

JANUARY 2020

the EPISTLE



Dear Friends;

Welcome to 2020! What are your hopes, dreams, fears and challenges for the new year ahead? More importantly, what practices are you putting into place that will allow your goals and resolutions become reality? Like most of us, I appreciate the freshness of a new year - the blank calendar pages invite us to consider how we use our time well; the empty 'to do' lists call us to prioritize our activities; even the putting away of decorations allows us the opportunity to clean and organize, as if setting the last year into its proper place and readying ourselves for the new year that lies ahead.

In the church, we begin our year with acts of renewal, and on the first Sunday of this year we will remember our baptism, and the promises that were made in that holy action. We will also pray together the powerful covenant prayer of John Wesley, a prayer that resets ourselves firmly in the flow of God's vision and desires for our lives... *I freely and heartily yield all things to thy pleasure and disposal...* those are the words that, for me, are most difficult to speak - and yet so freeing as well. How about you? The combination of these two actions in community with those who walk alongside us in our spiritual journey is a meaningful way to begin the year together. Let me encourage you in the strongest possible way to join us at this first worship service of 2020.

In 2020 I will revive the daily devotions that are sent out via email. This year, I will be keeping my own words to a minimum and allowing the works of scripture to speak more deeply into our own souls. I will be utilizing a Bible Reading plan that invites us to READ, REFLECT, and RESPOND to scripture in ways that are life-giving and tangible. I hope you will join me in this reading, or use a plan of your own that will bring you more deeply into the text.

During the month of January, the Strategic Planning Team will be holding a series of discussions with a substantial focus group made up of representation from across the church. These conversations, along with data from past years trends, will assist us in the work of developing a plan for the next 3-5 years for Saint Paul's UMC. It will be a busy month of listening and learning for the team, and I appreciate their efforts and the input of the congregation, in this important task.

Let the new year begin!
Kandace

VISION 2020: PRAYER 2020

I know that using the theme word VISION for Saint Paul's UMC probably may feel cliché given the year that we are entering. That said, scripture is clear on the importance of vision in the life of both individual and community. I also believe that 2020 will be an important year in the life of this church, and in the larger denomination and we continue to explore who we are as a body of Christ.

Our strategic planning team is already engaging the good and hard work of reviewing and writing our strategic plan and many of you will be called upon for input into this process.

I want to encourage us to a simple prayer practice for this year. Right now, before you have a chance to forget, take your cell phone and set an alarm to sound daily at 8:20 p.m. (20:20 in military time). I have already set mine.

Daily, when that alarm sounds, will you take a moment and pray for the church?

You can memorize this prayer:

God, grant us a clear vision for Saint Paul's United Methodist Church, and for your larger church in the world.

Open our eyes to see, our ears to hear, our hearts to understand.

And by your grace, grant us courage to live into the vision that you set before us.

Amen.

I do hope you will join me in this simple daily practice of prayer on behalf of the church.

JANUARY events

UNITED METHODIST WOMEN RUTH CIRCLE

The Ruth Circle will meet **Tuesday, January 7, 10:00 a.m.** in the **Parlor**. All ladies are invited to attend. For more information contact Peggy Harter, 339-1356.

GATHERING TO PRAY

God is answering prayer as we gather in His name. We invite everyone to join us as we pray together **Wednesdays, 8:00-8:30 a.m. in Room 325**. God is with us!

COME JOIN THE CHOIR

Covenant Chancel Choir meets Tuesdays from 6:15 - 7:15 p.m. in the Choir Room. This choir sings at the 11:00 worship service weekly and occasionally at the 8:30 worship service. We, also, perform Christmas and Easter cantatas. We would love for you to try us out. For more information email Cynthia Prescott at prescottc1360@gmail.com.

