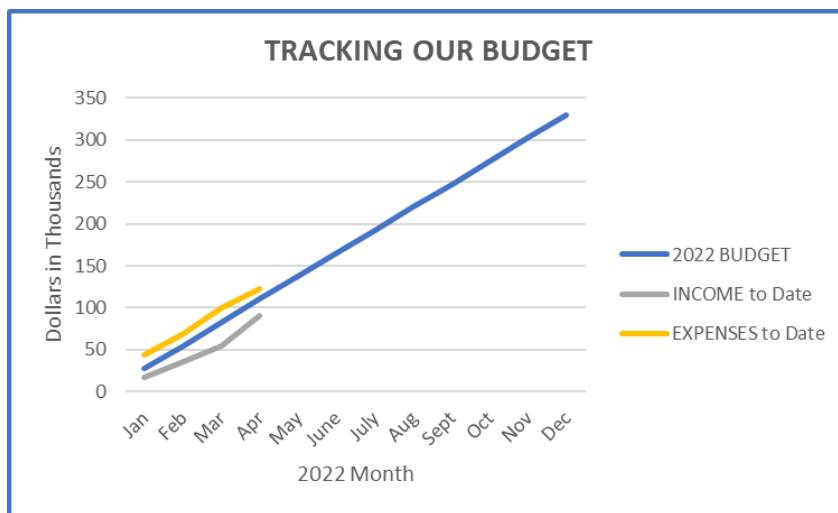
Treasurer's Update

One of the frequently asked questions around any church family is "How are we doing financially?" To answer that, I work with Meghan Roebuck, our Church Administrator, Rev. Michelle, and fellow Finance Committee Members Cathy Davis and Mel McGuigan, to track our progress in meeting our budget expectations. The congregation can then work together to determine future annual budgets that reflect what we value.

The following graph shows that, so far this year, expenses are above our budget estimates while income lags our expectations. It is still early in the year and there is plenty of time to come on track.

I welcome any advice and suggestions you may have.

My email is palmeralanna@gmail.com



Downtown United + Summer Worship Schedule

Services at St. Paul's United Church at 10:30 am

June 26th	Rev. Mary from Wilmot leading
July 3rd	Rev. Todd from St. Andrew's leading
July 10th	Rev. Michelle is leading
July 17th	Rev. Michelle is leading

Services at St. Andrew's Presbyterian Church at 10:30 am

July 24th	Rev. Mary from Wilmot is leading
July 31st	St. Andrew's is leading
August 7th	Rev. Michelle is leading

Services at Wilmot United Church at 10:30 am

August 14th	Rev. Mary from Wilmot is leading
August 21st	St. Andrew's is leading
August 28th	Rev. Mary from Wilmot is leading
September 4th	Rev. Michelle is leading

Contact Us

St. Paul's United Church

224 York St.,
Fredericton NB
E3B 3P1
Tel# 506.458.1183

Rev. Michelle Armstrong

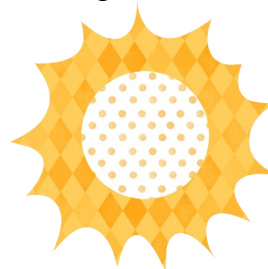
michellenarmstrong@hotmail.com

Cell# 506-259-7602

Meghan Roebuck

Office Administrator

stpaulsoffice224@gmail.com



Summer Holiday Pastoral Care

When Rev. Michelle is on vacation, here is who you can call:

June 29-July 6

Rev. Lori Beth Sheffield
506-262-6752

July 18-August 1

Rev. Mary Tingley
506-230-1000



Looking ahead to September Kick-Off

Mark your calendars now so you do not miss our September kick-off on September 11th. This will be the official start to our fall programs and we are looking to make it a celebration!

Sunday school will officially kick-off for the program year. We are planning an after church meal and as always celebration cake as we hopefully look towards the coming year.

This will also mark a ramp up in our celebration activities and push as we move towards our 190th Anniversary Service. Keep your eyes out in September for a list of church activities and opportunities to gather as a community of faith!

September 11th will also be marked by the blessing of the backpacks and brief cases. So don't forget yours!