Se'lah If you want to sing but don't feel that you can commit to singing weekly in worship, Se'lah may work for you! We rehearse Tuesdays, 7:30 - 8:30 p.m. in the Choir Room. This group sings once a month in the morning worship services and gives an annual concert. For more information, email Cynthia Prescott at prescottc1360@gmail.com

THIRD THURSDAY LUNCH & LEARN

Thursday, January 16, at 11:30 a.m. Our special entertainment will be guest musician Indra Sadguna on the Balinese Gamelan. Please join us. Call the office by Tuesday, January 14, to RSVP. Lunch is \$10.00 at the door for this special music event. All are welcome!

NOVEL CHATS

Thursday, January 23, 10:00 a.m. Saint Paul's Book Club meets in the **Chapel**. Members read the same book and meet to hear a review by Carol Chick, followed by a discussion by the whole group. This month's book is ??? by ???. Everyone is welcome.

SLEEP IN HEAVENLY PEACE UPDATE

Sleep in Heavenly Peace (SHP), SPUMC's mission partner, finished its first year of operation with a twenty bunk bed build at Living Harvest on December 14, 2019. The Tallahassee Chapter constructed 300 bunk beds during its first year in operation. **That means they took 600 children of the floor!** Thirty of those beds, or 10 percent of their total bunk beds, were built at Saint Paul's. We raised, outside the church's budget, over \$7,500 for these two builds and had 80-100 volunteers at these builds. We also provided out of the 2018 Mission budget \$1,500 of seed money for the start-up of this ministry. If you would like to become a member of the SHP team and act as a station leader at builds during 2020, please contact John Cousins at 850-445-6045 or Charlie Guyton at 850-559-9423.

WOMEN'S RETREAT **Stronger than the Storm.**

Sign up now and read the details on the church website under "Quick-links". February 7-9 on Saint George Island. Registration fee \$150. We enthusiastically welcome women from all generations, especially those who've never attended or haven't attended in a long time. Don't delay in making your reservation!

JANUARY CLASS

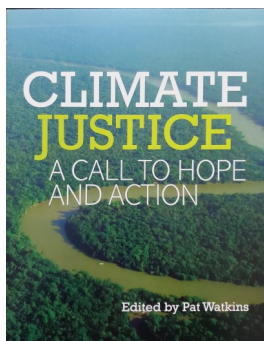
Friends and strangers class with each other over issues large and small. Coworkers have conflicts in the office. Married couples fight over finances. People demonize each other on social media. Is there any hope for civil discourse?

The course will provide a strategy for having difficult conversations, helping us move from contentious debate to constructive dialogue. Using insights from Scripture and communication theology this class will provide practical ways to manage disagreements and resolve conflicts.

We can disagree without being disagreeable. Find out how.

Class will meet Wednesday, January 8, 15, 22, and 29 in room 326.

CREATION *Care*



CLIMATE JUSTICE CLASS BEGINS JANUARY 15

Climate impacts from extreme weather like massive hurricanes and fires are in the news and Greta Thunberg was just named Time's Person of the Year for her climate justice efforts. Join our Creation Care team as we learn how people all over the world are responding to the climate crisis, and how Christians are mobilizing to help those in harms way. You can register for this six week Wednesday evening class at <https://saintpaulsumc.breezechms.com/form/78bdb7>.



JANUARY ECO-TIP GREENING YOUR VEHICLE

Gas-powered cars and trucks emit greenhouse gases that cause climate change, but there are things we can do to reduce their impact.

1. Inflate your tires once a month or as necessary. Replace the air filter and tune up your engine regularly. A new air filter can get 10 percent more miles per gallon, and a tune-up can boost miles per gallon from 4 percent to 40 percent.
2. Ease up on the pedal. When driving around town, turn off the car instead of idling, keep your acceleration steady (don't "gun" it), and combine trips to reduce your time on the road. Slowing down from 75 to 65 mph will drop highway gas consumption by about 15 percent.
3. Use commercial car washes instead of washing at home. When you wash your car yourself, the water runs down your driveway and into your storm drain. Metals and sediment from your car travel through this water, polluting the water and endangering wildlife. On the other hand, commercial car washes trap these contaminants in a drain, and are removed by a water treatment system.
4. When it is time for a new vehicle, consider electric. From sports cars to family sedans, and SUVs to trucks, manufacturers are offering excellent electric vehicles at prices competitive with gas guzzlers. Electric cars have better pick-up, are a cinch to charge, and have no green house gas emissions. Google "Electric Cars 2020" and prepare to be surprised at the variety. Sustainable Tallahassee's EV Club members display their own cars for the community to see. You can read more at www.sustainabletallahassee.org/2019EVExpo/.

HAPPY BIRTHDAY

- 1 Tom Fussell, Liane Giroux, Tom Sutton, Tanya Taylor, Sylvia Walford
- 2 Ana Puente, Sarabella Ronk, Kylea Verheyen
- 3 Sam Cavanaugh, Oriska Henn
- 4 Mary Barber, Meagan Herndon
- 5 McKenzie Studley, Nancy Turner
- 6 Gene Chick, Cyndi Craig, Patricia Reynolds
- 8 Margie Cash, Stephanie Corry, Kevin Cox
- 9 Conner Cherry, Tim Jones, Jason Pernell
- 10 Larry Barlow, John Benton, Sharon Geiger, Ani Hatfield, Henry Merryday, Patrick Peacock, Leigh Pierce
- 11 Jackie Bowman, Mackie Knight
- 12 Kevin Kline
- 13 Savannah Atwell, Jeff Griffin, Aubree Ronk
- 14 Mary Ann Braswell
- 16 Christine Hansen, Ansley Wirth, Delores Young
- 17 Mary Gray
- 19 Cameron Cooper, Rick Flaughter, Amelia Paulk, Bill Schildt
- 20 Angela Groszos, Claude Sellers
- 23 Sophia Brown, Ann Humphrey, Tammy Schublin, John Woodward
- 24 Kambea Chan, Tristan St. John
- 25 Betty Blair, Chad Bowen, Beverly Kinloch, Noah Picht, Jim Strange, Alison Tully
- 26 Margaret Hardee, Sabrena Watson
- 27 Linda Champion, Stacy Miller, James Tully
- 28 Kenneth Pierson, Judy Willis
- 29 Cameryn Lariscy, Robin McCallister, Fitzgerald McFarland
- 30 Ted Rokitowski

YOUTH rooted

In Ancient Greek folklore, a **phoenix** (/ˈfiːnix/; Ancient Greek: φοῖνιξ, phoînix) is a long-lived bird that cyclically regenerates or is otherwise born again. Associated with the sun, a phoenix obtains new life by arising from the ashes of its predecessor. According to some sources, the phoenix dies in a show of flames and combustion. Although this creature is from mythology, you can see the ties to our Christian faith. As Christians, God gives us the chance to start over every day with a completely clean slate. Through the power of the Holy Spirit (also symbolized with flames) we are *born again*.

The new year is a great time to talk about new beginnings and starting over. We all have things we need to let go of, and new things we want to set our minds on. Join us on January 5th for ROOTED down at Generations Park for a little bit of fire and combustion at our Phoenix Party. Bring a friend!

<>< Rev. Becky Rokitowski

SUNDAY EVENTS

- 9:45 a.m.** Youth Sunday School
in room 211
- 4:30 p.m.** Youth Choir in the Choir Room
- 5:15 p.m.** ROOTED Sunday Nights
Dinner, games, and community. Sanders Hall. Pickup is at 7:00 p.m.

UPCOMING YOUTH EVENTS

January 5 – Phoenix Party at 5:15 p.m. at Generations Park (youth choir also starts back this Sunday at 4:30 p.m.)

January 17-20 – Winter Retreat at Blue Lake United Methodist Camp near Andalusia, Alabama. Registration is due by December 29. Come hit “pause” with us! (No ROOTED Sunday the 19th)

January 26 – Confirmation Classes begin. If you are in 7th grade or higher and are ready to take the next step in your faith and become a full member of the church, join us during the Sunday School hour in the youth room. We will meet together as one class and then break off and go across the hall for confirmation. We will meet January 26 through March 8.

CHILI COOK-OFF

Everyone mark your calendars for Sunday, February 2, 2020! There are titles to defend and chili to be eaten as the youth group hosts our annual chili cook-off! Come support our youth as they raise money for their summer mission trip. Look for sign-ups this month, and come hungry. Our Chili Cook-off will be right after worship in Sanders Hall.

THANK YOU NOTES RECEIVED IN DECEMBER

Dear Saint Paul's Family,

I sincerely thank all of you who were so kind, sent cards, calls and especially prayers during my time of need these past months. Blessings for you all.

Frances Stiles

Dear Saint Paul's Family,

Thank you all for your prayers, thoughts, calls to offer help, and the kindness we saw while I was in the hospital and when I got home. We are truly blessed! We also enjoyed the flowers, which are still beautiful. We love being part of our church family. It is both a joy and very humbling to realize how much this family cares for one another.

In Christ, Trey and Tiffany McNabb

To My Wonderful Saint Paul's Church Family,

I can't express how much everyone there has blessed my life over the years. It was a wonderful joy to be accepted and loved by all of you. Everyone was so open and loving. It made a difference in my life. May God bless every one this next year with his wonderful love.

Love, Susan Johnson

MUSIC

at Saint Paul's

As we begin a new year, we hope that you will prayerfully consider joining one of our various choirs/music groups.

Preschool and Toddler Music Groups - Our Preschool and Toddler Music Groups resume meeting Wednesday, January 8, 5:30-5:55 p.m. for developmentally appropriate music-based activities including singing, playing instruments, and creative movement. The Preschool Group is for ages PreK 3-4, and the Toddler Group is for those under the age of 3 and their caregiver. We meet in the newly renovated Children's Ministry building.

SPARKS Choir (Grades K-5) - SPARKS Choir will resume meeting January 8 during SPARKS time on Wednesday afternoons. We'll be working on our Spring musical, "Heroes of the Faith."

Saint Paul's Dancers - Our dance ministry will be working toward several ministry opportunities in the new year. Contact Stephany Nystrand (stephanymusictherapy@yahoo.com) if your young dancer is interested in participating.

Youth Choir - Our Youth Choir for Grades 6-12 invites all of our youth to join us on Sunday afternoons at 4:30 p.m. in the Choir Room as we resume our rehearsal schedule on January 5. We'll be working on new music to share in worship and looking forward to our trip to Music Camp, June 7-12. Mark your calendars for this very special opportunity!

Handbell Choir - The Handbell Choir will resume rehearsals Sunday, January 5, 6:00 p.m.

Worship Band - The Worship Band will play for the 8:30 a.m. service on January 19. Contact Gaye Herndon (gabe@saintpauls.org) if you are interested in serving in this special area of music/worship ministry.

MISSION

ministries

THANK YOU FROM MICHAEL TEAM SEVEN

Hurricane Michael Team Seven wishes to express deep appreciation for the support of the congregation during their recent trip. Thank you for your generous giving, which allowed the church to cover our lodging expenses. Thank you to the thirty members who prepared delicious and nourishing food for us. We ate well. Most importantly, thank you for your prayers; they meant a great deal to us.

MANNA ON MERIDIAN

Bagging for Manna **Monday, January 13, 5:00 - 6:00 p.m.** Distribution **Saturday, January 18, 8:00-10:00 a.m.** Both at Faith Presbyterian. Contact Charles Hubbard, chazhub55@gmail.com.

SOUL FOOD

Bagging: Wednesday, January 22 - 10:30 a.m.

Distribution: Saturday, January 25 - 9:30 a.m.
URGENT NEED: Due to the cold weather months, Soul Food requests donations of new or used coats, jackets, blankets, sleeping bags, warm hats, gloves, socks and pop top cans of hearty food such as chunky soups, beef stew or pasta dishes. Bring donations to room 308 and place into Soul Food bins. Thank you for caring about our homeless friends! Contact Jo Ellen Brown at brown.joellen@gmail.com for information.

SAINT PAUL'S CHANGES LIVES THROUGH HURRICANE MICHAEL TEAM SEVEN

Saint Paul's UMC Hurricane Michael Disaster Recovery Team Seven worked in the Florida Panhandle December 2-6. The field team consisted of twenty members who worked at least 694 hours over five days and a support team of thirty members who prepared food. Each of the team field members received financial and prayer support from SPUMC. The team served four families in and around Port St. Joe.

1. Mr. McNair is a 101 year old World War II veteran. We repaired his ceiling, replaced rotten trim and siding, repaired his living room window, replaced his front door and repainted his entire house. The family will celebrate Christmas there.
2. Mr. and Mrs. Gavorick are retirees living in a manufactured home in St. Joe Beach within two blocks of the Gulf. Mr. Gavorick is a veteran and is confined to a wheelchair due to ALS. We installed kitchen and bathroom cabinets, repaired a floor joist and added supports for railings.
3. The Edges have a mobile home on Cape San Blas that suffered roof and ceiling damage. We performed ceiling repair and installed fiberglass bathroom siding.
4. The Reeds have a home on Carrabelle Beach. Mr. Reed is a veteran and is suffering from cancer. We installed flooring for a room that can now be reoccupied. We may perform follow up work at this home.



FAMILY *events*

SUNDAY MORNINGS FOR KIDS

Sunday School every week from 9:45-10:45 in our New Children's Rooms on the 100 Level. Bring your kids for an age appropriate class and yummy snack!



MOMMY & ME MUSIC TUESDAYS

A time for infants, toddlers, preschoolers, and the mommies who love them to come together and play together musically. This music class targets developmental milestones through singing, chanting, instrument playing, signing, and movement. Class is led by Stephany Nys-
trand, a board-certified music therapist. For more information contact Jill Merryday, Director of Children's Ministries, in the church office. Classes will be held on the 1st and 3rd Tuesday mornings, 9:30-10:30 a.m., starting January 7 and 21.

SPARKS WEDNESDAY

Join us this semester beginning **January 8** as we kick off another fun season of SPARKS! We continue our year of Heroes of the Bible! Kids from kindergarten through 5th grade enjoy-after school fun, friends, and faith as we learn more about Jesus and His Love! Join the team! Nursery care is provided for younger children of our adult volunteers.

MOPS IN JANUARY

Join us for MOPS (Mothers of Preschoolers) **Thursday, January 16 and 30** for our morning programs, **9:15 - 11:30 a.m.** Mamas with newborns through kindergarten ages are invited to join this wonderful Thursday morning fellowship group!

MESS - MOM'S EVENING SOCIAL SQUAD

Are you interested in joining a MOMS evening group in the new year? We are a group of mamas who get together once a month on the third Thursday evening. Mark your calendars every month... we always have something to do or some place to go! Contact Michelle Fugate or Jill Merryday for more information!

CONGREGATIONAL *Care*

CARE LIST

SHORT TERM:

Leah Allen, Jeff Beekman, Ron and Mary Ann Braswell, Marlene Brewer, Edna Brownlie, Yvonne Brownlie, The Costigan family, Kristin Dowell, Cara Fleischer, The family of Ardrue Hughes, Susan Johnson, Sandy Kendrick, Bob Laidlaw, Elaine Maine, Nena Martinez's mother, Hazel Oliver, Ethel Pearl, The family of Jack Pelham, The family of Audrey Robbins, Ruth Ann Wynn

LONG TERM:

David Beverly, Betty Blair, Terry and Carol Broadway, Bob Caldwell, Louise Carpenter, Charlotte Chellman, Ivy Lee Daniel, Norma DeRuyter, Margaret Farnell, Pat Giglio, Nancy Graham, Oriska Henn, Ralph Hook, Leroy Irwin, Bill Jones, Helen Keaton, Robert Kennedy, Ralph Kenyon, Dottie Melton, Ruth Riley, Dot Roberts, Gretchen Scoggin, Terry Shoffstall, Ben and Betty Spivey, Norma and Pam Strickland, Dick and Doris Sublette, Melanie Tredik, Soisson Church, Haiti and Yagauramas Methodist Church, Cuba.

CONGRATULATIONS TO . . .

Hennessey and Craig Costigan on the birth of their daughter, Grace Lorriann Costigan, born November 27.
Proud grandparents are Bill and Stephanie Corry.

OUR MEN AND WOMEN IN THE MILITARY

US AIR FORCE: Scott Baumgardner, Robert Berman, Steven Boles, John Bray, Robert Byford, Cierra Carlan, Dane and Becky Collette, Jake Hoogerheyde, Nathan Kraft, Nicole Parker, Noah Shoffstall

US AIR FORCE ACADEMY: Christin Burrows

US AIR FORCE NAT'L GUARD: Andrew Bennett, Micah Goodpasture

US ARMY: Rob Gricius, Burt Newman, Alan Sheehan, Tim Strickland, Lucas Trammell, Caleb Weand, Dallas Wurst

US ARMY NAT'L GUARD: Lance Moore, Russ Tucker

US ARMY RESERVE: Page M. Baldwin

US MARINES: Daniel Aulph, Jett Johnson, Martin Kuhnle

US NAVY: Sean Allen, Michael Scherdin, Scott Thoroman

WEDNESDAY MENU FOR JANUARY

1/1 - No Dinner

1/8 - Shepherd's Pie

1/15 - Taco Bar

1/22 - Chicken Parmesean

1/29 - International - Greek

IN PRAYER AND SYMPATHY

For the family and friends of Jack Pelham, who passed away November 24 in Tallahassee.

For the family and friends of Audrey Robbins, who passed away November 24 in Tallahassee.

For the family and friends of Ardrue Hughes, who passed away December 16 in Tallahassee.

OUR STAFF AND EMAILS

Senior Pastor

Rev. Dr. Kandace Brooks
kandace@saintpaulsumc.org

Associate Pastor

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SPARKS Choir Director

Stephany Nystrand

Kitchen Coordinator

Betsy Gingery
Children's Ministries Assistant

Kambee Chan

Sexton

Simon Webb

Membership Secretary

Mary Ann Brown
membership@saintpaulsumc.org

Church Treasurer

Timothy Scott

OUR BISHOP

Rev. Dr. Kenneth H. Carter, Jr.

OUR DISTRICT SUPERINTENDENT

Rev. Durwood Foshee

OUR MISSIONARIES

Delbert and Sandy Groves,
Zambia



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RETURN SERVICE REQUESTED

SUNDAY MORNINGS AT SAINT PAUL'S

8:30 a.m. & 11:00 a.m. Worship

9:45 a.m. Sunday School for all ages

CHURCH OFFICE HOURS

Monday - Thursday 9:00 a.m. - 5:00 p.m.

Friday - Closed

Find us on  at SaintPaulsUnitedMethodistChurch



NEW PLACES FOR NEW PEOPLE

Our first sermon series for 2020 is **New Places for New People**. Effectively creating new places for new people comes directly from the great commission Jesus gave his disciples *“go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the three-fold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I’ll be with you as you do this, day after day after day, right up to the end of the age.”* (Matthew 28:19-20, The Message)

What are the new places we can create inside and outside the church to develop relationships with new people? How does scripture guide us in that process? How is God seeking to do a new thing in our midst? The Good News of Jesus Christ is meant to be shared. Our focus in this series is to seek how God is leading us as disciples to be that connectational component.